

3D PSHE Long-term Matrix Year 6

Autumn 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 3 Aspirations	<ul style="list-style-type: none"> To identify and talk about their own and others' strengths and weaknesses and how to improve To self-assess, understanding how this will help their future actions 	Lesson 1 Identified Strengths-Big Dreams
1. Health and Wellbeing	Unit 3 Aspirations	<ul style="list-style-type: none"> To be able to reflect on past achievements To recognise achievements of others as being worthwhile and important 	Lesson 2 Identified Strengths-Big Achievers
1. Health and Wellbeing	Unit 3 Aspirations	<ul style="list-style-type: none"> To begin to set personal goals 	Lesson 3 Setting Goals- 'Super Futures'
1. Health and Wellbeing	Unit 3 Aspirations	<ul style="list-style-type: none"> To identify the skills they need to develop to make their contribution in the working world in the future To make connections between their learning, the world of work and their future economic wellbeing 	Lesson 4 Setting Goals-I can do that!
1. Health and Wellbeing	Unit 5 Safety	<ul style="list-style-type: none"> To know how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted 	Lesson 6 Internet Safety- fake News

Autumn 2

Core Theme	Unit	Objectives	Lesson Guidance
2. Relationships	Unit 3 Similarities and Differences	<ul style="list-style-type: none"> To learn about racial discrimination and its impact on societies, past and present 	Lesson 1 Race and Ethnicity-United States?
2. Relationships	Unit 3 Similarities and Differences	<ul style="list-style-type: none"> To learn about gender discrimination and its impact To challenge stereotyping and discrimination 	Lesson Gender Stereotypes Jobs 4 All
2. Relationships	Unit 3 Similarities and Differences	<ul style="list-style-type: none"> To learn about the importance of family in different cultures To recognise and respect similarities and differences between people 	Lesson 3 Culture - Cultural Feast
1. Health and Wellbeing	Unit 1 Health	<ul style="list-style-type: none"> To know how to recognise early signs of illness, such as weight loss, or unexplained changes to the body 	Lesson 4 Physical Illness - Bleugh!
1. Health and Wellbeing	Unit 1 Health	<ul style="list-style-type: none"> To know the facts and science relating to allergies, immunisation and vaccination 	Lesson 6 Immunisation One Sharp Scratch
2. Relationships	Unit 4 Healthy Relationships	<ul style="list-style-type: none"> To know that marriage (and civil partnership) represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong 	Lesson 3 Marriage - I Promise

Spring 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 1	<ul style="list-style-type: none"> To know how and when to seek support including which adults to speak to in school if they are worried about their health To know that it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough 	Lesson 5 Healthy Minds - Young Minds
2. Relationships	Unit 4	<ul style="list-style-type: none"> To know that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing 	Lesson 4 Mental Wellbeing - Mind Business
2. Relationships	Unit 4	<ul style="list-style-type: none"> To know that relationships can change as a result of growing up 	Lesson 2 Support and Care-Connections
1. Health and Wellbeing	Substance Related Abuse	<ul style="list-style-type: none"> Understand why it is important to focus on keeping healthy and take appropriate action by making healthy choices 	Lesson 1 Keeping Safe - Don't RUGS
1. Health and Wellbeing	Substance Related Abuse	<ul style="list-style-type: none"> Understand the term 'risk' and how it links to consequence 	Lesson 2 Taking Risks - D Risk UGS
1. Health and Wellbeing	Substance Related Abuse	<ul style="list-style-type: none"> Understand the term 'addiction' and know some of the different forms it can take Recognise the link between choice and consequence 	Lesson 3 Taking Drugs - DR Using GS

Spring 2

Core Theme	Unit	Objectives	Lesson Guidance
3. Living in the Wider World	Unit 3	<ul style="list-style-type: none">• To learn about budgeting and what it means to budget• To understand why financial management and planning is important from a young age	Lesson 1 Budgeting - Money Supermarket
3. Living in the Wider World	Unit 3	<ul style="list-style-type: none">• To know and understand financial terms such as loan, interest, tax and discount• To make connections between their learning, the world of work and their future economic wellbeing	Lesson 2 Consumer Sense - Payment Terms
3. Living in the Wider World	Unit 3	<ul style="list-style-type: none">• To show initiative and take responsibility for activities that develop enterprise capability	Lesson 3 Consumer Sense - A Class Catalogue!
3. Living in the Wider World	Unit 4	<ul style="list-style-type: none">• To know and understand the principles of enterprise• To understand profit and loss	Lesson 1 Generating Income - Making Money
3. Living in the Wider World	Unit 4	<ul style="list-style-type: none">• To know and understand the principles of charity work	Lesson 2 Generating Income - Raising Money

Summer 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Substance Related Abuse	<ul style="list-style-type: none"> • Become familiar with the names of the most common drugs 	<p style="text-align: center;">Lesson 4 Drugs Awareness - DRU Get Smart!</p>
1. Health and Wellbeing	Substance Related Abuse	<ul style="list-style-type: none"> • Understand how advertising influences our choices 	<p style="text-align: center;">Lesson 5 Substance Abuse -DRU Get Smart!</p>
2. Relationships	Sex and Relationships	<ul style="list-style-type: none"> • Know how and understand why close relationships are formed, especially during adolescence • Understand why friendship is important in the establishment of close relationships 	<p style="text-align: center;">Lesson 1 Forming Relationships-Changing Faces</p>
2. Relationships	Sex and Relationships	<ul style="list-style-type: none"> • Know about and understand the physical, mental and emotional changes that take place during puberty • Learn about sex (and bust some myths!) 	<p style="text-align: center;">Lesson 2 Sexual Relationships -Explanations</p>

Summer 2

Core Theme	Unit	Objectives	Lesson Guidance
2. Relationships	Sex And Relationships	<ul style="list-style-type: none">• Understand why friendship is important in the• establishment of close relationships• Know the features of a healthy relationship	Lesson 3 Healthy Relationships - It must be Love
2. Relationships	Sex And Relationships	<ul style="list-style-type: none">• Understand what an unhealthy relationship is and• know how to deal with relationship issues	Lesson 4 Unhealthy Relationships - Jeremy Smile
2. Relationships	Sex And Relationships	<ul style="list-style-type: none">• Know about gender identities and have an awareness• of transgender issues• Understand the difference between being• transgender and transvestite	Lesson 5 Gender Issues Relationships Trans:Across