

# 3D PSHE Knowledge Matrix

## Adventurers

### Core 1: Health and Wellbeing

<b>Unit 1</b> <b>Physical, Emotional and Mental</b>	<b>Lesson 1</b>	<b>Physical, Emotional and Mental 1</b>	<ul style="list-style-type: none"> <li>To know and understand the difference between the terms physical, emotional and mental</li> </ul>
	<b>Lesson 2</b>	<b>Physical, Emotional and Mental 2</b>	<ul style="list-style-type: none"> <li>To become more self-aware</li> </ul>
	<b>Lesson 3</b>	<b>Physical, Emotional and Mental 3</b>	<ul style="list-style-type: none"> <li>To understand why setting goals is important</li> </ul>
<b>Unit 2</b> <b>Healthy Lifestyles</b>	<b>Lesson 1</b>	<b>A Balanced Approach</b>	<ul style="list-style-type: none"> <li>To understand the meaning of the word 'healthy'</li> </ul>
	<b>Lesson 2</b>	<b>Physical Exercise</b>	<ul style="list-style-type: none"> <li>To know the recommended guidelines for physical activity and understand the reasons for these</li> </ul>
	<b>Lesson 3</b>	<b>Lifestyle Choices</b>	<ul style="list-style-type: none"> <li>To recognise the need to take responsibility for actions</li> <li>To explore the relationship and balance between physical activity and nutrition in achieving a physically and mentally healthy lifestyle</li> </ul>
	<b>Lesson 4</b>	<b>Sleep</b>	<ul style="list-style-type: none"> <li>Know the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn</li> </ul>

















