3D PSHE Knowledge Matrix
Pathfinders
Core 1: Health and Wellbeing

Unit 1 Healthy Lifestyles	**Lesson 1**	**Healthy Eating 1**	• To learn about where vegetables and fruit grow • To learn to make simple choices that improve their health and well-being e.g. healthy eating
	Lesson 2	**Healthy Eating 2**	• To understand the need for protein as part of a balanced diet • To recognise which types of food are healthy
	Lesson 3	**Healthy Eating 3**	• To apply their knowledge of healthy eating to plan a menu for a themed party • To make positive real-life choices
	Lesson 4	**Physical Activity 1**	• To understand the need for physical activity to keep healthy • To recognise the benefits of regular exercise and understand the particular benefits of different physical activities for promoting health
	Lesson 5	**Physical Activity 2**	• To understand how muscles work • To make positive real-life choices
	Lesson 6	**Exercise**	• To understand the importance of physical activity and rest as part of a balanced, healthy lifestyle • To make positive real-life choices
Unit 2 Hygiene	**Lesson 1**	**Dental Hygiene 1**	• To learn about the importance of effective teeth cleaning and good dental hygiene

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3D PSHE Knowledge Matrix
Pathfinders
Core 3: Living in the Wider World

Unit 2 cont. Communities	**Lesson 2**	**Belonging 1**	• To understand that they belong to various groups and communities • To work independently and in groups, taking on different roles and collaborating towards common goals
	Lesson 3	**Belonging 2**	• To develop a sense of belonging in the wider community
	Lesson 4	**Local Citizenship 1**	• To understand the role of the local community • To consider ways of looking after the school or community and how to care for the local environment • To suggest rules that would improve things for the common good
	Lesson 5	**Local Citizenship 2**	• To develop a strong relationship with the local community • To understand the importance of shared responsibility within all communities
Unit 3 Money and Finance	**Lesson 1**	**Money 1**	• To understand where money comes from • To recognise notes and coins
	Lesson 2	**Money 2**	• To understand the role of money in our society • To identify the different types of work people do and learn about different places of work • To recognise where money comes from and the choices people make to spend money on things they want and need
	Lesson 3	**Money 3**	• To understand why it is important to keep money safe

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Pathfinders
Core 3: Living in the Wider World

Unit 3 cont. Money and Finance	**Lesson 4**	**Money 4**	• To understand the importance of managing money carefully • To understand that we cannot always afford the items we want to buy
	Lesson 5	**Choices**	• To understand the importance of choices and spending money wisely
	Lesson 6	**Enterprise**	• To gain a basic understanding of enterprise • To contribute to enterprise activities

Total 17 Lessons

(72 lessons in total for KS1 PSHE)

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