

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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Core 3: Living in the Wider World

Unit 1 Rules and Responsibilities	Lesson 1	Rules / Expectations 1	- To understand the reason why we have rules - To learn about rules as expectations - To understand to agree and follow rules for their group and classroom
	Lesson 2	Rules / Expectations 2	- To understand the why we have rules / expectations - To learn about how they can contribute to the life of the class - To suggest rules that would improve things for the common good
	Lesson 3	Taking Turns	- To understand why it is important to be able to take turns - To agree and follow rules for a collaborative game - To take turns and share as appropriate
	Lesson 4	Lending/Borrowing	- To understand the concept of 'borrowing - To show responsibility to others
	Lesson 5	Sharing	- To understanding the importance of sharing - To know that everyone has a responsibility to consider the needs of others
	Lesson 6	Caring	- To understand that people and other living things have needs and that they have responsibilities to meet them - To learn about responsibility to others - To consider ways of looking after the school or community and how to care for the local environment
Unit 2 Communities	Lesson 1	Our School	- To understand their role in the class community - To know how to contribute to the life of the classroom

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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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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)