

# 3D PSHE Coverage Matrix

## Key Stage 3

### Year 7

<b>Transition Unit</b>	<b>Lesson 1</b>		<ul style="list-style-type: none"> <li>To develop confidence to deal positively with new places, people and situations</li> <li>To learn to cope with change</li> </ul>
	<b>Lesson 2</b>		<ul style="list-style-type: none"> <li>To identify successful behaviours for learning</li> <li>To consider strategies to support learning</li> </ul>
<b>Core 1 Unit 1 My Identity</b>	<b>Lesson 1</b>	<b>Personal Strengths</b>	<ul style="list-style-type: none"> <li>To decide upon and construct a set of ground rules</li> <li>To understand and recognise personal strengths in others</li> <li>To know and understand how self-confidence and self-esteem can be affected</li> </ul>
	<b>Lesson 2</b>	<b>Self-Confidence and Self-Esteem</b>	<ul style="list-style-type: none"> <li>To recognise their own personal strengths</li> <li>To understand how knowing their own personal strengths can affect their self-confidence and self-esteem</li> </ul>
	<b>Lesson 3</b>	<b>Personal Qualities</b>	<ul style="list-style-type: none"> <li>To know and understand the meaning of personal qualities, attitudes, skills and achievements</li> </ul>
	<b>Lesson 4</b>	<b>Personal Skills</b>	<ul style="list-style-type: none"> <li>To know and understand the meaning of personal skills</li> </ul>
	<b>Lesson 5</b>	<b>Personal Achievements</b>	<ul style="list-style-type: none"> <li>To know and understand the meaning of personal achievements and how they are evaluated by others</li> </ul>

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<b>Core 1 Unit 2 Evaluating Self and Others</b>	<b>Lesson 1</b>	<b>Self-Reflection</b>	<ul style="list-style-type: none"> <li>To understand how personal qualities, attitudes, skills, and achievements are evaluated by others and how it can affect confidence and self-esteem</li> </ul>
	<b>Lesson 2</b>	<b>Accepting Feedback</b>	<ul style="list-style-type: none"> <li>To be able to accept helpful feedback or reject unhelpful criticism</li> </ul>
	<b>Lesson 3</b>	<b>Influences on Self-Esteem</b>	<ul style="list-style-type: none"> <li>To understand that self-esteem can change with personal circumstances</li> </ul>
<b>Core 2 Unit 1 Communication</b>	<b>Lesson 1</b>	<b>Active Listening</b>	<ul style="list-style-type: none"> <li>To develop the communication skills involved in active listening</li> </ul>
	<b>Lesson 2</b>	<b>Persuasion</b>	<ul style="list-style-type: none"> <li>To use the communication skill of persuasion, alongside active listening</li> </ul>
	<b>Lesson 3</b>	<b>Negotiation</b>	<ul style="list-style-type: none"> <li>To develop negotiating skills</li> </ul>
	<b>Lesson 4</b>	<b>Motivational Speaking 1</b>	<ul style="list-style-type: none"> <li>To be able to offer and receive constructive feedback</li> <li>To understand the meaning of the word 'motivation'</li> </ul>

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<b>Core 2 Unit 1 Communication cont.</b>	<b>Lesson 5</b>	<b>Motivational Speaking 2</b>	<ul style="list-style-type: none"> <li>• To be able to offer and receive constructive feedback</li> <li>• To develop confidence</li> </ul>
<b>Core 2 Unit 2 Connections</b>	<b>Lesson 1</b>	<b>Different Relationships</b>	<ul style="list-style-type: none"> <li>• To understand that different kinds of relationships lead to different kinds of feelings and emotions</li> </ul>
	<b>Lesson 2</b>	<b>Healthy and Unhealthy Relationships</b>	<ul style="list-style-type: none"> <li>• To recognise the features of positive, stable relationships</li> <li>• To recognise the features of unhealthy relationships</li> </ul>
	<b>Lesson 3</b>	<b>Media Portrayal of Relationships</b>	<ul style="list-style-type: none"> <li>• To know that the media portrayal of relationships may not reflect real life</li> </ul>
	<b>Lesson 4</b>	<b>Trustworthiness</b>	<ul style="list-style-type: none"> <li>• To understand how to determine whether other children, adults or sources of information are trustworthy</li> </ul>
<b>Core 2 Unit 3 Abusive Relationships</b>	<b>Lesson 1</b>	<b>Bullying</b>	<ul style="list-style-type: none"> <li>• To recognise bullying and abuse in all its forms, including physical and verbal</li> <li>• To know how bullying can impact on other people's lives</li> </ul>
	<b>Lesson 2</b>	<b>Online Bullying</b>	<ul style="list-style-type: none"> <li>• To recognise and respond appropriately to online bullying</li> </ul>

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<b>Core 2 Unit 4 Sex, Gender and Sexual Orientation</b>	<b>Lesson 1</b>	<b>Dignity for All</b>	<ul style="list-style-type: none"> <li>To know the difference between sex, gender identity and sexual orientation</li> <li>To know the terms associated with sex, gender identity and sexual orientation and to understand accepted terminology</li> </ul>
<b>Core 3 Unit 1 Core Values</b>	<b>Lesson 1</b>	<b>Beliefs about Values</b>	<ul style="list-style-type: none"> <li>To recognise, clarify and, if necessary, challenge own core values</li> <li>To understand how their own values influence their choices</li> </ul>
	<b>Lesson 2</b>	<b>British Values</b>	<ul style="list-style-type: none"> <li>To understand what British values are</li> <li>To recognise your own personal values</li> </ul>
<b>Core 3 Unit 2 Personal Finance</b>	<b>Lesson 1</b>	<b>Budgeting</b>	<ul style="list-style-type: none"> <li>To know what a budget is</li> <li>To know how to manage a budget</li> <li>To understand the purpose of banks</li> </ul>
	<b>Lesson 2</b>	<b>Gambling</b>	<ul style="list-style-type: none"> <li>To understand why people might choose to gamble</li> <li>To understand that gambling can become an addictive behaviour</li> </ul>
	<b>Lesson 3</b>	<b>Consequences of Gambling</b>	<ul style="list-style-type: none"> <li>To understand different forms of gambling and their consequences</li> <li>To be aware of how the gambling industry encourages people to gamble and who the winners and losers are</li> </ul>

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<b>Core 3 Unit 3 First Aid and Life-Saving Skills</b>	<b>Lesson 1</b>	<b>Emergency Contacts</b>	<ul style="list-style-type: none"> <li>To gain some knowledge of basic first aid and life-saving skills</li> </ul>
	<b>Lesson 2</b>	<b>Basic First Aid</b>	<ul style="list-style-type: none"> <li>To gain some knowledge of basic first aid and life-saving skills</li> </ul>

**Total 29 Lessons**

