

3D PSHE Coverage Matrix

Key Stage 3

Year 8

Core 1 Unit 1 Managing Change	Lesson 1	Mental and Emotional Health	<ul style="list-style-type: none"> To recognise the characteristics of mental and emotional health To know some strategies for managing mental and emotional health
	Lesson 2	Growing and Changing	<ul style="list-style-type: none"> To understand that the rate at which we grow differs from person to person To show awareness and understanding of the changes that are taking place
	Lesson 3	Adolescence	<ul style="list-style-type: none"> To recognise the physical and emotional changes of adolescence
	Lesson 4	Life Changes	<ul style="list-style-type: none"> To understand why and how our bodies change during puberty and adolescence
Core 1 Unit 2 Food and Health	Lesson 1	Food Types	<ul style="list-style-type: none"> To recognise different types of food and their classification To reflect on what we eat
	Lesson 2	A Balanced Diet	<ul style="list-style-type: none"> To know what a balanced diet is To understand the benefits of a balanced diet
	Lesson 3	Eating Disorders	<ul style="list-style-type: none"> To understand the risks associated with diet including obesity and dieting To recognise when they or others need help To know some sources of help and how to access them

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Core 1 Unit 2 Food and Health cont.	Lesson 4	Eating Choices	<ul style="list-style-type: none"> To recognise what influences their decisions about eating a balanced diet
	Lesson 5	Dental Health	<ul style="list-style-type: none"> To understand the importance of dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist
Core 2 Unit 1 Language and Behaviour	Lesson 1	Discrimination	<ul style="list-style-type: none"> To know what sexist, homophobic, transphobic and disablist language and behaviour is To understand that sexist, homophobic, transphobic and disablist language and behaviour is unacceptable
	Lesson 2	Challenging Bullying	<ul style="list-style-type: none"> To understand the need to challenge sexist, homophobic, transphobic and disablist language and behaviour To know some ways to challenge sexist, homophobic, transphobic and disablist language and behaviour
	Lesson 3	Peer Pressure	<ul style="list-style-type: none"> To recognise peer pressure To develop strategies to manage peer pressure
	Lesson 4	Peer Approval	<ul style="list-style-type: none"> To be aware of and understand the feelings and pressure that the need for peer approval can generate
Core 2 Unit 2 Complex Forms of Bullying	Lesson 1	Prejudicial Bullying	<ul style="list-style-type: none"> To recognise more complex forms of bullying including prejudicial bullying

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Core 2 Unit 2 Complex Forms of Bullying cont.	Lesson 2	Online Bullying	<ul style="list-style-type: none"> To know about online bullying To know how they can protect themselves
Core 2 Unit 3 Connections	Lesson 1	Marriage and Committed Relationships 1	<ul style="list-style-type: none"> To know about the importance of marriage, civil partnerships and other stable, long-term relationships for family life and bringing up children
	Lesson 2	Marriage and Committed Relationships 2	<ul style="list-style-type: none"> To understand that marriage is a commitment, entered into freely, never forced through threat or coercion To know how to safely access sources of support for themselves or their peers should they feel vulnerable
	Lesson 3	When Relationships End 1	<ul style="list-style-type: none"> To know how to deal with the effects of change, as a result of parental separation and divorce To be aware of harmful behaviours that can result from negative life changes, such as family splits To know how to safely access sources of support for themselves or their peers should they feel vulnerable
	Lesson 4	When Relationships End 2	<ul style="list-style-type: none"> To introduce pupils to the subject of death To know how to deal with the effects of change, as a result of bereavement To know how to safely access sources of support for themselves or their peers should they feel vulnerable
Core 3 Unit 1 Diversity	Lesson 1	Similarities and Differences	<ul style="list-style-type: none"> To become aware of the similarities, differences and diversity among people of different ethnicity, culture, ability, disability, sex, gender identity, age and sexual orientation
	Lesson 2	Stereotyping	<ul style="list-style-type: none"> To understand the impact of stereotyping, prejudice, bullying, discrimination on individuals and communities

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Core 3 Unit 1 Diversity cont.	Lesson 3	Responding to Prejudice	<ul style="list-style-type: none"> To know how to respond appropriately to prejudice and discrimination
	Lesson 4	Dealing With Discrimination	<ul style="list-style-type: none"> To know how to seek support for victims of stereotyping, prejudice, bullying or discrimination
Core 3 Unit 2 E-Safety	Lesson 1	E-Safety 1	<ul style="list-style-type: none"> To understand what the law says about E-safety To be able to describe what is safe practice on the internet To know where to get support
	Lesson 2	E-Safety 2	<ul style="list-style-type: none"> To be able to recognise and describe potential dangers of the internet
	Lesson 3	Online Risks	<ul style="list-style-type: none"> To recognise the risks associated with internet use To understand how online activities can expose you and others to risks
	Lesson 4	Privacy Settings	<ul style="list-style-type: none"> To know how to set privacy settings

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Core 3 Unit 3 Radicalisation	Lesson 1	Features of Extremism	<ul style="list-style-type: none"> • To recognise the features of extremism • To identify why and how people are recruited into extremist activities
	Lesson 2	Vulnerability	<ul style="list-style-type: none"> • To identify why and how people are recruited into extremist activities • To know why some people are vulnerable to radicalisation
Core 3 Unit 4 Democracy	Lesson 1	Who's in Charge?	<ul style="list-style-type: none"> • To understand what nationality means • To recognise what it means to be 'British'

Total 30 Lessons

