

3D PSHE Coverage Matrix

Key Stage 3

Year 9

Core 1 Unit 1 Work, Leisure and Exercise	Lesson 1	A Healthy Lifestyle	<ul style="list-style-type: none"> To understand the importance of balance between work, leisure and exercise
	Lesson 2	Use of Time	<ul style="list-style-type: none"> To reflect on own balance between work, leisure and exercise
	Lesson 3	My Lifestyle	<ul style="list-style-type: none"> To know the ways in which we can achieve a balance between work, leisure and exercise
Core 1 Unit 2 Health and the Media	Lesson 1	Media Portrayal	<ul style="list-style-type: none"> To know what constitutes the media To recognise how the media portrays young people
	Lesson 2	Body Image	<ul style="list-style-type: none"> To understand how the media portray body image
Core 1 Unit 3 Reducing Risk	Lesson 1	Recognising Harmful Situations	<ul style="list-style-type: none"> To know how to recognise and reduce risk, minimise harm and get help in risky situations
	Lesson 2	Cancer and Cancer Prevention	<ul style="list-style-type: none"> To raise awareness of cancer and cancer prevention, including healthy lifestyles, acknowledging that childhood cancers are rarely caused by lifestyle choice

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Core 1 Unit 3 Reducing Risk cont.	Lesson 3	Alcohol	<ul style="list-style-type: none"> To know the personal and social risks and consequences of drinking alcohol (or delaying the age at which to start)
	Lesson 4	Smoking	<ul style="list-style-type: none"> To know the benefits of not smoking, including not harming others with second-hand smoke
	Lesson 5	Immunisation and Vaccine	<ul style="list-style-type: none"> To understand the facts and science relating to immunisation and vaccination
Core 1 Unit 4 Sexual Health	Lesson 1	Contraception	<ul style="list-style-type: none"> To be aware of different forms of contraception, including the condom and pill
	Lesson 2	Sexually Transmitted Infections	<ul style="list-style-type: none"> To know that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain STIs
	Lesson 3	FGM	<ul style="list-style-type: none"> To understand the risks associated with female genital mutilation (FGM) and its status as a criminal act To know where to find support for themselves or their peers who they believe may be at risk, or who may have already been subject to FGM
Core 2 Unit 1 Exploitation	Lesson 1	Bullying	<ul style="list-style-type: none"> To recognise more complex forms of bullying

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Core 2 Unit 1 Exploitation cont.	Lesson 2	Sexual Bullying	<ul style="list-style-type: none"> To recognise more complex forms of bullying, especially sexual bullying
	Lesson 3	Trafficking	<ul style="list-style-type: none"> To be aware of exploitation and trafficking To know what trafficking is and in particular child trafficking To learn about the risks victims face
Core 2 Unit 2 Relationship Readiness	Lesson 1	Stages of Intimacy	<ul style="list-style-type: none"> To understand what expectations might be of having a girl / boyfriend To consider different levels of intimacy and their consequences To acknowledge the right not to have intimate relationships until ready To acknowledge readiness for sex and the benefits of delaying sex (or any level of intimacy beyond that with which the individual feels comfortable)
	Lesson 2	Consent	<ul style="list-style-type: none"> To know that consent is freely given and that being pressurised, manipulated or coerced to agree to something is not 'consent' To learn about the law in relation to consent
Core 3 Unit 1 Human Rights	Lesson 1	Rights vs Responsibilities	<ul style="list-style-type: none"> To know what Human Rights are
	Lesson 2	The Rights of the Child	<ul style="list-style-type: none"> To know what basic Human Rights people have To know how children's rights are protected in law
	Lesson 3	Legislation	<ul style="list-style-type: none"> To know how all people's Human Rights are protected by law

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Core 3 Unit 1 Human Rights cont.	Lesson 4	Abuse of Rights	<ul style="list-style-type: none"> To be able to recognise cases of Human Rights Act abuse
	Lesson 5	Conflict of Interest	<ul style="list-style-type: none"> To understand more complex issues surrounding Human Rights To understand how and why people's rights sometimes come into conflict
	Lesson 6	Accessing Support	<ul style="list-style-type: none"> To know how to safely access sources of support for themselves or their peers
Core 3 Unit 2 Radicalisation	Lesson 1	Extremist Recruitment	<ul style="list-style-type: none"> To identify why people are recruited into extremist activities To know why some people are vulnerable to radicalisation
	Lesson 2	Consequences	<ul style="list-style-type: none"> To understand the consequences of radicalisation
Core 3 Unit 3 Financial Capability	Lesson 1	Personal Finances 1	<ul style="list-style-type: none"> To know where to keep money safe To know the role of banks and building societies To know what types of bank and building society accounts are available and what the differences are
	Lesson 2	Personal Finances 2	<ul style="list-style-type: none"> To know where to keep money safe To know the role of banks and building societies To know what types of bank and building society accounts are available and what the differences are To understand terms related to finance and banking

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Core 3 Unit 4 The World of Work	Lesson 1	Setting Targets	<ul style="list-style-type: none"> To acquire the knowledge and skills needed for setting realistic and challenging personal targets and goals
	Lesson 2	Career Choices	<ul style="list-style-type: none"> To be able to make good choices To identify your own skills and interests To know about different kinds of careers
	Lesson 3	Business Enterprise 1	<ul style="list-style-type: none"> To know about different types of work, including employment, self-employment and voluntary work To know about different types of business, how they are organized and financed
	Lesson 4	Business Enterprise 2	<ul style="list-style-type: none"> To understand the concept of profit and loss To develop the skills and qualities required to engage in enterprise, including seeing opportunity, managing risk, marketing and productivity

Total 32 Lessons

