


Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart  <b>Who are my 5 trusted adults?</b>	<b>Words have power</b> Demonstrating consequences of the words we use about ourselves and others  <b>Online relationships – the rules and principles of keeping safe online</b>	<b>Reap what you sow</b> Suggesting ways we can grow a desired characteristic e.g. kindness	<b>Wily wolf</b> Thinking about and discussing how we know who we can trust  <b>Who are my 5 trusted adults?</b>	<b>Family Recipe</b> Thinking about the characteristics that make a healthy family life  <b>Equality / recognising different types of families e.g, same sex</b>  <b>Snow Bears</b>  <b>Always and Forever</b>  <b>And tango makes 3</b>  <b>The Prince and the Frog</b>	<b>Healthy Minds</b> Recognising what positively and negatively affects our mental health  <b>Being safe – how to ask for advice or help for themselves or others?</b>	<b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART
	HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	ACTIVITY R&HE - MW8, RR5, RR6 PSHE - R7	ACTIVITY R&HE - CF2 PSHE - R11	DISCUSSION R&HE - BS1, BS5 PSHE - R21, H23	ACTIVITY R&HE - F2 PSHE - R4	WORKSHEET R&HE - MW1, MW10 PSHE - H1, H14	WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
<b>DON'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle  <b>Who are my 5 trusted adults?</b>	<b>Heart to heart</b> Looking at ways we feel loved  <b>Being safe – How to report concerns of abuse?</b>	<b>Brilliant me ball</b> Celebrating our strengths and achievements	<b>One in a million</b> Comparing measurements to determine our uniqueness  <b>Equality / recognising different types of families e,g, same sex</b>	<b>Don't agree with I don't like me</b> Highlighting things about our bodies we are grateful for  <b>Boundaries – each person's body belongs to them and the differences between inappropriate/appropriate physical contact</b>	<b>Hands up!</b> Creating a catchy rhyme/song or rap to remind others about the importance of hand washing	<b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1 PSHE - H1, R2	ACTIVITY R&HE - F1, F3, F4 PSHE - R2	ACTIVITY R&HE - RR4 PSHE - H5	ACTIVITY R&HE - N/A PSHE - H5	ACTIVITY R&HE - MW4 PSHE - H1	ACTIVITY R&HE - HP5 PSHE - H12	WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle  <b>Who are my 5 trusted adults?</b>	<b>What's missing?</b> Being aware of surroundings and people around you  <b>Online relationships – How do people sometimes behave differently online?</b>	<b>Guess my feelings</b> Suggesting how someone is feeling based on their facial expressions and body language	<b>Unseen heroes</b> Thinking about and thanking the unseen heroes of our local community	<b>Teamwork makes the dream work!</b> Recognising that we sometimes need help from others and working together to achieve a shared goal  <b>Being safe – How to ask for</b>	<b>True Smartphone</b> Developing an awareness of ways to use mobile phones and tablets responsibly  <b>Online relationships</b>	<b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!



	HS FILM R&HE - CF2, CF3 PSHE - R1, R2	GAME R&HE - CF1 PSHE - L7, H23	ACTIVITY R&HE - MW2, MW3 PSHE - R1	ACTIVITY R&HE - RR5, BS8 PSHE - H23	advice / where to get advice? GAME R&HE - CF2, CF3 PSHE - R11, R12	WORKSHEET R&HE - ISH2, ISH7 PSHE - H24	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2
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<b>DON'T RUB IT IN, RUB IT OUT</b>	<b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle  <b>Who are my 5 trusted adults?</b>  HS FILM R&HE - CF4, RR2 PSHE - H1	<b>Saying sorry</b> Discussing ways to fix broken friendships  <b>Online relationships - Same principles apply to online relationships as well as face to face</b>  DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R12	<b>Pass through the pain barrier</b> Discussing what forgiveness is and the value of forgiving others  <b>What things might you not forgive?</b>  DISCUSSION R&HE - CF4, MW3 PSHE - H1	<b>Good stress, bad stress</b> Talking about different types of stress and ways to manage negative stress  ACTIVITY R&HE - MW5, MW9 PSHE - H6	<b>Boundaries</b> Learning about personal boundaries  DISCUSSION R&HE - RR8, BS1 PSHE - R21	<b>Be Kind Online</b> Recognising and dealing with online abuse  WORKSHEET R&HE - ISH1, ISH5, ISH7 PSHE - R18	<b>Don't Rub it in, Rub it Out Reflection</b> What we have learned about Don't Rub it in, Rub it Out!
<b>FAKE IS A MISTAKE</b>	<b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle  <b>Who are my 5 trusted adults?</b>  HS FILM R&HE - CF2 PSHE - R2	<b>Human Beings notDOings</b> Celebrating one another for who we are not what we do  <b>Equality – celebrating different genders/religion and cultures</b>  <b>Not like others</b> <b>No difference between us</b> <b>The story of the lost bear two suns</b>  ACTIVITY R&HE - RR1, CF3 PSHE - H1, H5	<b>Voice of Love</b> Who speaks into our lives and are they using the voice of love?  <b>Being safe – How to recognise and reports feelings of being unsafe or feeling bad about any adult?</b>  WORKSHEET R&HE - F2, CF3 PSHE - H1, R10	<b>Speak Truth</b> Having the courage to tell the truth isn't always easy  <b>Being safe – How to recognise and reports feelings of being unsafe or feeling bad about any adult?</b>  STORY R&HE - CF5 PSHE - R2, H13	<b>Dare to be different</b> When dares are fun and when they are not. Thinking of ways to say no to dares  <b>Online relationships/being safe/bullying – Link to all of the above</b>  ACTIVITY R&HE - RR8, BS1, BS5 PSHE - R15, H10	<b>Risky Business</b> Learning the facts and risks associated with smoking  ACTIVITY R&HE - DAT1 PSHE - H17	<b>Fake is a Mistake Reflection</b> What we have learned about Fake is a Mistake!
<b>'NO WAY THROUGH', ISN'T TRUE</b>	<b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle  <b>Who are my 5 trusted adults?</b>  HS FILM R&HE - CF2 PSHE - R2	<b>Endurance Expedition</b> Thinking about the skills and attitudes needed to meet a challenge  ACTIVITY R&HE - RR1, CF3 PSHE - H1, H5	<b>Habits - Help or Hinder?</b> Considering the habits we need to develop or change to reach our goals  WORKSHEET R&HE - F2, CF3 PSHE - H1, R10	<b>Just Keep Swimming</b> How to persevere and hold onto hope  STORY R&HE - CF5 PSHE - R2, H13	<b>Dreamers</b> Dreaming of the future  ACTIVITY R&HE - RR8, BS1, BS5 PSHE - R15, H10	<b>NOT A HEARTSMART LESSON – How to look after ourselves?</b>  <b>Importance of maintaining personal hygiene e.g, brushing teeth, deodorant, changing</b>  	<b>'No Way Through' isn't True Reflection</b> What we have learned about 'No Way Through' isn't True!

						<b>underwear frequently</b>	
	HS FILM R&HE - MW2 PSHE - H6, H7	ACTIVITY R&HE - MW3, MW4 PSHE - H7	WORKSHEET R&HE - MW4, MW5 PSHE - H16	FILM CLIP R&HE - MW3, MW4 PSHE - H7, R2	ACTIVITY R&HE - N/A PSHE - H5	WORKSHEET R&HE - CAB1 PSHE - H8, H13	WORKSHEET R&HE - MW2 PSHE - H6, H7