


Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart Who are my five trusted adults?	Powerful Poses Demonstrate that our body language can be used to help us feel more powerful	Stone Trainers Comparing our hearts to trainers - how do we keep our hearts soft but strong	Secret Scenarios Recognising when it is right to keep a secret and when a secret should be shared Who can I talk to/what to do if something makes me feel uncomfortable?	Tying the Knot Recognising the importance of commitment in marriage Discuss different types of marriages The Prince and the Frog And tango makes three	Healthy Food, Healthy Heart Learning about the Eatwell plate and how to plan a healthy meal	Get HEARTSMART Reflection What we have learned about Get HEARTSMART
	HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	ACTIVITY R&HE - RR4, MW6 PSHE - H6	WORKSHEET R&HE - MW1, MW3, MW4 PSHE - H1	DISCUSSION R&HE - BS2, BS5 PSHE - R9, H14	ACTIVITY R&HE - F5 PSHE - R5	ACTIVITY R&HE - HE2 PSHE - H3	WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle	What are you worth? Working out what we are worth	People say I am Encouraging one another with kind and positive words & accepting the words spoken about us Respect regardless of how we look inside and out.	Thumbs Up Recalling significant events and people in our lives so far Different types of families – what makes us different? Discuss gender, race, religion and sexuality Not like the others No difference between us The story of the lost bears	Gratitude jar Thinking of things we are grateful for each week Who are my five trusted adults?	Signs to Spot Identifying early signs of illness Badger's Parting Gifts	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1 PSHE - H1, R2	ACTIVITY R&HE - RR4 PSHE - H5	ACTIVITY R&HE - CF3 PSHE - H5	ACTIVITY R&HE - F1, F3, CF1 PSHE - R4	ACTIVITY R&HE - MW1 PSHE - H1	ACTIVITY R&HE - HP1 PSHE - N/A	WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle	All the Same, All Different Demonstrating ways we are different and ways we are the same Different types of families – what makes us different? Discuss gender, race, religion and sexuality	Listen up! Practising being a good listener	You go before me Thinking of ways the generations before us have overcome challenges that we benefit from Discuss acceptance of different groups of people including LGBT, discuss how rights for women have improved over	Growing together Considering ways we can be a good friend and support one another	Social media - good or bad? Discussing the benefits and dangers of social media Who can I talk to/what to do if something makes me feel uncomfortable?	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy!
							

				time			
				The Prince and the Frog			
				Tango makes three			
	HS FILM R&HE - CF2, CF3 PSHE - R1, R2	GAME R&HE- CF3, RR1, RR5 PSHE - L11,R13	ACTIVITY R&HE- CF4, RR1 PSHE - R10	ACTIVITY R&HE- RR5 PSHE - L11	ACTIVITY R&HE - CF2, CF3 PSHE - R10	DISCUSSION R&HE - ISH2, ISH3, ISH4 PSHE - H22,H24	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

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DON'T RUB IT IN, RUB IT OUT	Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H1	Work it Out Developing strategies to resolve conflict and disputes ACTIVITY R&HE - CF4, RR2 PSHE - R12	Power of Forgiveness -Jimmy Mizen's parents Discussing how we benefit when we choose to forgive others DISCUSSION R&HE - MW1 PSHE - R12	Way to Say Exploring how our tone and body language communicates more than our words- link to appropriate and inappropriate self-image on social media ACTIVITY R&HE - RR2, OR1 PSHE - R2	Bit by Bit Discussing how to build trust between friends ACTIVITY R&HE - CF2, CF5 PSHE - R9, R21	Deep Impact Considering the impact of bullying Different types of families – what makes us different? Discuss gender, race, religion and sexuality ACTIVITY R&HE- RR6, MW8 PSHE - R14	Don't Rub it in, Rub it Out Reflection What we have learned about Don't Rub it in, Rub it Out! WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle HS FILM R&HE - CF2 PSHE - R2	This is Me! Being proud of who we are Different types of families – what makes us different? Discuss gender, race, religion and sexuality DISCUSSION R&HE - N/A PSHE - H6, H7, R16	HeartSmart Self-Talk Catching negative self-talk and replacing it with positive self-talk SAD BOOK DISCUSSION R&HE - MW1 PSHE - H1, H6, H7	Boundaries for Respect Learning how to use boundaries to establish respectful friendships Different types of relationships. Discuss gender, race, religion and sexuality ACTIVITY R&HE - BS1, RR2 PSHE - R3, R10, R18	Vaccines - Facts vs Fake News! Finding out facts about vaccinations ACTIVITY R&HE - HP6, ISH6 PSHE -	Fix it, Find out, Fit in! Find out facts about legal and illegal substances and their risks ACTIVITY R&HE - DAT1 PSHE - H17	Fake is a Mistake Reflection What we have learned about Fake is a Mistake! WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle HS FILM R&HE - MW2 PSHE - H6, H7	The Bridge to Yet Demonstrating that 'No Way Through' isn't True! Discuss support groups linked to LGBT and five trusted adults ACTIVITY R&HE - MW3 PSHE-H1, H5, H7	Self-awareness Thinking about how we are feeling, why we feel that way and what we need SAD BOOK ACTIVITY R&HE - MW1, MW3, MW4 PSHE - H2, H16	Hearts Filled with Hope Looking at the power of Hope and how it can keep us going ACTIVITY R&HE - MW4 PSHE - H1, H7	Where the Magic Happens Learning to step out of our comfort zones ACTIVITY R&HE - MW4 PSHE - H8, H9	Under Construction - the teenage brain! How the brain changes during puberty Content within limitations of the statutory science curriculum ACTIVITY R&HE - CAB1 PSHE - H13	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True! WORKSHEET R&HE - MW2 PSHE - H6, H7

