St. Peter’s C of E Primary & Nursery School

Personal, Social, Health & Economic Education (PSHE) & Relationships and Sex Education (RSE)

Long Term Planning

This PSHE & RSE Long Term Plan confirms the focus for PSHE and RSE across school for each term whilst showing clear progression of the skills taught in each focus area. In Key Stages One and Two, we are currently following the 'HeartSmart TV' programme of study for PSHE and the Economic aspect of the curriculum is additionally supported by the 'Talking Points' resources. Our RSE curriculum is delivered by the 'Big Talk' programme educators.
The Foundation Stage are taught according to a school designed programme of study, created by Kerry Forrest, the class teacher.
PSHE will be taught every week. It is up to each class teacher when to teach this, following the Long Term Plan provided.

In addition to the 'HeartSmart TV', 'Talking Points' and Big Talk Education lessons, we also teach the children about the following PSHE themes:

- Anti- Bullying Week Information and resources
- Fire Safety in the home – Notts Fire Service, Misterton
- Firework safety -Notts Fire Service, Misterton
- Basic First Aid
- Water Safety – KS2 School Swimming
- Speak Out. Stay Safe – NSPCC assembly
- Let's Talk PANTS – NSPCC resource
- Keeping safe in the community including stranger danger
- Picture News resource
- Online safety
- The Great Project – domestic violence awareness
- Staying safe around dogs – The Dog's Trust
- CPR training – School Swimming Years 5 & 6
- DARE – Years 5 & 6
- Knife Crime Awareness – Years 5 & 6

The **RSE Curriculum** is delivered by the 'Big Talk Education' team.

The RSE lessons are preceded by a 'Parent's Session' delivered by Big Talk Education.

What themes are covered at what key stage?

- At age 3 (UK nursery) we teach the differences between boys and girls, naming body parts, what areas of the body are private and should not be touched unless the child is happy and gives consent.
- At ages 4 to 8 (UK Reception, School Years 1, 2 & 3) we reinforce and strengthen what was covered in Nursery. Using specially designed child friendly resources, at the end of this session they will be able to identify happy situations and those which may be risky (e.g. other children or adults taking improper photographs of them, inappropriate touches, exposure to unsuitable media etc.) plus who they can talk to if they are worried.
- At ages 8 to 9 (School Year 4, 5 & 6) we cover different kinds of families (same sex parents, foster families etc.), the emotional and physical changes of growing up, similarities and differences between boys and girls (including transgender), coping with different emotions, looking after our bodies as they change and the onset of periods (puberty). In these classes we explain that babies are made from ovums and sperm then develop in the womb (reproduction). How to be safe and healthy linking back to and building on identifiable risks, we also strengthen awareness of "our body is our own" and personal safety especially on-line grooming, etc.

RECEPTION PSHE LONG TERM PLAN

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
General Themes	All About me!	Ticket to ride!	Terrific tales!	Come Outside!	Animal kingdoms!	Fun at the seaside!
Personal, Social and Emotional Development	Children's personal, social and emotional development (PSED) is **crucial for children to lead healthy and happy lives**, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that **shape their social world**. Strong, warm and supportive relationships with adults enable children to learn how to **understand their own feelings and those of others**. Children should be supported to **manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist** and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn **how to look after their bodies, including healthy eating**, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which **children can achieve at school and in later life.**					
Managing Self Self - Regulation	New Beginnings See themselves as a valuable individual. Being me in my world Class Rule Rules and Routines Supporting children to build relationships Dental Hygiene Having a Go! Anti-bullying week *Fire Safety* *Big Talk*	Getting on and falling out. How to deal with anger Emotions Self - Confidence Build constructive and respectful relationships. Ask children to explain to others how they thought about a problem or an emotion and how they dealt with it. *Stranger Danger*	Good to be me Feelings Identify and moderate their own feelings socially and emotionally. Encourage them to think about their own feelings and those of others by giving explicit examples of how others might feel in particular scenarios	Relationships What makes a good friend? Healthy me Random acts of Kindness Looking after pets Looking After our Planet Give children strategies for staying calm in the face of frustration. Talk them through why we take turns, wait politely, tidy up after ourselves and so on	Equality and Diversity (separate plans) Celebrating differences Dreams and Goals Show resilience and perseverance in the face of challenge. Discuss why we take turns, wait politely, tidy up after ourselves and so on. *Road Safety*	Taking part in sports day - Winning and losing Changing me Look how far I've come! Model positive behaviour and highlight exemplary behavior. Embracing Change *Online Safety*
	Show an understanding of their own feelings and those of others, and begin to **regulate their behaviour accordingly**. Set and work towards simple goals, being able to wait for what they want and **control their immediate impulses when appropriate**. Give **focused attention to what the teacher says**, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. ✓ Controlling own feelings and behaviours ✓ Applying personalised strategies to return to a state of calm ✓ Being able to curb impulsive behaviours ✓ Being able to concentrate on a task ✓ Being able to ignore distractions ✓ Behaving in ways that are pro-social ✓ Planning ✓ Thinking before acting ✓ Delaying gratification ✓ Persisting in the face of difficulty.			*"Self-regulatory skills can be defined as the ability of children to manage their own behaviour and aspects of their learning. In the early years, efforts to develop self-regulation often seek to improve levels of self-control and reduce impulsivity. Activities typically include supporting children in articulating their plans and learning strategies and reviewing what they have done." Education Endowment Foundation.* *We understand that children develop in individual ways and at varying rates – physically, cognitively, linguistically, socially and emotionally.*		

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	**Get HEARTSMART** Introduction to HeartSmart HS FILM R&HE - CF3, MW1 PSHE - H2, R2	**Power** How we can use our power in positive and negative ways ACTIVITY R&HE - CF3, CF5 PSHE - R2, R12	**Feelings Bingo** Understanding our emotions GAME R&HE - MW2, MW3 PSHE - R1, H4	**What goes in, must come out - Worms!** What we put in our hearts is what comes out ACTIVITY R&HE - MW1 PSHE - H2	**Guess Who?** Who we are grateful for in our class and why GAME R&HE - CF1, CF2 PSHE - R9	**Healthy Choices** Helping Boris make good choices to keep healthy ACTIVITY R&HE - MW1, PH1 PSHE - H2	**Get HEARTSMART Reflection** Circle time - What we have learned about Get HEARTSMART WORKSHEET R&HE - CF3, MW1 PSHE - R2, R4
DON'T FORGET TO LET LOVE IN!	**Don't Forget to Let Love in!** Introduction to the 1st HeartSmart principle HS FILM R&HE - RR4, MW1 PSHE - R1, R4	**Pants!** Learning about appropriate and inappropriate contact WORKSHEET R&HE - BS3, BS4 PSHE - R10	**Truth or Lies** Differentiating between truths and lies about us ACTIVITY R&HE - MW1 PSHE - H3	**Would you Rather?** Game of preference GAME R&HE - CF3 PSHE - L8	**Marshmallow Test** Learning that there is a choice in spending and saving ACTIVITY R&HE - N/A PSHE - L7	**Taking Care of Me** Ways to take care of ourselves everyday ACTIVITY R&HE - HP4, HP5 PSHE - H1, H6, H7, H11	**Don't Forget to Let Love in Reflection** Circle time - What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	**Too Much Selfie isn't Healthy!** Introduction to the 2nd HeartSmart principle HS FILM R&HE - CF2, CF3 PSHE - R1, R2	**Who's Missing?** Developing an awareness of our surroundings and the people around us ACTIVITY R&HE - CF1 PSHE - L4	**The Smartest Giant in Town** How can we help others? How have others helped us? STORY R&HE - CF2, CF3 PSHE - L1	**Who Looks After Me?** Who looks after us? How can we show them our appreciation? ACTIVITY R&HE - F1, F2, F4 PSHE - H13	**Teamwork - Monsters University** Working as a team to reach an end goal FILM CLIP R&HE - CF2 PSHE - L3	**Helping Boris** Discussing simple rules to help keep us safe online WORKSHEET R&HE - OR2, OR3, ISH1 PSHE - H12	**Too Much Selfie isn't Healthy Reflection** Circle time - What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

DON'T HOLD ON TO WHAT'S WRONG	**Lesson 1** Introduction to the 3rd HeartSmart principle	**Goldilocks and Baby Bear** Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends	**Forgiveness Fizz** Discussion around how forgiveness can help hard situations disappear	**Chalk faces** Different ways we can handle negative emotion effectively	**Disappointed Robots** Exploring different ways to handle disappointment	**Builders and Wreckers** How the words we use can build others up or knock them down	**Reflection** Circle time - What we have learned about
	HS FILM R&HE - CF4, RR2 PSHE - H2	ACTIVITY R&HE - RR1, CF5 PSHE - R2, R4	ACTIVITY R&HE - CF4 PSHE - R1	ACTIVITY R&HE - MW2, MW3, MW4 PSHE - R6, R7	ACTIVITY R&HE - MW3 PSHE - H3, H4	ACTIVITY R&HE - MW8, RR6 PSHE - R11, R14	WORKSHEET R&HE - CF4, RR2 PSHE - H2
FAKE IS A MISTAKE	**Fake is a Mistake!** Introduction to the 4th HeartSmart principle	**The Best Me** Being yourself is the best you, you can be	**Don't Hide What's Inside!** Don't hide your true thoughts and feelings	**Mask Making** Thinking about who we can trust to talk to when we are sad or mad	**Telephone Whispers** How small lies can have a big impact	**Smile!** Looking at the importance of good oral hygiene and dental health	**Fake is a Mistake Reflection** Circle time - What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R1	ACTIVITY R&HE - N/A PSHE - L8	ACTIVITY R&HE - CF3, F4 PSHE - R1, R5	ACTIVITY R&HE - CF5, BS6, BS7, BS8 PSHE - H13, H4	GAME R&HE - CF2 PSHE - R4, R2	WORKSHEET R&HE - HP4 PSHE - H1	WORKSHEET R&HE - CF2 PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** Introduction to the final HeartSmart principle	**Mission Possible** Learning from our experiences and trying again	**Tummy Talk** Trusting our instincts. Good secrets v bad secrets	**Seeds of Potential** There is potential in all of us	**Hearts that Dream** Creating Dreamboards to capture our hopes and dreams	**Love a lot, Miss a lot** Circle time and activity around people, animals and things we have lost	**'No Way Through' isn't True Reflection** Circle time - What we have learned
	HS FILM R&HE - MW2 PSHE - H3, H4	ACTIVITY R&HE - MW4 PSHE - H3, R7	ACTIVITY R&HE - BS5, BS6 PSHE - R3, H15	ACTIVITY R&HE - RR1 PSHE - L1, L4, H9	ACTIVITY R&HE - MW6 PSHE - H2	WORKSHEET R&HE - MW2, MW3, MW9 PSHE - H5, R1	WORKSHEET R&HE - MW1 PSHE - H3, H4

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	**Get HEARTSMART** Introduction to HeartSmart HS FILM R&HE - CF3, MW1 PSHE - H2,R2	**Power Plus** Describing how we can use our power in positive and negative ways ACTIVITY R&HE - CF3 PSHE - L1	**Heart Decisions** Considering the reputations we would like to have ACTIVITY R&HE - CF2, MW4 PSHE - H2	**Bright Hearts** What is in our hearts, is played out in our words and actions ACTIVITY R&HE - MW3, MW4 PSHE - H2	**Love Map** Identifying special people and how they show us love WORKSHEET R&HE - F1, F3 PSHE - R9	**Boris Face Plate** Creating a robot face from healthy foods ACTIVITY R&HE - HE2, HE3 PSHE - H1	**Get HEARTSMART Reflection** Circle time - What we have learned about Get HEARTSMART WORKSHEET R&HE - CF3, MW1 PSHE - R2,R4
DON'T FORGET TO LET LOVE IN!	**Don't Forget to Let Love in!** Introduction to the 1st HeartSmart principle HS FILM R&HE - RR4, MW1, PSHE - R1, R4	**I am cubes** Recognising and celebrating our strengths and ways in which we are all unique WORKSHEET R&HE - RR4 PSHE - H3	**Trash or Truth** Learning to differentiate between the truths and lies that we hear or speak about ourselves ACTIVITY R&HE - RR4, RR5 PSHE - L3	**Meaning of my Name** Writing an acrostic poem for your name by selecting words that describe you ACTIVITY R&HE - N/A PSHE - L8	**Boundin** Discussion around how being thankful for what we have, changes our attitude FILM CLIP R&HE - MW6 PSHE - H3	**Heartbeat-** Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves ACTIVITY R&HE - PH1, PH2, PH3 PSHE - H1	**Don't Forget to Let Love in Reflection** Circle time - What we have learned about Don't Forget to Let Love in! WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1
TOO MUCH SELFIE ISN'T HEALTHY!	**Too Much Selfie isn't Healthy!** Introduction to the 2nd HeartSmart principle HS FILM R&HE -CF2, CF3 PSHE - R1, R2	**Spot the Difference** Be aware of surroundings and the people around you ACTIVITY R&HE - CF1 PSHE - L4	**Secret Kindness Agents** Looking for opportunities to do something kind for others ACTIVITY R&HE - CF3, RR2 PSHE - R4	**Everyday Heroes** Thinking about people who look after us in our community ACTIVITY R&HE - RR1, RR5, BS8 PSHE - L10	**We all Fit Together** Looking at how are we the same and how we are different ACTIVITY R&HE - RR1, RR5 PSHE - L9, R8	**HeartSmart on the Playground, HeartSmart Online** Rules for keeping safe online WORKSHEET R&HE - OR2, OR3, OR5, ISH7 PSHE - H12, H14, H15	**Too Much Selfie isn't Healthy Reflection** Circle time - What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	**Lesson 1** Introduction to the 3rd HeartSmart principle	**That's what Friends are for (Shrek)** Saying sorry and offering forgiveness between friends	**Balloon Spoons** Demonstrating how holding onto unforgiveness can make us feel	**Let the Ouch Out** Reflecting on helpful ways to deal with hurt	**Traffic Lights** Ways to handle negative emotion	**Crumpled Hearts** Demonstrating the consequences of teasing or bullying	**Reflection** Circle time - What we have learned about Don't Rub it in, Rub it Out!
	HS FILM R&HE - CF4, RR2 PSHE - H2	FILM CLIP R&HE - CF4 PSHE - R6	ACTIVITY R&HE - MW3, MW4 PSHE - H4	WORKSHEET R&HE - MW7, MW9 PSHE - H4, H5	ACTIVITY R&HE - MW3, MW9 PSHE - H4, H13	ACTIVITY R&HE - MW8, RR6, BS7 PSHE - R13, R14	WORKSHEET R&HE - CF1, CF2, CF3, CF4 & CF5 PSHE - H2
FAKE IS A MISTAKE	**Fake is a Mistake!** Introduction to the 4th HeartSmart principle	**Grains of Sand** There never has and never will be another one of me	**The Truth about Me** Not all the thoughts we have about ourselves are true	**Real is a Big Deal** Discussing how different emotions feel	**Nice to Meet You!** Looking at ways to be polite when meeting others	**Sun Safe!** Thinking of ways to stay safe in the sun	**Fake is a Mistake Reflection** Circle time - What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R1	ACTIVITY R&HE - N/A PSHE - L8	DISCUSSION R&HE - MW1, MW4 PSHE - R4, R12	WORKSHEET R&HE - MW2, MW3 PSHE - H4, R1	GAME R&HE - RR3 PSHE - R8	ACTIVITY R&HE - HP2 PSHE - H1	WORKSHEET R&HE - CF2 PSHE - R1
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** Introduction to the final HeartSmart principle	**Road signs** Finding alternative solutions to problems	**Ways to Say** Looking at seemingly impossible situations in different ways	**Rainbows from Rain** Overcoming challenges and difficulties	**Imagine a Bright Future** Imagining 'What if…' in a positive way	**Energy Detectives** Looking for signs of energy and thinking about ways to conserve it	**'No Way Through' isn't True Reflection** Circle time - What we have learned about 'No Way Through' isn't True!
	HS FILM R&HE - MW2 PSHE - H3, H4	ACTIVITY R&HE - MW2 PSHE - H3	ACTIVITY R&HE - MW2, MW4 PSHE - H4	ACTIVITY R&HE - MW2, MW3 PSHE - H3	ACTIVITY R&HE - MW1 PSHE - H1, H2	ACTIVITY R&HE - N/A PSHE - L1, L5	WORKSHEET R&HE - MW2 PSHE - H3, H4

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GET HEARTSMART	**Get HEARTSMART** Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	**Batteries** Looking at ways we can be positive (kind) and negative (unkind) to one another ACTIVITY R&HE - CF1, CF2 PSHE - R2	**Inside Out** Recalling memories and associating a feeling with them FILM CLIP R&HE - MW3, MW4 PSHE - H7	**Guard your Heart** Thinking about things we need to guard our hearts from GAME R&HE - CF5 PSHE - R3	**My squad** Listing the people in our lives we are grateful for WORKSHEET R&HE - F1, CF1 PSHE - R4	**Full or Empty?** Thinking of the benefits of living a healthy lifestyle WORKSHEET R&HE - PH1, PH3, PH4	**Get HEARTSMART Reflection** What we have learned about Get HEARTSMART WORKSHEET R&HE - 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 HS FILM R&HE - RR4, MW1 PSHE - H1, R2	**Wear it with pride** Learning to accept the encouragement given to us by others ACTIVITY R&HE - CF1, CF3 PSHE - L8	**Love is...** Considering what love is and what it isn't WORKSHEET R&HE - F6, CF2, CF5 PSHE - L4	**Moana** Comparing 'Te Fiti' before and after she 'let love in' FILM CLIP R&HE -MW2, MW4, MW7 PSHE - R1	**Growing gratitude** Listing things we are grateful for and why ACTIVITY R&HE - RR3 PSHE - H1	**Love yourself** Making good choices to keep our hearts healthy ACTIVITY R&HE - HE1, HE2 PSHE - H1, H3	**Don't Forget to Let Love in Reflection** What we have learned about Don't Forget to Let Love in! 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 HS FILM R&HE - CF2, CF3 PSHE - R1, R2	**Flip your phone** How can you be #unselfie and doing something kind for others? WORKSHEET R&HE - CF3, RR2 PSHE - R7	**What's your emergency?** How to respond in an emergency ACTIVITY R&HE - BFA1 PSHE - H15	**Elizabeth Everest** Honouring others for their kindness ACTIVITY R&HE - RR5 PSHE - R7	**No man is an island** Working together, listening to one another and respecting other's views GAME R&HE -CF2, CF3 PSHE - L8	**Padlocked Privacy** Discussing why it is important to keep personal information private WORKSHEET R&HE - OR3, OR5 PSHE - H22	**Too Much Selfie isn't Healthy Reflection** What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	**Lesson 1** Introduction to the 3rd HeartSmart principle	**Magic water** Demonstrating the effects of saying sorry	**Play it out** Considering different ways to respond to scenarios	**Balloon Blast** Demonstrating the benefits of letting go of hurt	**Marble Jar** Discussion around how trust is built and betrayed	**Who am I?** Recognising and challenging stereotypes	**Reflection** What we have learned about
	HS FILM R&HE - CF4, RR2 PSHE - H1	DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R7, R12	WORKSHEET R&HE - CF4 PSHE - R2	ACTIVITY R&HE - CF4, MW2 PSHE - R12	FILM CLIP R&HE - CF2, CF5 PSHE - R3	WORKSHEET R&HE - RR7 PSHE - R16	WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	**Fake is a Mistake!** Introduction to the 4th HeartSmart principle	**Spot the Difference** The real me is the best me	**Shame Detectives** Spotting shame and replacing it with truth	**Circle of Trust** Thinking about appropriate and inappropriate contact	**Build on Truth** Importance of truth to build strong friendships	**Allergy Allies!** Learning the facts and science about allergies	**Fake is a Mistake Reflection** What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R2	ACTIVITY R&HE - OR1, ISH6 PSHE - R7	WORKSHEET R&HE - CF3, MW2 PSHE - H1, H6	WORKSHEET R&HE - BS3, BS5 PSHE - H1	DISCUSSION R&HE - CF2 PSHE - R2, R3, R7	DISCUSSION R&HE - HP6	WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** Introduction to the final HeartSmart principle	**Snakes and Ladders** Thinking about progress (ladders) and setbacks (snakes)	**Get Back Up** Importance of getting back up and trying again	**I can help!** Learning how to respond to emergency first aid situations	**Dream Attitudes** Developing the right attitudes to achieve our dreams	**Embracing Change** How to manage change well	**'No Way Through' isn't True Reflection** What we have learned about 'No Way Through' isn't True!
	HS FILM R&HE - MW2 PSHE - H6, H7	ACTIVITY R&HE - MW3, MW4 PSHE - H5, H7	DISCUSSION R&HE - MW1 PSHE - H7	ACTIVITY R&HE - BFA2 PSHE - H15	WORKSHEET R&HE - MW1 PSHE - H5, H7	ACTIVITY R&HE - MW2, MW3, MW4 PSHE - H7, H8	WORKSHEET R&HE - MW2 PSHE - H6, H7

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GET HEARTSMART	**Get HEARTSMART** Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	**Words have power** Demonstrating consequences of the words we use about ourselves and others ACTIVITY R&HE - MW8, RR5, RR6 PSHE - R7	**Reap what you sow** Suggesting ways we can grow a desired characteristic e.g. kindness ACTIVITY R&HE - CF2 PSHE - R11	**Wily wolf** Thinking about and discussing how we know who we can trust DISCUSSION R&HE - BS1, BS5 PSHE - R21, H23	**Family Recipe** Thinking about the characteristics that make a healthy family life ACTIVITY R&HE - F2 PSHE - R4	**Healthy Minds** Recognising what positively and negatively affects our mental health WORKSHEET R&HE - MW1, MW10 PSHE - H1, H14	**Get HEARTSMART Reflection** What we have learned about Get HEARTSMART 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 HS FILM R&HE - RR4, MW1 PSHE - H1, R2	**Heart to heart** Looking at ways we feel loved ACTIVITY R&HE - F1, F3, F4 PSHE - R2	**Brilliant me ball** Celebrating our strengths and achievements ACTIVITY R&HE - RR4 PSHE - H5	**One in a million** Comparing measurements to determine our uniqueness ACTIVITY R&HE - N/A PSHE - H5	**Don't agree with I don't like me** Highlighting things about our bodies we are grateful for ACTIVITY R&HE - MW4 PSHE - H1	**Hands up!** Creating a catchy rhyme/song or rap to remind others about the importance of hand washing ACTIVITY R&HE - HP5 PSHE - H12	**Don't Forget to Let Love in Reflection** What we have learned about Don't Forget to Let Love in! 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 HS FILM R&HE - CF2, CF3 PSHE - R1, R2	**What's missing?** Being aware of surroundings and people around you GAME R&HE - CF1 PSHE - L7, H23	**Guess my feelings** Suggesting how someone is feeling based on their facial expressions and body language ACTIVITY R&HE - MW2, MW3 PSHE - R1	**Unseen heroes** Thinking about and thanking the unseen heroes of our local community ACTIVITY R&HE - RR5, BS8 PSHE - H23	**Teamwork makes the dream work!** Recognising that we sometimes need help from others and working together to achieve a shared goal GAME R&HE - CF2, CF3 PSHE - R11, R12	**True Smartphone** Developing an awareness of ways to use mobile phones and tablets responsibly WORKSHEET R&HE - ISH2, ISH7 PSHE - H24	**Too Much Selfie isn't Healthy Reflection** What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	**Lesson 1** Introduction to the 3rd HeartSmart principle	**Saying sorry** Discussing ways to fix broken friendships	**Pass through the pain barrier** Discussing what forgiveness is and the value of forgiving others	**Good stress, bad stress** Talking about different types of stress and ways to manage negative stress	**Boundaries** Learning about personal boundaries	**Be Kind Online** Recognising and dealing with online abuse	**Reflection** What we have learned about
	HS FILM R&HE - CF4, RR2 PSHE - H1	DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R12	DISCUSSION R&HE - CF4, MW3 PSHE - H1	ACTIVITY R&HE - MW5, MW9 PSHE - H6	DISCUSSION R&HE - RR8, BS1 PSHE - R21	WORKSHEET R&HE - ISH1, ISH5, ISH7 PSHE - R18	WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	**Fake is a Mistake!** Introduction to the 4th HeartSmart principle	**Human BEings not DOings** Celebrating one another for who we are not what we do	**Voice of Love** Who speaks into our lives and are they using the voice of love?	**Speak Truth** Having the courage to tell the truth isn't always easy	**Dare to be different** When dares are fun and when they are not. Thinking of ways to say no to dares	**Risky Business** Learning the facts and risks associated with smoking	**Fake is a Mistake Reflection** What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R2	ACTIVITY R&HE - RR1, CF3 PSHE - H1, H5	WORKSHEET R&HE - F2, CF3 PSHE - H1, R10	STORY R&HE - CF5 PSHE - R2, H13	ACTIVITY R&HE - RR8, BS1, BS5 PSHE - R15, H10	ACTIVITY R&HE - DAT1 PSHE - H17	WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** Introduction to the final HeartSmart principle	**Endurance Expedition** Thinking about the skills and attitudes needed to meet a challenge	**Habits - Help or Hinder?** Considering the habits we need to develop or change to reach our goals	**Just Keep Swimming** How to persevere and hold onto hope	**Dreamers** Dreaming of the future	**Changing Me!** Key facts about the changes that take place in puberty between 9 - 11	**'No Way Through' isn't True Reflection** What we have learned about 'No Way Through' isn't True!
	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

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	**Get HEARTSMART** Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	**Boss v Leader** Considering how powerful people lead others ACTIVITY R&HE - RR1, BS4 PSHE - L6	**Lion Heart** Describing the heart reputation we would like ACTIVITY R&HE - CF2, RR1 PSHE - H5	**Watch What You Watch Watch** Discussing how to know what we should and shouldn't watch WORKSHEET R&HE - ISH2, ISH4 PSHE - H2	**Letter of Thanks** Writing letters of thanks to people who support and encourage us ACTIVITY R&HE - F1, F2, F4 PSHE - R4	**Sleep Well** Thinking about the importance of good quality sleep for health DISCUSSION R&HE - HP3 PSHE - H2	**Get HEARTSMART Reflection** What we have learned about Get HEARTSMART 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 HS FILM R&HE - RR4, MW1 PSHE - H1, R2	**Gunner** Making the connection between Gunner's story and Don't Forget to Let Love In! ACTIVITY R&HE - CF2 PSHE - R11	**Make the Right Voice Choice** Considering the way the words we listen to about ourselves make us feel ACTIVITY R&HE - F6, CF5, MW1 PSHE - H1	**Under Pressure** Thinking about different sources of pressure, including from our friends, and ways we can respond ACTIVITY R&HE - BS5, BS8 PSHE - H13, H14	**Allocating Resources** Recognising that resources can be allocated in different ways and these choices affect others ACTIVITY R&HE - N/A PSHE - L15	**Help!** Who to go to for help and how to keep asking until help is given ACTIVITY R&HE - BS6, BS7, BS8 PSHE - H23	**Don't Forget to Let Love in Reflection** What we have learned about Don't Forget to Let Love in! 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 HS FILM R&HE - CF2, CF3 PSHE - R1, R2	**When I'm Feeling Lonely…** What we can do when we feel lonely ACTIVITY R&HE - MW7, OR4 PSHE - H1	**Read My Lips** Listening to what others say GAME R&HE- RR1, RR2 PSHE - R10	**Honour** Thinking of people who deserve honour and suggesting ways to honour them ACTIVITY R&HE - RR5 PSHE - L9, L11	**Great Groups** to investigate the purpose and role of different groups (inc. pressure groups) ACTIVITY R&HE - N/A PSHE - L10	**Be Aware What You Share** Developing an awareness of what you should and shouldn't share online ACTIVITY R&HE - OR1, OR4, ISH3 PSHE - H25	**Too Much Selfie isn't Healthy Reflection** What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	**Don't Hold on to What's Wrong!** Introduction to the 3rd HeartSmart principle	**Different Perspective** Developing simple strategies to resolve conflict	**Nelson Mandela** Describing what Nelson Mandela's life teaches us about forgiveness	**Emotions don't drive!** How to handle our emotions	**I did not I am** Discussing how we respond to our own mistakes	**Bully Busting** Recognise bullying in all its forms and thinking about strategies to deal with bullying	**Reflection** What we have learned about
	HS FILM R&HE - CF4, RR2 PSHE - H1	ACTIVITY R&HE - CF4, RR2 PSHE - R7, R12, L8	DISCUSSION R&HE - MW1 PSHE - R2	ACTIVITY R&HE - MW2, MW3 PSHE - H6	DISCUSSION R&HE - MW3 PSHE - H1	WORKSHEET R&HE - RR6, MW8 PSHE - R18	WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	**Fake is a Mistake!** Introduction to the 4th HeartSmart principle	**Time To Get Real** How images we see online and in the media don't always represent reality	**No Need to Hide What's Inside** Exploring how shame can make us want to hide how we really feel	**Soft Shells** Knowing who we can trust to be vulnerable and open with	**Hearts that Welcome Feedback** How feedback can help us grow	**Decisions, Decisions!** Finding out about the risks associated with alcohol for young people	**Fake is a Mistake Reflection** What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R2	DISCUSSION R&HE - OR1, OR4, ISH6 PSHE - H4, L17, L18	ACTIVITY R&HE - CF3, MW2, MW3 PSHE - H7, H14, R9	FILM CLIP R&HE - CF2, BS1, BS8 PSHE - R2, R21	ACTIVITY R&HE - CF1, CF3 PSHE - R1, R7, R12	ACTIVITY R&HE - DAT1 PSHE - H17	WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** Introduction to the final HeartSmart principle	**Egg in the Flask** Demonstrating that 'No Way Through' isn't True!	**Success isn't always what you see** How the successes we achieve on the inside can often be greater than those seen on the outside	**Hope Light** Looking at the power of Hope and how it can keep us going	**Period Relay** Key facts about the menstrual cycle	**What am I?** How to look after ourselves during puberty	**'No Way Through' isn't True Reflection** What we have learned about 'No Way Through' isn't True!
	HS FILM R&HE - MW2 PSHE - H6, H7	ACTIVITY R&HE - MW4 PSHE - H7	WORKSHEET R&HE - MW4 PSHE - H1, H5	ACTIVITY R&HE - MW1, MW4 PSHE - H1, H5	WORKSHEET R&HE - CAB2 PSHE - H13	GAME R&HE - CAB1, CAB2 PSHE - H13	WORKSHEET R&HE - MW2 PSHE - H6, H7

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	**Get HEARTSMART** Introduction to HeartSmart HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	**Powerful Poses** Demonstrate that our body language can be used to help us feel more powerful ACTIVITY R&HE - RR4, MW6 PSHE - H6	**Stone Trainers** Comparing our hearts to trainers - how do we keep our hearts soft but strong WORKSHEET R&HE - MW1, MW3, MW4 PSHE - H1	**Secret Scenarios** Recognising when it is right to keep a secret and when a secret should be shared DISCUSSION R&HE - BS2, BS5 PSHE - R9, H14	**Tying the Knot** Recognising the importance of commitment in marriage ACTIVITY R&HE - F5 PSHE - R5	**Healthy Food, Healthy Heart** Learning about the Eatwell plate and how to plan a healthy meal ACTIVITY R&HE - HE2 PSHE - H3	**Get HEARTSMART Reflection** What we have learned about Get HEARTSMART 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 HS FILM R&HE - RR4, MW1 PSHE - H1, R2	**What are you worth?** Working out what we are worth ACTIVITY R&HE - RR4 PSHE - H5	**People say I am** Encouraging one another with kind and positive words & accepting the words spoken about us ACTIVITY R&HE - CF3 PSHE - H5	**Thumbs Up** Recalling significant events and people in our lives so far ACTIVITY R&HE - F1, F3, CF1 PSHE - R4	**Gratitude jar** Thinking of things we are grateful for each week ACTIVITY R&HE - MW1 PSHE - H1	**Signs to Spot** Identifying early signs of illness ACTIVITY R&HE - HP1 PSHE - N/A	**Don't Forget to Let Love in Reflection** What we have learned about Don't Forget to Let Love in! 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 HS FILM R&HE - CF2, CF3 PSHE - R1, R2	**All the Same, All Different** Demonstrating ways we are different and ways we are the same GAME R&HE- CF3, RR1, RR5 PSHE - L11,R13	**Listen up!** Practising being a good listener ACTIVITY R&HE- CF4, RR1 PSHE - R10	**You go before me** Thinking of ways the generations before us have overcome challenges that we benefit from ACTIVITY R&HE- RR5 PSHE - L11	**Growing together** Considering ways we can be a good friend and support one another ACTIVITY R&HE - CF2, CF3 PSHE - R10	**Social media - good or bad?** Discussing the benefits and dangers of social media DISCUSSION R&HE - ISH2, ISH3, ISH4 PSHE - H22,H24	**Too Much Selfie isn't Healthy Reflection** What we have learned about Too Much Selfie isn't Healthy! WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2

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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T HOLD ON TO WHAT'S WRONG	**Don't Hold on to What's Wrong** Introduction to the 3rd HeartSmart principle	**Work it Out** Developing strategies to resolve conflict and disputes	**Power of Forgiveness - Jimmy Mizen's parents** Discussing how we benefit when we choose to forgive others	**Way to Say** Exploring how our tone and body language communicates more than our words	**Bit by Bit** Discussing how to build trust between friends	**Deep Impact** Considering the impact of bullying	**Reflection** What we have learned about
	HS FILM R&HE - CF4, RR2 PSHE - H1	ACTIVITY R&HE - CF4, RR2 PSHE - R12	DISCUSSION R&HE - MW1 PSHE - R12	ACTIVITY R&HE - RR2, OR1 PSHE - R2	ACTIVITY R&HE - CF2, CF5 PSHE - R9, R21	ACTIVITY R&HE- RR6, MW8 PSHE - R14	WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	**Fake is a Mistake!** Introduction to the 4th HeartSmart principle	**This is Me!** Being proud of who we are	**HeartSmart Self-Talk** Catching negative self-talk and replacing it with positive self-talk	**Boundaries for Respect** Learning how to use boundaries to establish respectful friendships	**Vaccines - Facts vs Fake News!** Finding out facts about vaccinations	**Fix it, Find out, Fit in!** Find out facts about legal and illegal substances and their risks	**Fake is a Mistake Reflection** What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R2	DISCUSSION R&HE - N/A PSHE - H6, H7, R16	DISCUSSION R&HE - MW1 PSHE - H1, H6, H7	ACTIVITY R&HE - BS1, RR2 PSHE - R3, R10, R18	ACTIVITY R&HE - HP6, ISH6 PSHE -	ACTIVITY R&HE - DAT1 PSHE - H17	WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** Introduction to the final HeartSmart principle	**The Bridge to Yet** Demonstrating that 'No Way Through' isn't True!	**Self-awareness** Thinking about how we are feeling, why we feel that way and what we need	**Hearts Filled with Hope** Looking at the power of Hope and how it can keep us going	**Where the Magic Happens** Learning to step out of our comfort zones	**Under Construction - the teenage brain!** How the brain changes during puberty	**'No Way Through' isn't True Reflection** What we have learned about 'No Way Through' isn't True!
	HS FILM R&HE - MW2 PSHE - H6, H7	ACTIVITY R&HE - MW3 PSHE-H1, H5, H7	ACTIVITY R&HE - MW1, MW3, MW4 PSHE - H2, H16	ACTIVITY R&HE - MW4 PSHE - H1, H7	ACTIVITY R&HE - MW4 PSHE - H8, H9	ACTIVITY R&HE - CAB1 PSHE - H13	WORKSHEET R&HE - MW2 PSHE - H6, H7