

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART (Meet boris)	My HeartSmart Tool-belt Looking at Boris' special tools to learn what it means to be HeartSmart ACTIVITY PSSED-SC/SA	Becoming Boris Using junk materials to dress up as Boris ACTIVITY PSSED-MR	Fill Boris' Toolbox Roll a dice to find the missing tools from Boris' toolbox GAME PSSED-MR	How do they feel? Learning to read facial expressions and body language to understand how someone is feeling ACTIVITY PSSED-MFB	My heart is full Talking about the things we love and how they make us feel. ACTIVITY PSSED-MFB	Heart hunt Looking for hidden hearts GAME PSSED-MR	N/A
DON'T FORGET TO LET LOVE IN! (I am special)	I am loved! Learning that each one of us is loved, special and important CIRCLE TIME PSSED-SC/SA	My favourite things Thinking about our favourite things and how they are all different. ACTIVITY PSSED-SC/SA	My Heart Talking about how we demonstrate different emotions. ACTIVITY PSSED-MFB	Twinkle Twinkle Thinking about what makes our friends special. GAME PSSED-MFB	Who am I? Children to find different objects they like ACTIVITY PSSED-SC/SA	EYFS has talent Demonstrating our different skills and talents. ACTIVITY PSSED-SC/SA	N/A
TOO MUCH SELFIE ISN'T HEALTHY! (I love others)	I love to... Discussion about who you love and what you love to do together ACTIVITY PSSED-MR	Parachute families Game to demonstrate how everyone's family is different GAME PSSED-MR	Sorting feelings Looking at ways people express how they are feeling and ways we can show we care ACTIVITY PSSED-MFB	How do you do? Exploring ways to show care and affection for others. GAME PSSED-MR	Helpful Hearts Thinking about how we show others we care when we offer our help. ACTIVITY PSSED-MR	Thank you for helping me Thanking members of the school community for their help. ACTIVITY PSSED-SC	N/A



NURSERY

DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)	Super friends Discussing what makes a super friend. ACTIVITY PSED-MR	Musical Friends Game to show the importance of including others GAME PSED-MR	Listening ears Game to encourage children to listen to one another. GAME PSED-MFB	Soft words, Hard words Thinking about the types of words we use and how they make others feel ACTIVITY PSED-MR	If I met the scrap man Being kind to others even when their behaviour is unkind. ACTIVITY PSED-MR	Grumpy Frog story Exploring saying sorry through story STORY PSED-MFB	N/A
FAKE IS A MISTAKE (I tell the truth)	Boris and the scrapman's lies Children to differentiate between lies and truth ACTIVITY PSED-MFB	Cheer up Boris! Write or draw a postcard for Boris using kind and encouraging words. ACTIVITY PSED-MFB	How Rabbit got his long Ears Story to explore the importance of telling the truth STORY PSED-MR	Hat Games Pretending to be someone else is fun but being me is better. ACTIVITY PSED-SC/SA	Thankful Heart Circle time to think about what the children are thankful for. CIRCLE TIME PSED-SC/SA	Tell me about you Sharing and celebrating differences in our home and families. SHOW AND TELL PSED-SC/SA	N/A
'NO WAY THROUGH', ISN'T TRUE (I can do it!)	Boris in the kitchen Considering how we can move forward from mistakes we make. DISCUSSION PSED-SC/SA	I can challenge Series of challenges for children to practice and complete ACTIVITY PSED-SC/SA	Stuck! Circle time to consider what to do when the children are stuck CIRCLE TIME PSED-SC/SA	When I grow up Game and discussion around what children want to do when they grow up GAME PSED-SC/SA	Magnetic Maze Activity to demonstrate persevering to find a way through ACTIVITY PSED-SC/SA	Changing Caterpillars Considering change through the life cycle of a caterpillar. ACTIVITY PSED-SC	N/A

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GET HEARTSMART HEARTSMART (Meet Boris)	Boris' Beginnings Boris the robot story- which voice should you listen to?	Build-a-Boris Make a robot from junk	Boris Shapes Make a robot from 2D shapes.	Happy and you know it Song to demonstrate different emotions.	Boris Face dough Different emotions using play dough	Boris' Hanging Hearts Heart rewards for children who are caught being kind.	N/A
	STORY PSSED-MR	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-MFB	ACTIVITY PSSED-MFB	ACTIVITY PSSED-MR	
DON'T FORGET TO LET LOVE IN! (I am special)	VIP Crowns Design and make a crown	Mirror, mirror Describe self in mirror and draw a self-portrait	I am special because I am... Game to encourage children to think about why they are special.	I am special song Children to suggest reasons they are special	Fingerprint tree Looking at uniqueness of fingerprints	All about me ball Circle time to tell the other children about yourself	N/A
	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-MR	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-SC/SA	ACTIVITY PSSED-SC/SA	
TOO MUCH SELFIE ISN'T HEALTHY! (I love others)	Who is special to me? Who loves and cares for Boris? Who do you love and care for?	My house Who lives in your house?	Catch a smile Game to encourage children to share their smiles	Friendship web Circle time to use kind/encouraging words about one another.	A friend in need Game about look out for and helping friends in need.	Bird feeders How can we love the wildlife in our garden	N/A
	CIRCLE TIME PSSED-MR	ACTIVITY PSSED-SC	GAME PSSED-MR	CIRCLE TIME PSSED-MR	GAME PSSED-MR	ACTIVITY PSSED-SC	

RECEPTION

DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)	We're all friends together Thinking about what we like to do with our friends GAME PSED-MR	Sharing Island game Game to encourage sharing and co-operation GAME PSED-MR	Robots and mechanics Listening to instructions and co-operating with one another GAME PSED-MR	I am a kind friend Game to help children find simple ways to be kind to each other. ACTIVITY PSEC-MR	I make a good friend How to be a good friend. ACTIVITY PSED-MR	Emoji emotions Encouraging children to describe how they are feeling using emotions. ACTIVITY PSED-MFB	N/A
FAKE IS A MISTAKE (I tell the truth)	Boris has... Game to demonstrate the importance of being kind and truthful. GAME PSED-SC/SA	The truth according to Arthur story Talking about the importance of telling the truth. STORY PSED-MFB	Sorting words Sorting words into kind and unkind ACTIVITY PSED-MFB	Animal Game- thankful to be me Pretending to be something else is fun but being me is better. ACTIVITY PSED-MFB	Thankful Walk Walk around the school to spot things children are thankful for. ACTIVITY PSED-SC/SA	In my house Circle time to celebrate the different things we do with are families. ACTIVITY PSED-SC/SA	N/A
'NO WAY THROUGH', ISN'T TRUE (I can do it)	Nuts and bolts Challenge the children to match the correct nuts to the correct bolts ACTIVITY PSED-SC/SA	With my...I can Describing different things that the children can do with there amazing body CIRCLE TIME PSED-SC/SA	We're going on a bear hunt Interactive retelling of the story. ACTIVITY PSED-MFB	Incy Wincy Spider Learning perseverance from incy wincy spider. ACTIVITY PSED-MFB	Road blocks Moving cars around the mat by adhering to the road signs. ACTIVITY PSED-SC/SA	Cup stack challenge Challenge to see how many cups the children can stack before they collapse. ACTIVITY PSED-SC/SA	N/A

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GET HEARTSMART	Get HEARTSMART PSHE: • Health & Wellbeing (self-awareness, what influences us) R&HE: CF3, MW1 HS FILM	Power PSHE: • Relationships (behaviour, impact on others, fairness) R&HE: CF3, CF5 ACTIVITY	Feelings Bingo PSHE: • Health & Wellbeing (recognising and naming emotions) R&HE: MW2, MW3 GAME	What goes in, must come out - Worms! PSHE: • Health & Wellbeing (influences on thoughts and behaviour) • Living in the Wider World (media and environmental influences) R&HE: MW1, MW4 ACTIVITY	Guess Who? PSHE: • Relationships (understanding others, empathy) R&HE - CF1, CF2 GAME	Healthy Choices PSHE: • Health & Wellbeing (physical and mental wellbeing choices) R&HE: MW1, PH1 ACTIVITY	Get HEARTSMART Reflection PSHE: • Health & Wellbeing (self-reflection and awareness) R&HE: CF3, MW1 WORKSHEET
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! PSHE: • Relationships (self-worth and identity in relationships) R&HE - RR4, MW1 HS FILM	Pants! PSHE: • Health & Wellbeing (personal safety and body boundaries) • Relationships (recognising unsafe situations and telling someone) R&HE - BS3, BS4, BS5 WORKSHEET	Truth or Lies PSHE: • Health & Wellbeing (self-beliefs and influences) R&HE - MW1 ACTIVITY	Would you Rather? PSHE: • Relationships (choices and respecting differences) R&HE - CF3 GAME	Marshmallow Test PSHE: • Health & Wellbeing (decision-making and self-control) R&HE - MW4 ACTIVITY	Taking Care of Me PSHE: • Health & Wellbeing (self-care and recognising when to get help) • Relationships (trusted adults and support networks) R&HE - HP4, HP5, BS8 ACTIVITY	Don't Forget to Let Love in Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - RR4, MW1 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! PSHE: • Relationships (valuing others) R&HE - CF2, CF3 HS FILM	Who's Missing? PSHE: • Relationships (inclusion and noticing others) R&HE - CF1 ACTIVITY	The Smartest Giant in Town PSHE: • Relationships (kindness and helping others) R&HE - CF2, CF3 STORY	Who Looks After Me? PSHE: • Relationships (family and support networks) • Health & Wellbeing (keeping safe) R&HE - F1, F2, F4 ACTIVITY	Teamwork - Monsters University PSHE: • Relationships (cooperation and teamwork) R&HE - CF2 FILM CLIP	Helping Boris PSHE: • Living in the Wider World (online behaviour and responsibility) • Health & Wellbeing (staying safe online) R&HE - OR2, OR3, ISH1, BS8 WORKSHEET	Too Much Selfie isn't Healthy Reflection PSHE: • Relationships (valuing others) R&HE - CF2, CF3 WORKSHEET



YEAR 1

DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 PSHE: • Relationships (friendships and behaviour) R&HE - CF4, RR2 HS FILM	Goldilocks and Baby Bear PSHE: • Relationships (understanding actions and consequences) R&HE - RR1, CF5 ACTIVITY	Forgiveness Fizz PSHE: • Relationships (forgiveness and repairing relationships) R&HE - CF4 ACTIVITY	Chalk faces PSHE: • Health & Wellbeing (understanding emotions) R&HE - MW2, MW3, MW4 ACTIVITY	Disappointed Robots PSHE: • Health & Wellbeing (managing feelings) R&HE - MW3 ACTIVITY	Builders and Wreckers PSHE: • Relationships (kind and unkind behaviour, early bullying awareness) R&HE - MW8, RR6 ACTIVITY	Reflection PSHE: • Relationships (learning from behaviour) R&HE - CF4, RR2 WORKSHEET
FAKE IS A MISTAKE	Fake is a Mistake! PSHE: • Relationships (being yourself) R&HE - CF2 HS FILM	The Best Me PSHE: • Health & Wellbeing (self-esteem and identity) R&HE - RR4 ACTIVITY	Don't Hide What's Inside! PSHE: • Relationships (sharing feelings appropriately) R&HE - CF3, F4 ACTIVITY	Mask Making PSHE: • Relationships (trust and seeking help) • Health & Wellbeing (keeping safe) R&HE - CF5, BS6, BS7, BS8 ACTIVITY	Telephone Whispers PSHE: • Living in the Wider World (information, truth, and communication) R&HE - CF2 GAME	Smile! PSHE: • Health & Wellbeing (personal care and wellbeing) R&HE - HP4 WORKSHEET	Fake is a Mistake Reflection PSHE: • Relationships (authenticity and self-expression) R&HE - CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! PSHE: • Health & Wellbeing (resilience and mindset) R&HE - MW2 HS FILM	Mission Possible PSHE: • Health & Wellbeing (problem-solving and perseverance) R&HE - MW4 ACTIVITY	Tummy Talk PSHE: • Health & Wellbeing (recognising unsafe feelings and staying safe) • Relationships (telling trusted adults) R&HE - BS5, BS6, BS7 ACTIVITY	Seeds of Potential PSHE: • Health & Wellbeing (growth and confidence) R&HE - RR1 ACTIVITY	Hearts that Dream PSHE: • Health & Wellbeing (aspirations and motivation) R&HE - MW6 ACTIVITY	Love a lot, Miss a lot PSHE: • Health & Wellbeing (coping with change and loss) R&HE - MW2, MW3, MW9 WORKSHEET	'No Way Through' isn't True Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - MW1 WORKSHEET



YEAR 2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART PSHE: • Health & Wellbeing (self-awareness and influences) R&HE - CF3, MW1 HS FILM	Power Plus PSHE: • Relationships (behaviour, fairness, impact on others) R&HE - CF3 ACTIVITY	Heart Decisions PSHE: • Health & Wellbeing (decision-making and consequences) R&HE - CF2, MW4 ACTIVITY	Bright Hearts PSHE: • Health & Wellbeing (influences on thoughts and behaviour) R&HE - MW3, MW4 ACTIVITY	Love Map PSHE: • Relationships (family and support networks) R&HE - F1, F3 WORKSHEET	Boris Face Plate PSHE: • Health & Wellbeing (understanding emotions) R&HE - HE2, HE3 ACTIVITY	Get HEARTSMART Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - CF3, MW1 WORKSHEET
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! PSHE: • Relationships (self-worth and identity) R&HE - RR4, MW1, HS FILM	I am cubes PSHE: • Health & Wellbeing (identity and self-esteem) R&HE - RR4 WORKSHEET	Trash or Truth PSHE: • Health & Wellbeing (beliefs, self-talk, influences) R&HE - RR4, RR5 ACTIVITY	Meaning of my Name PSHE: • Relationships (identity within family and culture) R&HE - RR4 ACTIVITY	Boundin PSHE: • Health & Wellbeing (resilience and perseverance) R&HE - MW6 FILM CLIP	Heartbeat PSHE: • Health & Wellbeing (physical and emotional awareness) R&HE - PH1, PH2, PH3 ACTIVITY	Don't Forget to Let Love in Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - RR4, MW1 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! PSHE: • Relationships (valuing others) R&HE - CF2, CF3 HS FILM	Spot the Difference PSHE: • Relationships (respect and inclusion) R&HE - CF1 ACTIVITY	Secret Kindness Agents PSHE: • Relationships (kindness and empathy) R&HE - CF3, RR2 ACTIVITY	Everyday Heroes PSHE: • Relationships (people who help us, trusted adults) • Health & Wellbeing (keeping safe) R&HE - RR1, RR5, BS8 ACTIVITY	We all Fit Together PSHE: • Relationships (belonging and diversity) R&HE - RR1, RR5 ACTIVITY	HeartSmart on the Playground, HeartSmart Online PSHE: • Living in the Wider World (responsible behaviour online and offline) • Health & Wellbeing (staying safe in different environments) R&HE - OR2, OR3, OR5, ISH7 WORKSHEET	Too Much Selfie isn't Healthy Reflection PSHE: • Relationships (valuing others) R&HE - CF2, CF3 WORKSHEET



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 PSHE: • Relationships (friendships and behaviour) R&HE - CF4, RR2 HS FILM	That's what Friends are for (Shrek) PSHE: • Relationships (understanding friendship) R&HE - CF4 FILM CLIP	Balloon Spoons PSHE: • Relationships (cooperation and teamwork) R&HE - MW3, MW4 ACTIVITY	Let the Ouch Out PSHE: • Health & Wellbeing (expressing and managing emotions) R&HE - MW7, MW9 WORKSHEET	Traffic Lights PSHE: • Health & Wellbeing (managing behaviour and knowing when to get help) R&HE - MW3, MW9 ACTIVITY	Crumpled Hearts PSHE: • Relationships (bullying and impact of unkind behaviour) R&HE - MW8, RR6, BS7 ACTIVITY	Reflection PSHE: • Relationships (learning from behaviour) R&HE - CF1, CF2, CF3, CF4 & CF5 WORKSHEET
FAKE IS A MISTAKE	Fake is a Mistake! PSHE: • Relationships (being yourself) R&HE - CF2 HS FILM	Grains of Sand PSHE: • Health & Wellbeing (self-worth and uniqueness) R&HE - RR4 ACTIVITY	The Truth about Me PSHE: • Health & Wellbeing (self-beliefs and influences) R&HE - MW1, MW4 DISCUSSION	Real is a Big Deal PSHE: • Health & Wellbeing (emotional awareness) R&HE - MW2, MW3 WORKSHEET	Nice to Meet You! PSHE: • Relationships (interactions and appropriate behaviour) R&HE - RR3 GAME	Sun Safe! PSHE: • Health & Wellbeing (physical health and safety) R&HE - HP2 ACTIVITY	Fake is a Mistake Reflection PSHE: • Relationships (authenticity) R&HE - CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! PSHE: • Health & Wellbeing (resilience) R&HE - MW2 HS FILM	Road signs PSHE: • Health & Wellbeing (recognising emotions and signals) R&HE - MW2 ACTIVITY	Ways to Say PSHE: • Relationships (communication and expression) R&HE - MW2, MW4 ACTIVITY	Rainbows from Rain PSHE: • Health & Wellbeing (coping with change) R&HE - MW2, MW3 ACTIVITY	Imagine a Bright Future PSHE: • Health & Wellbeing (aspirations) R&HE - MW1 ACTIVITY	Energy Detectives PSHE: • Health & Wellbeing (lifestyle and wellbeing choices) R&HE - MW6 ACTIVITY	'No Way Through' isn't True Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - MW2 WORKSHEET

YEAR 3

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART PSHE: • Health & Wellbeing (self-awareness) R&HE - CF1, CF3, MW1 HS FILM	Batteries PSHE: • Relationships (impact of actions on others) R&HE - CF1, CF2 ACTIVITY	Inside Out PSHE: • Health & Wellbeing (understanding emotions) R&HE - MW3, MW4 FILM CLIP	Guard your Heart PSHE: • Health & Wellbeing (influences, risk awareness) • Living in the Wider World (media and external influences) R&HE - CF5, MW4 GAME	My squad PSHE: • Relationships (support networks and belonging) R&HE - F1, CF1 WORKSHEET	Full or Empty? PSHE: • Health & Wellbeing (physical and emotional wellbeing) R&HE - PH1, PH3, PH4 WORKSHEET	Get HEARTSMART Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - CF3, MW1 WORKSHEET
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! PSHE: • Relationships (self-worth) R&HE - RR4, MW1 HS FILM	Wear it with pride PSHE: • Relationships (identity and belonging) R&HE - CF1, CF3 ACTIVITY	Love is... PSHE: • Relationships (healthy relationships) R&HE - F6, CF2, CF5 WORKSHEET	Moana PSHE: • Health & Wellbeing (resilience and emotional strength) R&HE - MW2, MW4, MW7 FILM CLIP	Growing gratitude PSHE: • Relationships (respect and appreciation) R&HE - RR3 ACTIVITY	Love yourself PSHE: • Health & Wellbeing (self-care and wellbeing) R&HE - HE1, HE2 ACTIVITY	Don't Forget to Let Love in Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - RR4, MW1 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! PSHE: • Relationships (empathy and valuing others) R&HE - CF2, CF3 HS FILM	Flip your phone PSHE: • Living in the Wider World (balance and responsible use of technology) R&HE - CF3, RR2 WORKSHEET	What's your emergency? PSHE: • Health & Wellbeing (keeping safe and responding to emergencies) R&HE - BFA1 ACTIVITY	Elizabeth Everest PSHE: • Health & Wellbeing (perseverance and resilience) R&HE - RR5 ACTIVITY	No man is an island PSHE: • Relationships (community and connection) R&HE - CF2, CF3 GAME	Padlocked Privacy PSHE: • Living in the Wider World (online safety and personal information) • Health & Wellbeing (staying safe online) R&HE - OR3, OR5 WORKSHEET	Too Much Selfie isn't Healthy Reflection PSHE: • Relationships (valuing others) R&HE - CF2, CF3 WORKSHEET



YEAR 3

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 PSHE: • Relationships (friendships) R&HE - CF4, RR2 HS FILM	Magic water PSHE: • Relationships (forgiveness and conflict resolution) R&HE - CF4, CF5, RR3 DISCUSSION	Play it out PSHE: • Relationships (handling difficult situations) R&HE - CF4 WORKSHEET	Balloon Blast PSHE: • Health & Wellbeing (managing emotions) R&HE - CF4, MW2 ACTIVITY	Marble Jar PSHE: • Relationships (trust and reliability) R&HE - CF2, CF5 FILM CLIP	Who am I? PSHE: • Relationships (respect and understanding differences) R&HE - RR7 WORKSHEET	Reflection PSHE: • Relationships (learning from experiences) R&HE - CF4, RR2 WORKSHEET
FAKE IS A MISTAKE	Fake is a Mistake! PSHE: • Relationships (being authentic) R&HE - CF2 HS FILM	Spot the Difference PSHE: • Living in the Wider World (truth and information) R&HE - OR1, ISH6 ACTIVITY	Shame Detectives PSHE: • Health & Wellbeing (emotional awareness) R&HE - CF3, MW2 WORKSHEET	Circle of Trust PSHE: • Relationships (trust, safety, and seeking help) • Health & Wellbeing (keeping safe) R&HE - BS3, BS5 WORKSHEET	Build on Truth PSHE: • Relationships (honesty and integrity) R&HE - CF2 DISCUSSION	Allergy Allies! PSHE: • Health & Wellbeing (health and safety awareness) R&HE - HP6 DISCUSSION	Fake is a Mistake Reflection PSHE: • Relationships (authenticity) R&HE - CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! PSHE: • Health & Wellbeing (resilience) R&HE - MW2 HS FILM	Snakes and Ladders PSHE: • Health & Wellbeing (managing challenges) R&HE - MW3, MW4 ACTIVITY	Get Back Up PSHE: • Health & Wellbeing (perseverance) R&HE - MW1 DISCUSSION	I can help! PSHE: • Health & Wellbeing (responding in emergencies) R&HE - BFA2 ACTIVITY	Dream Attitudes PSHE: • Health & Wellbeing (aspiration and mindset) R&HE - MW1 WORKSHEET	Embracing Change PSHE: • Health & Wellbeing (managing change) R&HE - MW2, MW3, MW4 ACTIVITY	'No Way Through' isn't True Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - MW2 WORKSHEET



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GET HEARTSMART	Get HEARTSMART PSHE: • Health & Wellbeing (self-awareness) R&HE - CF1, CF3, MW1 HS FILM	Words have power PSHE: • Relationships (impact of words, respect) • Living in the Wider World (responsible communication) R&HE - MW8, RR5, RR6 ACTIVITY	Reap what you sow PSHE: • Relationships (choices and consequences) R&HE - CF2 ACTIVITY	Wily wolf PSHE: • Relationships (recognising unsafe or manipulative behaviour) • Health & Wellbeing (risk awareness and staying safe) R&HE - BS1, BS5 DISCUSSION	Family Recipe PSHE: • Relationships (family roles and support) R&HE - F2 ACTIVITY	Healthy Minds PSHE: • Health & Wellbeing (mental wellbeing and influences) R&HE - MW1, MW10 WORKSHEET	Get HEARTSMART Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - CF1, CF3, MW1 WORKSHEET
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! PSHE: • Relationships (self-worth) R&HE - RR4, MW1 HS FILM	Heart to heart PSHE: • Relationships (communication and connection) R&HE - F1, F3, F4 ACTIVITY	Brilliant me ball PSHE: • Health & Wellbeing (self-esteem) R&HE - RR4 ACTIVITY	One in a million PSHE: • Health & Wellbeing (identity and uniqueness) R&HE - RR4 ACTIVITY	Don't agree with I don't like me PSHE: • Health & Wellbeing (self-beliefs and influences) R&HE - MW4 ACTIVITY	Hands up! PSHE: • Health & Wellbeing (physical wellbeing and self-care) R&HE - HP5 ACTIVITY	Don't Forget to Let Love in Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - RR4, MW1 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! PSHE: • Relationships (empathy) R&HE - CF2, CF3 HS FILM	What's missing? PSHE: • Relationships (awareness of others) R&HE - CF1 GAME	Guess my feelings PSHE: • Relationships (understanding emotions in others) R&HE - CF3, RR2, MW2, MW3 ACTIVITY	Unseen heroes PSHE: • Relationships (valuing others) R&HE - RR5, BS8 ACTIVITY	Teamwork makes the dream work! PSHE: • Relationships (cooperation) R&HE - CF2, CF3 GAME	True Smartphone PSHE: • Living in the Wider World (responsible use of technology) • Health & Wellbeing (staying safe online) R&HE - OR3, ISH2, ISH3, ISH7 WORKSHEET	Too Much Selfie isn't Healthy Reflection PSHE: • Relationships (valuing others) R&HE - CF2, CF3 WORKSHEET

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DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 PSHE: • Relationships (friendships) R&HE - CF4, RR2 HS FILM	Saying sorry PSHE: • Relationships (repairing relationships) R&HE - CF4, CF5, RR3 DISCUSSION	Pass through the pain barrier PSHE: • Health & Wellbeing (resilience) R&HE - CF4, MW3 DISCUSSION	Good stress, bad stress PSHE: • Health & Wellbeing (understanding stress) R&HE - MW5, MW9 ACTIVITY	Boundaries PSHE: • Relationships (boundaries and respect) • Health & Wellbeing (keeping safe) R&HE - RR8, BS1, BS5 DISCUSSION	Be Kind Online PSHE: • Living in the Wider World (online behaviour and responsibility) • Relationships (respectful communication) R&HE - RR6, MW8, OR3, ISH7 WORKSHEET	Reflection PSHE: • Relationships (learning from behaviour) R&HE - CF4, RR2 WORKSHEET
FAKE IS A MISTAKE	Fake is a Mistake! PSHE: • Relationships (authenticity) R&HE - CF2 HS FILM	Human BEings not DOings PSHE: • Health & Wellbeing (self-worth) R&HE - RR1, RR4, CF3 ACTIVITY	Voice of Love PSHE: • Health & Wellbeing (self-talk and emotional wellbeing) R&HE - F2, CF3, MW1, MW4 WORKSHEET	Speak Truth PSHE: • Relationships (honesty) R&HE - CF5 STORY	Dare to be different PSHE: • Relationships (respect for diversity) R&HE - RR8, BS1, BS5 ACTIVITY	Risky Business PSHE: • Health & Wellbeing (risk and safety) R&HE - DAT1 ACTIVITY	Fake is a Mistake Reflection PSHE: • Relationships (authenticity) R&HE - CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! PSHE: • Health & Wellbeing (resilience) R&HE - MW2 HS FILM	Endurance Expedition PSHE: • Health & Wellbeing (perseverance) R&HE - MW3, MW4 ACTIVITY	Habits - Help or Hinder? PSHE: • Health & Wellbeing (lifestyle and choices) R&HE - MW4, MW5 WORKSHEET	Just Keep Swimming PSHE: • Health & Wellbeing (coping strategies) R&HE - MW3, MW4 FILM CLIP	Dreamers PSHE: • Health & Wellbeing (aspiration) R&HE - MW1 ACTIVITY	Changing Me! PSHE: • Health & Wellbeing (growth and body changes) R&HE - CAB1 WORKSHEET	'No Way Through' isn't True Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - MW2 WORKSHEET

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GET HEARTSMART	Get HEARTSMART PSHE: • Health & Wellbeing (self-awareness and personal responsibility) R&HE - CF1, CF3, MW1 HS FILM	Boss v Leader PSHE: • Relationships (use of power, fairness, leadership) R&HE - RR1, BS4 ACTIVITY	Lion Heart PSHE: • Health & Wellbeing (confidence and resilience) R&HE - CF2, RR1 ACTIVITY	Watch What You Watch Watch PSHE: • Health & Wellbeing (influences on thoughts and wellbeing) • Living in the Wider World (media awareness and critical thinking) R&HE - ISH2, ISH4, ISH6 WORKSHEET	Letter of Thanks PSHE: • Relationships (gratitude and appreciation) R&HE - F1, F2, F4 ACTIVITY	Sleep Well PSHE: • Health & Wellbeing (lifestyle choices and wellbeing) R&HE - HP3 DISCUSSION	Get HEARTSMART Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - CF1, CF3, MW1 WORKSHEET
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! PSHE: • Relationships (self-worth and identity) R&HE - RR4, MW1 HS FILM	Gunner PSHE: • Relationships (understanding others and empathy) R&HE - CF2 ACTIVITY	Make the Right Voice Choice PSHE: • Health & Wellbeing (self-talk and emotional wellbeing) R&HE - F6, CF5, MW1 ACTIVITY	Under Pressure PSHE: • Relationships (peer pressure and influence) • Health & Wellbeing (decision-making and staying safe) R&HE - BS5, BS8 ACTIVITY	Allocating Resources PSHE: • Living in the Wider World (responsibility and fairness) R&HE - RR1 ACTIVITY	Help! PSHE: • Health & Wellbeing (recognising when to seek support) • Relationships (asking for help and supporting others) R&HE - BS6, BS7, BS8 ACTIVITY	Don't Forget to Let Love in Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - RR4, MW1 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! PSHE: • Relationships (empathy and valuing others) R&HE - CF2, CF3 HS FILM	When I'm Feeling Lonely... PSHE: • Health & Wellbeing (loneliness and emotional wellbeing) • Relationships (seeking connection appropriately) R&HE - MW7, OR4 ACTIVITY	Read My Lips PSHE: • Relationships (communication and understanding others) R&HE - RR1, RR2 GAME	Honour PSHE: • Relationships (respect and valuing others) R&HE - RR5 ACTIVITY	Great Groups PSHE: • Relationships (belonging, influence, and group behaviour) • Living in the Wider World (roles within groups and communities) R&HE - CF3, RR1 ACTIVITY	Be Aware What You Share PSHE: • Living in the Wider World (online responsibility and digital footprint) • Health & Wellbeing (staying safe online) R&HE - OR1, OR4, ISH3, ISH7 ACTIVITY	Too Much Selfie isn't Healthy Reflection PSHE: • Relationships (valuing others and community) R&HE - CF2, CF3 WORKSHEET



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! PSHE: • Relationships (friendships and behaviour) R&HE - CF4, RR2 HS FILM	Different Perspective PSHE: • Relationships (understanding others' viewpoints) R&HE - CF4, RR2 ACTIVITY	Nelson Mandela PSHE: • Relationships (forgiveness and reconciliation) R&HE - MW1 DISCUSSION	Emotions don't drive! PSHE: • Health & Wellbeing (managing emotions and behaviour) R&HE - MW2, MW3 ACTIVITY	I did not I am PSHE: • Health & Wellbeing (self-identity and self-worth) R&HE - MW3 DISCUSSION	Bully Busting PSHE: • Relationships (bullying, including online behaviour) • Health & Wellbeing (impact of bullying and getting help) R&HE - RR6, MW8 WORKSHEET	Reflection PSHE: • Relationships (learning from behaviour) R&HE - CF4, RR2 WORKSHEET
FAKE IS A MISTAKE	Fake is a Mistake! PSHE: • Relationships (authenticity and identity) R&HE - CF2 HS FILM	Time To Get Real PSHE: • Living in the Wider World (media, truth, and representation) • Health & Wellbeing (self-image and comparison) R&HE - OR1, OR4, ISH6 DISCUSSION	No Need to Hide What's Inside PSHE: • Relationships (appropriate sharing and trust) R&HE - CF3, MW2, MW3 ACTIVITY	Soft Shells PSHE: • Relationships (trust, vulnerability, and boundaries) • Health & Wellbeing (keeping safe in relationships) R&HE - CF2, BS1, BS8 FILM CLIP	Hearts that Welcome Feedback PSHE: • Relationships (receiving feedback and respect) R&HE - CF1, CF3 ACTIVITY	Decisions, Decisions! PSHE: • Health & Wellbeing (risk, choices, and consequences) R&HE - DAT1 ACTIVITY	Fake is a Mistake Reflection PSHE: • Relationships (authenticity) R&HE - CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! PSHE: • Health & Wellbeing (resilience and mindset) R&HE - MW2 HS FILM	Egg in the Flask PSHE: • Health & Wellbeing (problem-solving and challenge) R&HE - MW4 ACTIVITY	Success isn't always what you see PSHE: • Health & Wellbeing (self-worth and expectations) R&HE - MW4 WORKSHEET	Hope Light PSHE: • Health & Wellbeing (emotional wellbeing and support) R&HE - MW1, MW4 ACTIVITY	Period Relay PSHE: • Health & Wellbeing (understanding body changes and puberty) R&HE - CAB2 WORKSHEET	What am I? PSHE: • Health & Wellbeing (growth, identity, and development) R&HE - CAB1, CAB2 GAME	'No Way Through' isn't True Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - MW2 WORKSHEET

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART PSHE: • Health & Wellbeing (self-awareness and responsibility) R&HE - CF1, CF3, MW1 HS FILM	Powerful Poses PSHE: • Health & Wellbeing (confidence and self-belief) R&HE - RR4, MW6 ACTIVITY	Stone Trainers PSHE: • Health & Wellbeing (resilience and emotional regulation) R&HE - MW1, MW3, MW4 WORKSHEET	Secret Scenarios PSHE: • Relationships (recognising unsafe situations and behaviours) • Health & Wellbeing (keeping safe and responding appropriately) R&HE - BS2, BS5 DISCUSSION	Tying the Knot PSHE: • Relationships (commitment and types of relationships) R&HE - F5 ACTIVITY	Healthy Food, Healthy Heart PSHE: • Health & Wellbeing (physical health and lifestyle choices) R&HE - HE2 ACTIVITY	Get HEARTSMART Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - CF1, CF3, MW1 WORKSHEET
DON'T FORGET TO LET LOVE IN!	Don't Forget to Let Love in! PSHE: • Relationships (self-worth and identity) R&HE - RR4, MW1 HS FILM	What are you worth? PSHE: • Health & Wellbeing (self-esteem and identity) R&HE - RR4, MW1 ACTIVITY	People say I am PSHE: • Health & Wellbeing (self-concept and external influences) R&HE - CF3, RR4, MW1 ACTIVITY	Thumbs Up PSHE: • Relationships (encouragement and positive relationships) R&HE - F1, F3, CF1 ACTIVITY	Gratitude jar PSHE: • Relationships (appreciation and connection) R&HE - MW1 ACTIVITY	Signs to Spot PSHE: • Health & Wellbeing (recognising health concerns and when to seek help) R&HE - HP1 ACTIVITY	Don't Forget to Let Love in Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - RR4, MW1 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! PSHE: • Relationships (empathy and valuing others) R&HE - CF2, CF3 HS FILM	All the Same, All Different PSHE: • Relationships (respect for diversity and equality) R&HE - CF3, RR1, RR5 GAME	Listen up! PSHE: • Relationships (communication and understanding others) R&HE - CF4, RR1 ACTIVITY	You go before me PSHE: • Relationships (respect and valuing others) R&HE - RR5 ACTIVITY	Growing together PSHE: • Relationships (collaboration and community) R&HE - CF2, CF3 ACTIVITY	Social media - good or bad? PSHE: • Living in the Wider World (social media, influence, and responsibility) • Health & Wellbeing (impact of online content on wellbeing) R&HE - ISH2, ISH3, ISH4, ISH5, ISH6 DISCUSSION	Too Much Selfie isn't Healthy Reflection PSHE: • Relationships (valuing others) R&HE - CF2, CF3 WORKSHEET

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DON'T HOLD ON TO WHAT'S WRONG	Don't Hold on to What's Wrong PSHE: • Relationships (friendships and behaviour) R&HE - CF4, RR2 HS FILM	Work it Out PSHE: • Relationships (conflict resolution and communication) R&HE - CF4, RR2 ACTIVITY	Power of Forgiveness Jimmy Mizen's parents PSHE: • Relationships (forgiveness and repairing relationships) R&HE - MW1 DISCUSSION	Way to Say PSHE: • Relationships (communication and respect) R&HE - RR2, OR1 ACTIVITY	Bit by Bit PSHE: • Relationships (trust and consistency) R&HE - CF2, CF5 ACTIVITY	Deep Impact PSHE: • Relationships (bullying, including online behaviour) • Health & Wellbeing (impact and seeking support) R&HE- RR6, MW8 ACTIVITY	Reflection PSHE: • Relationships (learning from behaviour) R&HE - CF4, RR2 WORKSHEET
FAKE IS A MISTAKE	Fake is a Mistake! PSHE: • Relationships (authenticity) R&HE - CF2 HS FILM	This is Me! PSHE: • Health & Wellbeing (identity and self-worth) R&HE - RR4 DISCUSSION	HeartSmart Self-Talk PSHE: • Health & Wellbeing (self-talk and emotional wellbeing) R&HE - MW1 DISCUSSION	Boundaries for Respect PSHE: • Relationships (boundaries, respect, and appropriate behaviour) • Health & Wellbeing (keeping safe in relationships) R&HE - BS1, RR2 ACTIVITY	Vaccines - Facts vs Fake News! PSHE: • Living in the Wider World (information, misinformation, and decision-making) • Health & Wellbeing (making informed choices) R&HE - HP6, ISH6 ACTIVITY	Fix it, Find out, Fit in! PSHE: • Health & Wellbeing (risk and decision-making) R&HE - DAT1 ACTIVITY	Fake is a Mistake Reflection PSHE: • Relationships (authenticity) R&HE - CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! PSHE: • Health & Wellbeing (resilience) R&HE - MW2 HS FILM	The Bridge to Yet PSHE: • Health & Wellbeing (growth mindset) R&HE - MW3 ACTIVITY	Self-awareness PSHE: • Health & Wellbeing (understanding self and emotions) R&HE - MW1, MW3, MW4 ACTIVITY	Hearts Filled with Hope PSHE: • Health & Wellbeing (emotional wellbeing and support) R&HE - MW4 ACTIVITY	Where the Magic Happens PSHE: • Health & Wellbeing (challenge and personal growth) R&HE - MW4 ACTIVITY	Under Construction - the teenage brain! PSHE: • Health & Wellbeing (change, development, and understanding behaviour) R&HE - CAB1 ACTIVITY	'No Way Through' isn't True Reflection PSHE: • Health & Wellbeing (self-awareness) R&HE - MW2 WORKSHEET