

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<p><b>Get HEARTSMART</b> Introduction to HeartSmart</p> <p>HS FILM R&amp;HE - CF1, CF3, MW1 PSHE - H2,R2</p>	<p><b>Words have power</b> Demonstrating consequences of the words we use about ourselves and others</p> <p>ACTIVITY R&amp;HE - MW8, RR5, RR6 PSHE - R7</p>	<p><b>Reap what you sow</b> Suggesting ways we can grow a desired characteristic e.g. kindness</p> <p>ACTIVITY R&amp;HE - CF2 PSHE - R11</p>	<p><b>Wily wolf</b> Thinking about and discussing how we know who we can trust</p> <p>DISCUSSION R&amp;HE - BS1, BS5 PSHE - R21, H23</p>	<p><b>Family Recipe</b> Thinking about the characteristics that make a healthy family life</p> <p>ACTIVITY R&amp;HE - F2 PSHE - R4</p>	<p><b>Healthy Minds</b> Recognising what positively and negatively affects our mental health</p> <p>WORKSHEET R&amp;HE - MW1, MW10 PSHE - H1, H14</p>	<p><b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART</p> <p>WORKSHEET R&amp;HE - CF1, CF3, MW1 PSHE - H1, R2</p>
<b>DON'T FORGET TO LET LOVE IN!</b>	<p><b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle</p> <p>HS FILM R&amp;HE - RR4, MW1 PSHE - H1, R2</p>	<p><b>Heart to heart</b> Looking at ways we feel loved</p> <p>ACTIVITY R&amp;HE - F1, F3, F4 PSHE - R2</p>	<p><b>Brilliant me ball</b> Celebrating our strengths and achievements</p> <p>ACTIVITY R&amp;HE - RR4 PSHE - H5</p>	<p><b>One in a million</b> Comparing measurements to determine our uniqueness</p> <p>ACTIVITY R&amp;HE - N/A PSHE - H5</p>	<p><b>Don't agree with I don't like me</b> Highlighting things about our bodies we are grateful for</p> <p>ACTIVITY R&amp;HE - MW4 PSHE - H1</p>	<p><b>Hands up!</b> Creating a catchy rhyme/song or rap to remind others about the importance of hand washing</p> <p>ACTIVITY R&amp;HE - HP5 PSHE - H12</p>	<p><b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!</p> <p>WORKSHEET R&amp;HE - RR4, MW1 PSHE - H1, H7</p>
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<p><b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle</p> <p>HS FILM R&amp;HE - CF2, CF3 PSHE - R1, R2</p>	<p><b>What's missing?</b> Being aware of surroundings and people around you</p> <p>GAME R&amp;HE - CF1 PSHE - L7, H23</p>	<p><b>Guess my feelings</b> Suggesting how someone is feeling based on their facial expressions and body language</p> <p>ACTIVITY R&amp;HE - MW2, MW3 PSHE - R1</p>	<p><b>Unseen heroes</b> Thinking about and thanking the unseen heroes of our local community</p> <p>ACTIVITY R&amp;HE - RR5, BS8 PSHE - H23</p>	<p><b>Teamwork makes the dream work!</b> Recognising that we sometimes need help from others and working together to achieve a shared goal</p> <p>GAME R&amp;HE - CF2, CF3 PSHE - R11, R12</p>	<p><b>True Smartphone</b> Developing an awareness of ways to use mobile phones and tablets responsibly</p> <p>WORKSHEET R&amp;HE - ISH2, ISH7 PSHE - H24</p>	<p><b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!</p> <p>WORKSHEET R&amp;HE - CF2, CF3 PSHE - R1, R2</p>



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<b>DON'T RUB IT IN, RUB IT OUT</b>	<p><b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&amp;HE - CF4, RR2 PSHE - H1</p>	<p><b>Saying sorry</b> Discussing ways to fix broken friendships</p> <p>DISCUSSION R&amp;HE - CF4, CF5, RR3 PSHE - R12</p>	<p><b>Pass through the pain barrier</b> Discussing what forgiveness is and the value of forgiving others</p> <p>DISCUSSION R&amp;HE - CF4, MW3 PSHE - H1</p>	<p><b>Good stress, bad stress</b> Talking about different types of stress and ways to manage negative stress</p> <p>ACTIVITY R&amp;HE - MW5, MW9 PSHE - H6</p>	<p><b>Boundaries</b> Learning about personal boundaries</p> <p>DISCUSSION R&amp;HE - RR8, BS1 PSHE - R21</p>	<p><b>Be Kind Online</b> Recognising and dealing with online abuse</p> <p>WORKSHEET R&amp;HE - ISH1, ISH5, ISH7 PSHE - R18</p>	<p><b>Don't Rub it in, Rub it Out Reflection</b> What we have learned about Don't Rub it in, Rub it Out!</p> <p>WORKSHEET R&amp;HE - CF4, RR2 PSHE - H1, H7</p>
<b>FAKE IS A MISTAKE</b>	<p><b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle</p> <p>HS FILM R&amp;HE - CF2 PSHE - R2</p>	<p><b>Human BEings not DOings</b> Celebrating one another for who we are not what we do</p> <p>ACTIVITY R&amp;HE - RR1, CF3 PSHE - H1, H5</p>	<p><b>Voice of Love</b> Who speaks into our lives and are they using the voice of love?</p> <p>WORKSHEET R&amp;HE - F2, CF3 PSHE - H1, R10</p>	<p><b>Speak Truth</b> Having the courage to tell the truth isn't always easy</p> <p>STORY R&amp;HE - CF5 PSHE - R2, H13</p>	<p><b>Dare to be different</b> When dares are fun and when they are not. Thinking of ways to say no to dares</p> <p>ACTIVITY R&amp;HE - RR8, BS1, BS5 PSHE - R15, H10</p>	<p><b>Risky Business</b> Learning the facts and risks associated with smoking</p> <p>ACTIVITY R&amp;HE - DAT1 PSHE - H17</p>	<p><b>Fake is a Mistake Reflection</b> What we have learned about Fake is a Mistake!</p> <p>WORKSHEET R&amp;HE - CF2 PSHE - R2</p>
<b>'NO WAY THROUGH', ISN'T TRUE</b>	<p><b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle</p> <p>HS FILM R&amp;HE - MW2 PSHE - H6, H7</p>	<p><b>Endurance Expedition</b> Thinking about the skills and attitudes needed to meet a challenge</p> <p>ACTIVITY R&amp;HE - MW3, MW4 PSHE - H7</p>	<p><b>Habits - Help or Hinder?</b> Considering the habits we need to develop or change to reach our goals</p> <p>WORKSHEET R&amp;HE - MW4, MW5 PSHE - H16</p>	<p><b>Just Keep Swimming</b> How to persevere and hold onto hope</p> <p>FILM CLIP R&amp;HE - MW3, MW4 PSHE - H7, R2</p>	<p><b>Dreamers</b> Dreaming of the future</p> <p>ACTIVITY R&amp;HE - N/A PSHE - H5</p>	<p><b>Changing Me!</b> Key facts about the changes that take place in puberty between 9 - 11</p> <p>WORKSHEET R&amp;HE - CAB1 PSHE - H8, H13</p>	<p><b>'No Way Through' isn't True Reflection</b> What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET R&amp;HE - MW2 PSHE - H6, H7</p>

