

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  HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	<b>Powerful Poses</b> Demonstrate that our body language can be used to help us feel more powerful  ACTIVITY R&HE - RR4, MW6 PSHE - H6	<b>Stone Trainers</b> Comparing our hearts to trainers - how do we keep our hearts soft but strong  WORKSHEET R&HE - MW1, MW3, MW4 PSHE - H1	<b>Secret Scenarios</b> Recognising when it is right to keep a secret and when a secret should be shared  DISCUSSION R&HE - BS2, BS5 PSHE - R9, H14	<b>Tying the Knot</b> Recognising the importance of commitment in marriage  ACTIVITY R&HE - F5 PSHE - R5	<b>Healthy Food, Healthy Heart</b> Learning about the Eatwell plate and how to plan a healthy meal  ACTIVITY R&HE - HE2 PSHE - H3	<b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART  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  HS FILM R&HE - RR4, MW1 PSHE - H1, R2	<b>What are you worth?</b> Working out what we are worth  ACTIVITY R&HE - RR4 PSHE - H5	<b>People say I am</b> Encouraging one another with kind and positive words & accepting the words spoken about us  ACTIVITY R&HE - CF3 PSHE - H5	<b>Thumbs Up</b> Recalling significant events and people in our lives so far  ACTIVITY R&HE - F1, F3, CF1 PSHE - R4	<b>Gratitude jar</b> Thinking of things we are grateful for each week  ACTIVITY R&HE - MW1 PSHE - H1	<b>Signs to Spot</b> Identifying early signs of illness  ACTIVITY R&HE - HP1 PSHE - N/A	<b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!  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  HS FILM R&HE - CF2, CF3 PSHE - R1, R2	<b>All the Same, All Different</b> Demonstrating ways we are different and ways we are the same  GAME R&HE - CF3, RR1, RR5 PSHE - L11,R13	<b>Listen up!</b> Practising being a good listener  ACTIVITY R&HE - CF4, RR1 PSHE - R10	<b>You go before me</b> Thinking of ways the generations before us have overcome challenges that we benefit from  ACTIVITY R&HE - RR5 PSHE - L11	<b>Growing together</b> Considering ways we can be a good friend and support one another  ACTIVITY R&HE - CF2, CF3 PSHE - R10	<b>Social media - good or bad?</b> Discussing the benefits and dangers of social media  DISCUSSION R&HE - ISH2, ISH3, ISH4 PSHE - H22,H24	<b>Too Much Selfie isn't Healthy Reflection</b> 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
<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>Work it Out</b> Developing strategies to resolve conflict and disputes</p> <p>ACTIVITY R&amp;HE - CF4, RR2 PSHE - R12</p>	<p><b>Power of Forgiveness - Jimmy Mizen's parents</b> Discussing how we benefit when we choose to forgive others</p> <p>DISCUSSION R&amp;HE - MW1 PSHE - R12</p>	<p><b>Way to Say</b> Exploring how our tone and body language communicates more than our words</p> <p>ACTIVITY R&amp;HE - RR2, OR1 PSHE - R2</p>	<p><b>Bit by Bit</b> Discussing how to build trust between friends</p> <p>ACTIVITY R&amp;HE - CF2, CF5 PSHE - R9, R21</p>	<p><b>Deep Impact</b> Considering the impact of bullying</p> <p>ACTIVITY R&amp;HE - RR6, MW8 PSHE - R14</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>This is Me!</b> Being proud of who we are</p> <p>DISCUSSION R&amp;HE - N/A PSHE - H6, H7, R16</p>	<p><b>HeartSmart Self-Talk</b> Catching negative self-talk and replacing it with positive self-talk</p> <p>DISCUSSION R&amp;HE - MW1 PSHE - H1, H6, H7</p>	<p><b>Boundaries for Respect</b> Learning how to use boundaries to establish respectful friendships</p> <p>ACTIVITY R&amp;HE - BS1, RR2 PSHE - R3, R10, R18</p>	<p><b>Vaccines - Facts vs Fake News!</b> Finding out facts about vaccinations</p> <p>ACTIVITY R&amp;HE - HP6, ISH6 PSHE -</p>	<p><b>Fix it, Find out, Fit in!</b> Find out facts about legal and illegal substances and their risks</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>The Bridge to Yet</b> Demonstrating that 'No Way Through' isn't True!</p> <p>ACTIVITY R&amp;HE - MW3 PSHE - H1, H5, H7</p>	<p><b>Self-awareness</b> Thinking about how we are feeling, why we feel that way and what we need</p> <p>ACTIVITY R&amp;HE - MW1, MW3, MW4 PSHE - H2, H16</p>	<p><b>Hearts Filled with Hope</b> Looking at the power of Hope and how it can keep us going</p> <p>ACTIVITY R&amp;HE - MW4 PSHE - H1, H7</p>	<p><b>Where the Magic Happens</b> Learning to step out of our comfort zones</p> <p>ACTIVITY R&amp;HE - MW4 PSHE - H8, H9</p>	<p><b>Under Construction - the teenage brain!</b> How the brain changes during puberty</p> <p>ACTIVITY R&amp;HE - CAB1 PSHE - 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>



