

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	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



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DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H1	Saying sorry Discussing ways to fix broken friendships DISCUSSION R&HE - CF4, CF5, RR3 PSHE - R12	Pass through the pain barrier Discussing what forgiveness is and the value of forgiving others DISCUSSION R&HE - CF4, MW3 PSHE - H1	Good stress, bad stress Talking about different types of stress and ways to manage negative stress ACTIVITY R&HE - MW5, MW9 PSHE - H6	Boundaries Learning about personal boundaries DISCUSSION R&HE - RR8, BS1 PSHE - R21	Be Kind Online Recognising and dealing with online abuse WORKSHEET R&HE - ISH1, ISH5, ISH7 PSHE - R18	Reflection What we have learned about 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	Human BEings not DOings Celebrating one another for who we are not what we do ACTIVITY R&HE - RR1, CF3 PSHE - H1, H5	Voice of Love Who speaks into our lives and are they using the voice of love? WORKSHEET R&HE - F2, CF3 PSHE - H1, R10	Speak Truth Having the courage to tell the truth isn't always easy STORY R&HE - CF5 PSHE - R2, H13	Dare to be different When dares are fun and when they are not. Thinking of ways to say no to dares ACTIVITY R&HE - RR8, BS1, BS5 PSHE - R15, H10	Risky Business Learning the facts and risks associated with smoking 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	Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge ACTIVITY R&HE - MW3, MW4 PSHE - H7	Habits - Help or Hinder? Considering the habits we need to develop or change to reach our goals WORKSHEET R&HE - MW4, MW5 PSHE - H16	Just Keep Swimming How to persevere and hold onto hope FILM CLIP R&HE - MW3, MW4 PSHE - H7, R2	Dreamers Dreaming of the future ACTIVITY R&HE - N/A PSHE - H5	Changing Me! Key facts about the changes that take place in puberty between 9 - 11 WORKSHEET R&HE - CAB1 PSHE - H8, 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