

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 RUB IT IN, RUB IT OUT	Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle HS FILM R&HE - CF4, RR2 PSHE - H1	Different Perspective Developing simple strategies to resolve conflict ACTIVITY R&HE - CF4, RR2 PSHE - R7, R12, L8	Nelson Mandela Describing what Nelson Mandela's life teaches us about forgiveness DISCUSSION R&HE - MW1 PSHE - R2	Emotions don't drive! How to handle our emotions ACTIVITY R&HE - MW2, MW3 PSHE - H6	I did not I am Discussing how we respond to our own mistakes DISCUSSION R&HE - MW3 PSHE - H1	Bully Busting Recognise bullying in all its forms and thinking about strategies to deal with bullying WORKSHEET R&HE - RR6, MW8 PSHE - R18	Don't Rub it in, Rub it Out Reflection What we have learned about Don't Rub it in, Rub it Out! 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	Time To Get Real How images we see online and in the media don't always represent reality DISCUSSION R&HE - OR1, OR4, ISH6 PSHE - H4, L17, L18	No Need to Hide What's Inside Exploring how shame can make us want to hide how we really feel ACTIVITY R&HE - CF3, MW2, MW3 PSHE - H7, H14, R9	Soft Shells Knowing who we can trust to be vulnerable and open with FILM CLIP R&HE - CF2, BS1, BS8 PSHE - R2, R21	Hearts that Welcome Feedback How feedback can help us grow ACTIVITY R&HE - CF1, CF3 PSHE - R1, R7, R12	Decisions, Decisions! Finding out about the risks associated with alcohol for young people 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	Egg in the Flask Demonstrating that 'No Way Through' isn't True! ACTIVITY R&HE - MW4 PSHE - H7	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 WORKSHEET R&HE - MW4 PSHE - H1, H5	Hope Light Looking at the power of Hope and how it can keep us going ACTIVITY R&HE - MW1, MW4 PSHE - H1, H5	Period Relay Key facts about the menstrual cycle WORKSHEET R&HE - CAB2 PSHE - H13	What am I? How to look after ourselves during puberty GAME R&HE - CAB1, CAB2 PSHE - 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

