

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



