

## Relationships Education

F = Families and People Who Care for Me

CF = Caring Friendships

RR = Respectful Relationships

OR = Online Relationships

BS = Being Safe

## Health Education

MW = Mental Well-being

ISH = Internet Safety and Harms

PH = Physical Health and Fitness

HE = Healthy Eating

DAT = Drugs, Alcohol and Tobacco

HP = Health and Prevention

BFA = Basic First Aid

CAB = Changing Adolescent Body

EYFS Unit/Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>Autumn 1</b> <b>Get HeartSmart (Meet Boris)</b>	<b>My HeartSmart Toolbelt</b> Looking at Boris' special tools to learn what it means to be HeartSmart	<b>Becoming Boris</b> Using junk materials to dress up as Boris	<b>Fill Boris' Toolbox</b> Roll a dice to find the missing tools from Boris' toolbox	<b>How do they feel?</b> Learning to read facial expressions and body language to understand how someone is feeling.	<b>My Heart is full</b> Talking about the things we love and how they make us feel.	<b>Heart Hunt</b> Looking for hidden hearts
<b>Autumn 2</b> <b>DO'T FORGET TO LET LOVE IN! (I am special)</b>	<b>I am loved!</b> Learning that each one of us is loved, special and important.	<b>My favourite Things</b> Thinking about our favourite things and how they are all different.	<b>My Heart!</b> Talking about how we demonstrate different emotions.	<b>Twinkle Twinkle</b> Thinking about what makes our friends special.	<b>Who am I?</b> Children to find different objects they like.	<b>EYFS has talent</b> Demonstrating our different skills and talents.
<b>Spring 1</b> <b>TOO MUCH SELFIE ISN'T HEALTHY! (I love others)</b>	<b>I love to...</b> Discussion about who you love and what you love to do together	<b>Parachute Families</b> Game to demonstrate how everyone's family is different.	<b>Sorting Feelings</b> Looking at ways people express how they are feeling and ways we can show we care	<b>How do you do?</b> Exploring ways to show care and affection for others	<b>Helpful Hearts</b> Thinking about how we show others we care when we offer our help	<b>Thank you for Helping Me</b> Thanking members of the school community for their help.
<b>Spring 2</b> <b>DON'T RUB IT IN, RUB IT OUT (I am a good friend)</b>	<b>Super Friends</b> Discussing what makes a super friend	<b>Musical Friends</b> Game to show the importance of including others	<b>Listening Ears</b> Game to encourage children to listen to one another	<b>Soft words, Hard words</b> Thinking about the types of words we use and how they make others feel	<b>If I met the Scrapman</b> Being kind to others even when their behaviour is unkind	<b>Grumpy Frog Story</b> Exploring saying sorry through story
<b>Summer 1</b> <b>FAKE IS A MISTAKE (I tell the truth)</b>	<b>Boris and the Scrapman's Lies</b> Children to differentiate between lies and truth	<b>Cheer up Boris!</b> Write or draw a postcard for Boris using kind and encouraging words.	<b>How Rabbit got his long ears</b> Story to explore the importance of telling the truth	<b>Hat Game</b> Pretending to be someone else is fun but being me is better	<b>Thankful Heart</b> Circle time to think about what the children are thankful for.	<b>Tell me about you</b> Sharing and celebrating differences in our homes and families
<b>Summer 2</b> <b>'NO WAY THROUGH'. ISN'T TRUE (I can do it!)</b>	<b>Boris in the Kitchen</b> Considering how we can move forward from mistakes we make	<b>I can challenge</b> Series of challenges for children to practise and complete.	<b>Stuck!</b> Circle time to consider what to do when the children are stuck	<b>When I grow up</b> Game and discussion around what children want to do when they grow up	<b>Magnetic Maze</b> Activity to demonstrate persevering to find a way through	<b>Changing Caterpillars</b> Considering change through the life cycle of a caterpillar

Year 1/2 Cycle A Unit/Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>Autumn 1</b> <b>Get HeartSmart</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart CF/MW	<b>Power</b> How we can use our power in positive and negative ways CF	<b>Feelings Bingo</b> Understanding our emotions MW	<b>What goes in, must come out – Worms!</b> What we put in our hearts is what comes out MW	<b>Guess Who?</b> Who we are grateful for in our class and why CF	<b>Healthy Choices</b> Helping Boris make good choices to keep healthy MW/PH	<b>Get HEARTSMART Reflection</b> Circle time CF/MW
<b>Autumn 2</b> <b>DO'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love In!</b> Introduction to the 1 <sup>st</sup> HeartSmart principle RR/MW	<b>Pants!</b> Learning about appropriate and inappropriate contact BS	<b>Truth or Lies</b> Differentiating between truths and lies about us MW	<b>Would you rather?</b> Game of preferences CF	<b>Marshmallow Test</b> Learning that there is a choice in spending and saving	<b>Taking Care of Me</b> Ways to take care of ourselves everyday HP	<b>Don't Forget to Let Love in Reflection</b> Circle time RR/MW
<b>Spring 1</b> <b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2 <sup>nd</sup> HeartSmart principle CF	<b>Who's Missing?</b> Developing an awareness of our surroundings and the people around us CF	<b>The Smartest Giant in Town</b> How can we help others? How have they helped us? CF	<b>Who Looks After Me?</b> Who looks after us? How can we show them our appreciation? F	<b>Teamwork – Monsters University</b> Working as a team to reach an end goal CF	<b>Helping Boris</b> Discussing simple rules to help keep us safe online OR/ISH	<b>Too Much Selfie isn't Healthy Reflection</b> Circle time CF
<b>Spring 2</b> <b>DON'T RUB IT IN, RUB IT OUT</b>	<b>Don't Rub it in, Rub it Out!</b> Introduction to the 3 <sup>rd</sup> HeartSmart principle CF/RR	<b>Goldilocks and Baby Bear</b> Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends RR/CF	<b>Forgiveness Fizz</b> Discussion around how forgiveness can help hard situations disappear CF	<b>Chalk Faces</b> Different ways we can handle negative emotion effectively MW	<b>Disappointed Robots</b> Exploring different ways to handle disappointment MW	<b>Builders and Wreckers</b> How the words we use can build others up or knock them down MW/RR	<b>Don't Rub it in, Rub it Out Reflection</b> Circle time CF/RR
<b>Summer 1</b> <b>FAKE IS A MISTAKE</b>	<b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle CF	<b>The Best Me</b> Being yourself is the best you, you can be	<b>Don't Hide What's Inside!</b> Don't hide your true thoughts and feelings CF/F	<b>Mask Making</b> Thinking about who we can trust to talk to when we are sad or mad CF/BS	<b>Telephone Whispers</b> How small lies can have a big impact CF	<b>Smile!</b> Looking at the importance of good oral hygiene and dental health HP	<b>Fake is a Mistake Reflection -</b> Circle time CF
<b>Summer 2</b> <b>'NO WAY THROUGH'. ISN'T TRUE</b>	<b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle MW	<b>Mission Possible</b> Learning from our experiences and trying again MW	<b>Tummy Talk</b> Trusting our instincts. Good secrets v bad secrets BS	<b>Seeds of Potential</b> There is potential in all of us RR	<b>Hearts that Dream</b> Creating Dreamboards to capture our hopes and dreams MW	<b>Love a lot, Miss a lot</b> Circle time and activity around people, animals and things we have lost MW	<b>'No Way Through' isn't True Reflection</b> Circle time MW

Year 1/2 Cycle B Unit/Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>Autumn 1</b> <b>Get HeartSmart</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart CF/MW	<b>Power Plus</b> Describing how we can use our power in positive and negative ways CF	<b>Heart Decisions</b> Considering the reputations we would like to have CF/MW	<b>Bright Hearts</b> What is in our hearts, is played out in our words and actions MW	<b>Love Map</b> Identifying special people and how they show us love F	<b>Boris Face Plate</b> Creating a robot face from healthy foods HE	<b>Get HEARTSMART Reflection</b> Circle time CF/MW
<b>Autumn 2</b> <b>DO'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love In!</b> Introduction to the 1 <sup>st</sup> HeartSmart principle RR/MW	<b>I am cubes</b> Recognising and celebrating our strengths and ways in which we are all unique RR	<b>Trash or Truth</b> Learning to differentiate between the truths and lies that we hear or speak about ourselves RR	<b>Meaning of my Name</b> Writing an acrostic poem for your name by selecting words that describe you	<b>Boundin</b> Discussion around how being thankful for what we have, changes our attitude MW	<b>Heartbeat</b> -Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves PH	<b>Don't Forget to Let Love in Reflection</b> Circle time RR/MW
<b>Spring 1</b> <b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2 <sup>nd</sup> HeartSmart principle CF	<b>Spot the Difference</b> Be aware of surroundings and the people around you CF	<b>Secret Kindness Agents</b> Looking for opportunities to do something kind for others CF/RR	<b>Everyday Heroes</b> Thinking about people who look after us in our community RR/BS	<b>We all Fit Together</b> Looking at how are we the same and how we are different RR	<b>HeartSmart on the Playground, HeartSmart Online</b> Rules for keeping safe online OR/ISH	<b>Too Much Selfie isn't Healthy Reflection</b> Circle time CF
<b>Spring 2</b> <b>DON'T RUB IT IN, RUB IT OUT</b>	<b>Don't Rub it in, Rub it Out!</b> Introduction to the 3 <sup>rd</sup> HeartSmart principle CF/RR	<b>That's what Friends are for (Shrek)</b> Saying sorry and offering forgiveness between friends CF	<b>Balloon Spoons</b> Demonstrating how holding onto unforgiveness can make us feel MW	<b>Let the Ouch Out</b> Reflecting on helpful ways to deal with hurt MW	<b>Traffic Lights</b> Ways to handle negative emotion MW	<b>Crumpled Hearts</b> Demonstrating the consequences of <b>teasing or bullying</b> MW/RR/BS	<b>Don't Rub it in, Rub it Out Reflection</b> Circle time CF
<b>Summer 1</b> <b>FAKE IS A MISTAKE</b>	<b>Fake is a Mistake!</b> Introduction to the 4 <sup>th</sup> HeartSmart principle CF	<b>Grains of Sand</b> There never has and never will be another one of me	<b>The Truth about Me</b> Not all the thoughts we have about ourselves are true MW	<b>Real is a Big Deal</b> Discussing how different emotions feel MW	<b>Nice to Meet You!</b> Looking at ways to be polite when meeting others RR	<b>Sun Safe!</b> Thinking of ways to stay safe in the sun HP	<b>Fake is a Mistake Reflection</b> Circle time CF
<b>Summer 2</b> <b>'NO WAY THROUGH'. ISN'T TRUE</b>	<b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle MW	<b>Road signs</b> Finding alternative solutions to problems MW	<b>Ways to Say</b> Looking at seemingly impossible situations in different ways MW	<b>Rainbows from Rain</b> Overcoming challenges and difficulties MW	<b>Imagine a Bright Future</b> Imagining 'What if...' in a positive way MW	<b>Energy Detectives</b> Looking for signs of energy and thinking about ways to conserve it	<b>'No Way Through' isn't True Reflection</b> Circle time - What we have learned MW

Year 3/4 Cycle A Unit/Term	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>Autumn 1</b> <b>Get HeartSmart</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart CF/MW	<b>Batteries</b> Looking at ways we can be positive (kind) and negative (unkind) to one another CF	<b>Inside Out</b> Recalling memories and associating a feeling with them MW	<b>Guard your Heart</b> Thinking about things we need to guard our hearts from CF	<b>My squad</b> Listing the people in our lives we are grateful for F/CF	<b>Full or Empty?</b> Thinking of the benefits of living a healthy lifestyle PH	<b>Get HEARTSMART Reflection</b> Worksheet CF/MW
<b>Autumn 2</b> <b>DO'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love In!</b> Introduction to the 1 <sup>st</sup> HeartSmart principle RR/MW	<b>Wear it with pride</b> Learning to accept the encouragement given to us by others CF	<b>Love is...</b> Considering what love is and what it isn't F/CF	<b>Moana</b> Comparing 'Te Fiti' before and after she 'let love in' MW	<b>Growing gratitude</b> Listing things we are grateful for and why RR	<b>Love yourself</b> Making good choices to keep our hearts healthy HE	<b>Don't Forget to Let Love in Reflection</b> Worksheet RR/MW
<b>Spring 1</b> <b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2 <sup>nd</sup> HeartSmart principle CF	<b>Flip your phone</b> How can you be #unselfie and doing something kind for others? CF/RR	<b>What's your emergency?</b> How to respond in an emergency BFA	<b>Elizabeth Everest</b> Honouring others for their kindness RR	<b>No man is an island</b> Working together, listening to one another and respecting other's views CF	<b>Padlocked Privacy</b> Discussing why it is important to keep personal information private OR	<b>Too Much Selfie isn't Healthy Reflection</b> Worksheet RR/MW
<b>Spring 2</b> <b>DON'T RUB IT IN, RUB IT OUT</b>	<b>Don't Rub it in, Rub it Out!</b> Introduction to the 3 <sup>rd</sup> HeartSmart principle CF/RR	<b>Magic water</b> Demonstrating the effects of saying sorry CF/RR	<b>Play it out</b> Considering different ways to respond to scenarios CF	<b>Balloon Blast</b> Demonstrating the benefits of letting go of hurt CF/MW	<b>Marble Jar</b> Discussion around how trust is built and betrayed CF	<b>Who am I?</b> Recognising and challenging stereotypes RR	<b>Don't Rub it in, Rub it Out Reflection</b> Worksheet CF
<b>Summer 1</b> <b>FAKE IS A MISTAKE</b>	<b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle CF	<b>Spot the Difference</b> The real me is the best me OR/ISH	<b>Shame Detectives</b> Spotting shame and replacing it with truth CF/MW	<b>Circle of Trust</b> Thinking about appropriate and inappropriate contact BS	<b>Build on Truth</b> Importance of truth to build strong friendships CF	<b>Allergy Allies!</b> Learning the facts and science about allergies HP	<b>Fake is a Mistake Reflection</b> Worksheet CF
<b>Summer 2</b> <b>'NO WAY THROUGH'. ISN'T TRUE</b>	<b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle MW	<b>Snakes and Ladders</b> Thinking about progress (ladders) and setbacks (snakes) MW	<b>Get Back Up</b> Importance of getting back up and trying again MW	<b>I can help!</b> Learning how to respond to emergency first aid situations BFA	<b>Dream Attitudes</b> Developing the right attitudes to achieve our dreams MW	<b>Embracing Change</b> How to manage change well MW	<b>'No Way Through' isn't True Reflection</b> Worksheet - What we have learned MW

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<b>Autumn 1</b> <b>Get HeartSmart</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart CF/MW	<b>Words have Power</b> Demonstrating consequences of the words we use about ourselves and others MW/RR	<b>Reap what you sow</b> Suggesting ways we can grow a desired characteristic e.g. kindness CF	<b>Wily Wolf</b> Thinking about and discussing how we know who we can trust BS	<b>Family Recipe</b> Thinking about the characteristics that make a healthy family life F	<b>Healthy Minds</b> Recognising what positively and negatively affects our mental health MW	<b>Get HEARTSMART Reflection</b> Worksheet CF/MW
<b>Autumn 2</b> <b>DO'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love In!</b> Introduction to the 1 <sup>st</sup> HeartSmart principle RR/MW	<b>Heart to heart</b> Looking at ways we feel loved F	<b>Brilliant me ball</b> Celebrating our strengths and achievements RR	<b>One in a million</b> Comparing measurements to determine our uniqueness	<b>Don't agree with I don't like me</b> Highlighting things about our bodies we are grateful for MW	<b>Hands up!</b> Creating a catchy rhyme/song or rap to remind others about the importance of hand washing HP	<b>Don't Forget to Let Love in Reflection</b> Worksheet RR/MW
<b>Spring 1</b> <b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2 <sup>nd</sup> HeartSmart principle CF	<b>What's missing?</b> Being aware of surroundings and people around you CF	<b>Guess my feelings</b> Suggesting how someone is feeling based on their facial expressions and body language MW	<b>Unseen heroes</b> Thinking about and thanking the unseen heroes of our local community RR/BS	<b>Teamwork makes the dream work!</b> Recognising that we sometimes need help from others and working together to achieve a shared goal CF	<b>True Smartphone</b> Developing an awareness of ways to use mobile phones and tablets responsibly ISH	<b>Too Much Selfie isn't Healthy Reflection</b> Worksheet CF
<b>Spring 2</b> <b>DON'T RUB IT IN, RUB IT OUT</b>	<b>Don't Rub it in, Rub it Out!</b> Introduction to the 3 <sup>rd</sup> HeartSmart principle CF/RR	<b>Saying Sorry</b> Discussing ways to fix broken friendships RR/CF	<b>Pass through the pain barrier</b> Discussing what forgiveness is and the value of forgiving others CF/MW	<b>Good stress, bad stress</b> Talking about different types of stress and ways to manage negative stress MW	<b>Boundaries</b> Learning about personal boundaries RR/BS	<b>Be Kind Online</b> Recognising and dealing with online abuse ISH	<b>Don't Rub it in, Rub it Out Reflection</b> Worksheet CF/RR
<b>Summer 1</b> <b>FAKE IS A MISTAKE</b>	<b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle CF	<b>Human BEings not DOings</b> Celebrating one another for who we are not what we do RR/CF	<b>Voice of Love</b> Who speaks into our lives and are they using the voice of love? F/CF	<b>Speak Truth</b> Having the courage to tell the truth isn't always easy CF	<b>Dare to be different</b> When dares are fun and when they are not. Thinking of ways to say no to dares RR/BS	<b>Risky Business</b> Learning the facts and risks associated with smoking DAT PSHE Association H46	<b>Fake is a Mistake Reflection</b> Worksheet CF
<b>Summer 2</b> <b>'NO WAY THROUGH'. ISN'T TRUE</b>	<b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle MW	<b>Endurance Expedition</b> Thinking about the skills and attitudes needed to meet a challenge MW	<b>Habits - Help or Hinder?</b> Considering the habits we need to develop or change to reach our goals MW	<b>Just Keep Swimming</b> How to persevere and hold onto hope MW	<b>Dreamers</b> Dreaming of the future	<b>Changing Me!</b> Key facts about the changes that take place in puberty between 9 – 11 CAB PSHE Association H32 hygiene routines	<b>'No Way Through' isn't True Reflection</b> Worksheet - What we have learned MW