PSHE Long Term Overviews – Heart Smart scheme of work 2026-27

Early Years:

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART HEARTSMART (Meet Boris)	**Boris' Beginnings** Boris the robot story- which voice should you listen to? STORY PSED-MR	**Build-a-Boris** Make a robot from junk ACTIVITY PSED-SC/SA	**Boris Shapes** Make a robot from 2D shapes. ACTIVITY PSED-SC/SA	**Happy and you know it** Song to demonstrate different emotions. ACTIVITY PSED-MFB	**Boris Face dough** Different emotions using play dough ACTIVITY PSED-MFB	**Boris' Hanging Hearts** Heart rewards for children who are caught being kind. ACTIVITY PSED-MR	**N/A**
DON'T FORGET TO LET LOVE IN! (I am special)	**VIP Crowns** Design and make a crown ACTIVITY PSED-SC/SA	**Mirror, mirror** Describe self in mirror and draw a self-portrait ACTIVITY PSED-MR	**I am special because I am…** Game to encourage children to think about why they are special. ACTIVITY PSED-SC/SA	**I am special song** Children to suggest reasons they are special ACTIVITY PSED-SC/SA	**Fingerprint tree** Looking at uniqueness of fingerprints ACITIVITY PSED-SC/SA	**All about me ball** Circle time to tell the other children about yourself ACTIVITY PSED-SC/SA	**N/A**
TOO MUCH SELFIE ISN'T HEALTHY! (I love others)	**Who is special to me?** Who loves and cares for Boris? Who do you love and care for? CIRCLE TIME PSED-MR	**My house** Who lives in your house? ACTIVITY PSED-SC	**Catch a smile** Game to encourage children to share there smiles GAME PSED-MR	**Friendship web** Circle time to use kind/encouraging words about one another. CIRCLE TIME PSED-MR	**A friend in need** Game about look out for and helping friends in need. GAME PSED-MR	**Bird feeders** How can we love the wildlife in our garden ACTIVITY PSED-SC	**N/A**

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DON'T HOLD ON TO WHAT'S WRONG (I am a good friend)	**We're all friends together** Thinking about what we like to do with our friends GAME PSED-MR	**Sharing Island game** Game to encourage sharing and co-operation GAME PSED-MR	**Robots and mechanics** Listening to instructions and co-operating with one another GAME PSED-MR	**I am a kind friend** Game to help children find simple ways to be kind to each over. ACTIVITY PSEC-MR	**I make a good friend** How to be a good friend. ACTIVITY PSED-MR	**Emoji emotions** Encouraging children to describe how they are feeling using emotions. ACTIVITY PSED-MFB	**N/A**
FAKE IS A MISTAKE (I tell the truth)	**Boris has…** Game to demonstrate the importance of being kind and truthful. GAME PSED-SC/SA	**The truth according to Arthur story** Talking about the importance of telling the truth. STORY PSED-MFB	**Sorting words** Sorting words into kind and unkind ACTIVITY PSED-MFB	**Animal Game- thankful to be me** Pretending to be something else is fun but being me is better. ACTIVITY PSED-MFB	**Thankful Walk** Walk around the school to spot things children are thankful for. ACTIVITY PSED-SC/SA	**In my house** Circle time to celebrate the different things we do with are families. ACTIVITY PSED-SC/SA	**N/A**
'NO WAY THROUGH', ISN'T TRUE (I can do it)	**Nuts and bolts** Challenge the children to match the correct nuts to the correct bolts ACTIVITY PSED-SC/SA	**With my…I can** Describing different things that the children can do with there amazing body CIRCLE TIME PSED-SC/SA	**We're going on a bear hunt** Interactive retelling of the story. ACTIVITY PSED-MFB	**Incy Wincy Spider** Learning perseverance from incy wincy spider. ACTIVITY PSED-MFB	**Road blocks** Moving cars around the mat by adhering to the road signs. ACTICITY PSED-SC/SA	**Cup stack challenge** Challenge to see how many cups the children can stack before they collapse. ACTIVITY PSED-SC/SA	**N/A**

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	**Get HEARTSMART** CF3, GW5, RR2, RR3, RR6, GW4 HS FILM	**Power** RR3, RR6, RR8, CF2, CF3, CF5, CF6, MW1, GW5, GW3, GW4 ACTIVITY	**Feelings Bingo** CF1, GW3, GW4, GW5, GW9, BS5, BS7, RR3, RR5 GAME	**What goes in, must come out - Worms!** GW5, GW7, GW3, GW4, BS7, OS1, OS6, RR6 ACTIVITY	**Guess Who?** GW2, GW3, GW4, GW5, CF1, CF2, RR1, RR3, RR6, GAME	**Healthy Choices** HE1, HE2, HE4, GW1, GW2, GW3, GW4, PH1, PH3 ACTIVITY	**Get HEARTSMART Reflection** RR3, RR6, GW3, GW4, GW6, RR3, RR6, CF3 WORKSHEET
DON'T FORGET TO LET LOVE IN!	**Don't Forget to Let Love in!** GW3, GW4, GW6, GW9 RR3, RR4, RR5, RR6, CF1, CF2, CF3, BS7, GW2, CW3, GW4, GW6 HS FILM	**Pants!** BS3, BS4, BS5, BS7, RR1, RR3, RR5, GW4, GW6, OS1, OS6, WORKSHEET	**Truth or Lies** GW6, GW5, GW4, GW3, GW2, RR1, RR3, RR6, BS1, RR1, CF1 ACTIVITY	**Would you Rather?** RR1, RR3, CF1, CF3, GW2, GW4, GW5, GW6, GW9 GAME	**Marshmallow Test** RR1, RR3, CF1, CF3, GW2, GW4, GW5, GW6, GW9 GAME	**Taking Care of Me** HP4, HP5, GW4, GW5, GW2, RR3, RR6, BS8, H1, H6, H7, H11 ACTIVITY	**Don't Forget to Let Love in Reflection** RR4, GW5, GW6, GW4, RR3, GW2, H4, R1 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	**Too Much Selfie isn't Healthy!** CF2 CF3 RR1 RR6 BS1 FILM	**Who's Missing?** CF1 CF2 RR1 RR6 BS1 ACTIVITY	**The Smartest Giant in Town** CF2 CF3 RR6 RR1 GW1 STORY	**Who Looks After Me?** F1 F2 F4 RR6 BS7 ACTIVITY	**Teamwork - Monsters University** CF2 RR1 RR6 RR5 F4 FILM CLIP	**Helping Boris** WO1 WO3 OS1 OS3 RR1 WORKSHEET	**Too Much Selfie isn't Healthy Reflection** RR1 RR2 RR3 RR4 WORKSHEET
DON'T HOLD ON TO WHAT'S WRONG	**Lesson 1** HS FILM CF5 CF4 RR2 GW3 GW4 PSHE - GF GW RKR	**Goldilocks and Baby Bear** ACTIVITY RR1 CF5 F1 F4 GW3 PSHE - R CF RKR GW F	**Forgiveness Fizz** CF5, CF3, RR3, GW4, BS7	**Chalk faces** CF4 CF7 RR2 RR3 OS1 PSHE - ACTIVITY	**Disappointed Robots** GW3 GW4 RR2 PSHE: ACTIVITY	**Builders and Wreckers** CF4 CF2 RR5 RR6 CF7 PSHE: ACTIVITY	**Reflection** RR1 RR2 RR3 PSHE: WORKSHEET
FAKE IS A MISTAKE	**Fake is a Mistake!**	**The Best Me**	**Don't Hide What's Inside!**	**Mask Making**	**Telephone Whispers**	**Smile!**	**Fake is a Mistake Reflection**

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	CF4 RR8 CF2 RR6 PSHE: HS FILM	RR8 CF2 CF4 RR6 RR5 ACTIVITY	CF4 CF2 RR6 CF1 RR8 RR5 ACTIVITY	GW4 GW9 BS7 CF7 RR11 ACTIVITY	CF4 RR6 CF2 GAME	HP4 HE4 HE1 GW2 HP5 WORKSHEET	RR1 RR2 RR3 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** HS FILM	**Mission Possible** RR6 CF4 CF2 GW5 PH4 GW5 BS4 ACTIVITY	**Tummy Talk** BS2 BS7 BS5 OS2 OS6 OS11 ACTIVITY	**Seeds of Potential** RR8 RR5 RR1 ACTIVITY	**Hearts that Dream** RR8 GW2 RR1 CF2 WO3 ACTIVITY	**Love a lot, Miss a lot** GW4 GW3 GW9 F2 PH1 WORKSHEET	**'No Way Through' isn't True Reflection** WORKSHEET

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YEAR 2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	**Get HEARTSMART** GW4 GW5 GW6 RR3, RR6, CF2, CF3, RR1, RR3, RR4 HS FILM	**Power Plus** CF2, CF3, RR3, RR5, RR6, GW3, GW4, ACTIVITY	**Heart Decisions** CF2, RR3, RR4, RR5, RR6, GW5, GW3, GW4, GW7, OS1 ACTIVITY	**Bright Hearts** GW3, GW4, GW5, GW5, RR3, RR6, CF1 ACTIVITY	**Love Map** F1, F3, F4, RR1, RR3, GW3, GW4 WORKSHEET	**Boris Face Plate** HE1,HE2, HE4, GW2, RH1, GW1, HP5, HP4 ACTIVITY	**Get HEARTSMART Reflection** GW3, GW4, GW5, GW9, CF3, RR6, RR3 WORKSHEET
DON'T FORGET TO LET LOVE IN!	**Don't Forget to Let Love in!** RR4 RR3 GW5 GW6 GW4 GW2 R1 R4 FILM	**I am cubes** RR1 RR3 RR4 RR6 GW2 GW4 GW4 GW9 H3 WORKSHEET	**Trash or Truth** RR4 RR5 RR3 RR6 MW3 GW2 GW4 GW5 GW6 L3 ACTIVITY	**Meaning of my Name** RR1 RR3 RR4 RR5 RR6 GW2 GW4 L8 ACTIVITY	**Boundin** MW3 MW4 MW6 GW2 GW5 GW6 GW7 GW10 RR3 RR6 H3 FILM CLIP	**Heartbeat** PH2 PH1 PH3 MW3 GW1 GW2 GW5 GW6 GW9 H1 ACTIVITY	**Don't Forget to Let Love in Reflection** CF3 RR3 RR5 GW2 GW4 GW6 GW9 GW2 RR6 CF1 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	**Too Much Selfie isn't Healthy!** CF2 CF3 RR1 RR6 BS1 FILM	**Spot the Difference** CF1 CF2 RR1 RR6 BS1 ACTIVITY	**Secret Kindness Agents** CF3 CF2 RR1 RR6 GW1 CF2	**Everyday Heroes** RR1 RR5 PS2 HP1 HP4 BS7 ACTIVITY	**We all Fit Together** RR1 RR5 RR6 GW3 BS7 ACTIVITY	**HeartSmart on the Playground, HeartSmart Online** WO1 WO3 OS1 OS3 RR1 WORKSHEET	**Too Much Selfie isn't Healthy Reflection** RR1 RR2 RR3 RR4 MW1 WORKSHEET

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DON'T HOLD ON TO WHAT'S WRONG	**Lesson 1** CF4 RR2 HS FILM	**That's what Friends are for (Shrek)** CF4 RR2 F1 F4 GW3 FILM CLIP	**Balloon Spoons** F2 F6 CF5 CF7 RR3 BS7 ACTIVITY	**Let the Ouch Out** CF4 RR2 RR3 RR11 OS1 WORKSHEET	**Traffic Lights** GW3 GW4 GW9 RR2 ACTIVITY	**Crumpled Hearts** F3 RR9 GW7 BS7 RR5 ACTIVITY	**Reflection** CF1, CF2, CF3, CF4 & CF5 WORKSHEET
FAKE IS A MISTAKE	**Fake is a Mistake!** CF4 RR8 CF2 CF1 RR5 HS FILM	**Grains of Sand** RR8 RR5 CF2 ACTIVITY	**The Truth about Me** RR8 GW4 GW5 GW3 GW2 OS7 DISCUSSION	**Real is a Big Deal** GW9 GW4 GW3 RR8 WORKSHEET	**Nice to Meet You!** RR1 RR7 RR5 RR6 CF2 GAME	**Sun Safe!** GW1 GW2 HP3 HP2 PH4 ACTIVITY	**Fake is a Mistake Reflection** CF4 CF2 CF1 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** HS FILM	**Road signs** GW5 RR8 GW2 (WO OS PH3) ACTIVITY	**Ways to Say** GW5 GW4 RR6 (OS4 F6 PH2) ACTIVITY	**Rainbows from Rain** GW5 GW4 RR8 (F4 OS3 HP2) ACTIVITY	**Imagine a Bright Future** GW6 GW5 RR8 GW4 (BS4 F3 WO5) ACTIVITY	**Energy Detectives** GW2 RR1 RR5 (HE5 WO2 F1) ACTIVITY	**'No Way Through' isn't True Reflection** GW9 WORKSHEET

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YEAR 3

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	**Get HEARTSMART** CF1 CF3 GW4 GW5 OS1 OS3 OS4 OS8 OS5 OS10 HS FILM	**Batteries** CF1 CF2 RR7 RR8 OS1 BS1 R2 ACTIVITY	**Inside Out** RR7 RR8 OS1 BS1 GW4 GW5 GW6 GW9 H7 FILM CLIP	**Guard your Heart** CF5 BS1 BS2 BS3 OS1 OS2 R3 GW4 GW5 GW7 GW10 GAME	**My squad** F1 F3 CF1 CF2 CF4 CF5 GW7 RR1 RR5 R4 WO8 GW3 GW4 GW5 WORKSHEET	**Full or Empty?** PH1 PH3 PH4 HE1 HE2 HE4 HP3 GW1 GW2 GW3 GW5 GW7 GW9 WO3 RR1 H2 WORKSHEET	**Get HEARTSMART Reflection** CF3 CF5 RR1 RR2 RR5 RR6 GW3 GW4 GW5 GW6 GW7 GW9 H1 R2 WORKSHEET
DON'T FORGET TO LET LOVE IN!	**Don't Forget to Let Love in!** RR1 RR5 RR6 RR8 GW3 GW4 GW5 GW1 H1 R2 HS FILM	**Wear it with pride** CF1 CF3 CF5 RR1 RR6 RR7 CF5 GW3 L8 ACTIVITY	**Love is...** F6 CF2 CF5 RR1 RR6 RR7 GW3 OS1 L4 WORKSHEET	**Moana** MW4 RR1 RR6 GW3 GW5 OS1 OS6 WO8 R1 FILM CLIP	**Growing gratitude** RR3 RR1 RR6 GW3 GW2 OS1 OS6 WO8 H1 ACTIVITY	**Love yourself** HE1 HE2 HP1 HP2 HP4 HP5 RR1 RR6 RR7 OS6 WO8 WO6 GW2 GW5 ACTIVITY	**Don't Forget to Let Love in Reflection** GW4 GW5 GW6 GW9 RR1 RR4 RR6 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	**Too Much Selfie isn't Healthy!** CF2 CF3 RR1 RR6 BS1 FILM	**Flip your phone** CF2 CF3 RR1 RR6 BS1	**What's your emergency?** BFA 1 BFA2 BFA3 BFA4 GW9 OS6 WO8	**Elizabeth Everest** RR5 RR1 RR6 F4 BS7 ACTIVITY	**No man is an island** CF2 CF3 RR1 BS7 RR6 F4 GAME	**Padlocked Privacy** WO1 WO3 OS1 OS3 RR1 BS5 BS6 WORKSHEET	**Too Much Selfie isn't Healthy Reflection** RR1 RR2 RR3 RR4 WORKSHEET
DON'T HOLD ON TO WHAT'S WRONG	**Lesson 1**	**Magic water**	**Play it out**	**Balloon Blast**	**Marble Jar**	**Who am I?**	**Reflection**

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YEAR 3

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
	CF4 RR2 HS FILM	CF4 RR2 GW3 GW4 F1 DISCUSSION	CF6 RR9 OS1 BS7 WORKSHEET	GW3 GW4 CF5 CF7 RR3 ACTIVITY	F4 CF4 BS5 OS2 RR11 FILM CLIP	RR10 RR5 CF2 RR1 RR2 WORKSHEET	 CF4, RR2 WORKSHEET
FAKE IS A MISTAKE	**Fake is a Mistake!** CF2 HS FILM	**Spot the Difference** WO7 0S2 WO10 OS4 ACTIVITY	**Shame Detectives** GW3 GW4 GW5 GW9 HP3 WORKSHEET	**Circle of Trust** RR1 BS4 BS5 BS6 GW4 WORKSHEET	**Build on Truth** CF4 CF2 RR5 OS2 WO2 DISCUSSION	**Allergy Allies!** HP1 HP4 BS5 BS7 HP6 BS4 DISCUSSION	**Fake is a Mistake Reflection** CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** HS FILM	**Snakes and Ladders** GW5 RR8 GW6 (WO9 OS7 HP3) ACTIVITY	**Get Back Up** GW6 GW2 GW4 (WO9 OS8 F8) DISCUSSION	**I can help!** HP7 BS4 BS7 (F9 HE8 HPF) ACTIVITY	**Dream Attitudes** RR8 GW6 GW5 (HP8) WORKSHEET	**Embracing Change** GW5 GW3 GW6 (F4) ACTIVITY	**'No Way Through' isn't True Reflection** WORKSHEET

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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	**Get HEARTSMART** CF1 CF3 GW2 OS1 OS3 OS4 OS5 OS8 OS10 HS FILM	**Words have power** GW7 RR4 RR5 RR7 RR8 OS1 R7 GW4 ACTIVITY	**Reap what you sow** CF2 RR7 RR8 OS1 BS1 R11 ACTIVITY	**Wily wolf** BS3 BS1 BS2 BS5 OS1 OS2 RS1 H23 DISCUSSION	**Family Recipe** F1 F2 F3 F4 CF1 CF5 RR1 RR5 GW7 R4 ACTIVITY	**Healthy Minds** GW1 GW2 GW3 GW5 GW9 WO3 RR1 RR5 H1 H4 WORKSHEET	**Get HEARTSMART Reflection** CF3 CF5 RR1 RR2 RR5 RR6 GW2 GW4 GW6 GW3 GW5 GW7 GW9 H1 R2 WORKSHEET
DON'T FORGET TO LET LOVE IN!	**Don't Forget to Let Love in!** RR4 RR1 RR6 RR7 MW1 GW3 GW4 CF1 CF2 CF4 CF5 H1 R2 HS FILM	**Heart to heart** F1 F3 F4 RR1 RR6 GW3 OS1 CF5 R2 ACTIVITY	**Brilliant me ball** RR4 RR1 RR6 RR7 GW3 OS1 H5 ACTIVITY	**One in a million** RR4 RR1 RR6 RR7 GW3 OS1 OS6 WO8 H5 ACTIVITY	**Don't agree with I don't like me** GW3 RR1 RR6 RR7 OS6 WO8 HP1 HP2 HP3 HP4 HP5 H1 ACTIVITY	**Hands up!** HP5 HP1 HP4 RR6 RR7 OS6 WO8 WO6 H12 H1 ACTIVITY	**Don't Forget to Let Love in Reflection** RR4 RR1 RR6 OS6 WO8 CF5 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	**Too Much Selfie isn't Healthy!** CF2 CF3 RR1 RR6 BS1 FILM	**What's missing?** CF1 CF2 RR1 RR5 GW1 GAME	**Guess my feelings** MW2 MW3 RR1 GW3 GW4 OS1 ACTIVITY	**Unseen heroes** RR5 RR1 RR6 BS8 ACTIVITY	**Teamwork makes the dream work!** CF2 CF3 RR6 RR1 BS7 GAME	**True Smartphone** WO1 WO3 WO5 OS3 BS5 BS6 RR1 WORKSHEET	**Too Much Selfie isn't Healthy Reflection** RR1 RR2 RR3 RR4 WORKSHEET
DON'T HOLD ON TO WHAT'S WRONG		**Saying sorry**	**Pass through the pain barrier**	**Good stress, bad stress**	**Boundaries**	**Be Kind Online**	**Reflection**

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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
	CF4 RR2 HS FILM	CF4 RR2 RR3 GW3 OS3 DISCUSSION	CF5 OS6 BS7 CF6 F2 DISCUSSION	GW9 RR3 PH4 HE2 WO3 ACTIVITY	BS5 BS1 BS2 OS1 DISCUSSION	WO8 OS1 WO4 RR9 BS7 WORKSHEET	CF4 RR2 WORKSHEET
FAKE IS A MISTAKE	**Fake is a Mistake!** CF2 HS FILM	**Human BEings not DOings** RR8 RR5 GW2 RR10 CF3 ACTIVITY	**Voice of Love** BS5 GW4 CF2 CF3 OS2 WORKSHEET	**Speak Truth** RR3 CF5 GW4 WO7 STORY	**Dare to be different** BS1 BS5 RR8 RR5 OS1 WO4 ACTIVITY	**Risky Business** DAT1 HP1 GW2 GW7 GW9 ACTIVITY	**Fake is a Mistake Reflection** CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** HS FILM	**Endurance Expedition** GW6 GW5 RR8 (BS5 HE4 HP4) ACTIVITY	**Habits - Help or Hinder?** GW5 GW6 RR8 (WO4 HE3 F6) WORKSHEET	**Just Keep Swimming** CF2 RR1 RR6 (OS2 WO6 BS6) FILM CLIP	**Dreamers** RR8 GW2 GW9 (WO7 HE7 F8) ACTIVITY	**Changing Me!** DB2 DB1 GW9 RR5 HE5 WORKSHEET	**'No Way Through' isn't True Reflection** WORKSHEET

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GET HEARTSMART	**Get HEARTSMART** CF1 CF3 GW2 OS1 OS3 OS4 OS5 OS8 OS10 HS FILM	**Boss v Leader** RR1 RS4 RR7 RR8 OS1 BS1 H5 ACTIVITY	**Lion Heart** CF2 RR1 RR7 RR8 OS1 BS1 H5 ACTIVITY	**Watch What You Watch Watch** ISH2 ISH4 H2 OS1 OS2 BS5 WORKSHEET	**Letter of Thanks** F1 F2 F3 F4 CF1 CF2 CF4 RR1 RR5 RR6 R4 ACTIVITY	**Sleep Well** GW1 GW2 GW3 GW7 GW9 PH1 RR1 RR5 WO3 H1 H2 DISCUSSION	**Get HEARTSMART Reflection** CF3 CF5 RR1 RR2 RR5 RR6 GW3 GW5 GW7 GW9 H1 R2 WORKSHEET
DON'T FORGET TO LET LOVE IN!	**Don't Forget to Let Love in!** RR4 RR1 RR6 RR7 GW3 GW4 CF1 CF2 CF4 CF5 H1 R2 HS FILM	**Gunner** CF2 CF5 RR1 RR6 GW3 OS1 R11 ACTIVITY	**Make the Right Voice Choice** F6 CF5 GW2 RR1 RR6 RR7 CF5 GW3 0S1 OS2 OS4 OS6 WO8 H1 ACTIVITY	**Under Pressure** BS5 BS8 CF5 RR1 RR6 RR7 OS1 OS2 OS4 OS6 DA1-6 H13 H14 ACTIVITY	**Allocating Resources** L15 H2 L9 OS6 RR1 RR6 RR7 WO8 CF5 BS8 WO6 MW5 OS1 ACTIVITY	**Help!** BS6 BS7 BS8 CF5 GW2 GW5 RR1 RR6 OS6 WO8 HP1 H23 ACTIVITY	**Don't Forget to Let Love in Reflection** RR4 RR1 RR6 GW2 GW5 OS6 WO8 CF5 H1 H7 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	**Too Much Selfie isn't Healthy!** CF2 CF3 RR1 RR6 BS1 FILM	**When I'm Feeling Lonely…** GW6 GW9 CF3 WO3 WO2 ACTIVITY	**Read My Lips** RR3 RR1 RR4 RR6 GW4 GAME	**Honour** RR5 F2 RR1 RR6 CF2 ACTIVITY	**Great Groups** GW3 F2 RR1 RR6 CF2 ACTIVITY	**Be Aware What You Share** WO3 WO4 WO5 OS3 BS6 ACTIVITY	**Too Much Selfie isn't Healthy Reflection** RR1 RR2 RR3 RR4 WORKSHEET
DON'T HOLD ON TO WHAT'S WRONG	**Don't Hold on to What's Wrong!** CF4, RR2 HS FILM	**Different Perspective** CF4 RR2 RR3 GW3 OS3 ACTIVITY	**Nelson Mandela** GW4 GW3 BS7 CF3 DISCUSSION	**Emotions don't drive!** GW3 GW4 GW5 PH4 HE2 WO3 ACTIVITY	**I did not I am** RR8 GW5 GW4 WO4 DISCUSSION	**Bully Busting** OS1 WO4 WO8 WO9 RR9 WORKSHEET	**Reflection** CF4 RR2 WORKSHEET
FAKE IS A MISTAKE	**Fake is a Mistake!**	**Time To Get Real**	**No Need to Hide What's Inside**	**Soft Shells**	**Hearts that Welcome Feedback**	**Decisions, Decisions!**	**Fake is a Mistake Reflection**

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YEAR 5

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
	CF2 HS FILM	WO7 WO4 OS1 GW4 WO9 OS5 DISCUSSION	WO5 WO6 OS2 ACTIVITY	CF2 RR2 BS1 BS7 FILM CLIP	RR3 CF3 RR7 RR6 (WO OS HP) ACTIVITY	DAT1 HP1 GW2 ACTIVITY	 CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** HS FILM	**Egg in the Flask** GW6 GW5 RR8 (F3 WO5 BS5) ACTIVITY	**Success isn't always what you see** RR8 GW2 GW5 (WO8 F7 BS8) WORKSHEET	**Hope Light** GW2 GW6 GW5 (WO10 OS7 F6) ACTIVITY	**Period Relay** DB4 DB2 GW9 RR5 DB1 WORKSHEET	**What am I?** DB3 DB2 GW9 HE5 GAME	**'No Way Through' isn't True Reflection** PSHE: • Health & Wellbeing (self-awareness) R&HE - GW2 WORKSHEET

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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	**Get HEARTSMART** CF1 CF2 RR5 RR6 RR8 OS1 GW1 GW4 GW5 WO3 WO4 BS6 HS FILM	**Powerful Poses** RR4 GW2 RR7 RR8 OS1 BS1 H6 ACTIVITY	**Stone Trainers** RR7 RR8 BS1 GW2 GW4 GW5 WO5 WO3 WO2 WORKSHEET	**Secret Scenarios** RR9 GW4 GW5 BS1 BS2 BS5 BS7 OS2 CF1 DISCUSSION	**Tying the Knot** F5 F4 RR1 RR2 RR5 RR6 CF5 CF5 GW2 GW3 GW5 GW7 R5 ACTIVITY	**Healthy Food, Healthy Heart** HE1 HE2 HE4 PH1 GW1 GW2 GW3 GW5 WO3 RR1 H3 ACTIVITY	**Get HEARTSMART Reflection** CF3 CF5 RR1 RR2 RR5 RR6 GW2 GW4 GW5 GW6 GW10 GW3 H1 R2 WORKSHEET
DON'T FORGET TO LET LOVE IN!	**Don't Forget to Let Love in!** RR4 RR1 RR6 RR7 GW2 GW3 GW4 CF1 CF2 CF4 CF5 H1 R2 HS FILM	**What are you worth?** RR4 RR1 RR6 RR7 GW3 OS1 H5 ACTIVITY	**People say I am** CF3 RR1 RR6 RR7 GW3 OS1 OS6 WO8 H5 ACTIVITY	**Thumbs Up** F1 F3 CF1 RR1 RR6 RR7 GW3 OS1 OS6 WO8 R4 H5 ACTIVITY	**Gratitude jar** GW2 GW3 RR1 RR6 RR7 OS1 OS6 WO8 HP1 HP2 H1 ACTIVITY	**Signs to Spot** HP6 HP1 HP5 GW2 GW5 BS8 RR1 RR6 ACTIVITY	**Don't Forget to Let Love in Reflection** RR4 RR1 RR6 GW2 GW5 OS6 WO8 CF5 H1 H7 WORKSHEET
TOO MUCH SELFIE ISN'T HEALTHY!	**Too much selfie isn't healthy** CF2 CF3 RR1 RR6 BS1 HS FILM	**All the Same, All Different** RR1 RR5 RR10 CF2 CF1 OS1 GAME	**Listen up!** RR1 RR3 RR4 RR6 GW4 ACTIVITY	**You go before me** RR5 RR1 RR6 OS3 OS7 ACTIVITY	**Growing together** GW3 OS3 RR1 CF2 CF3 ACTIVITY	**Social media - good or bad?** WO4 WO3 OS1 OS3 BS6 WO5 BS5 RR1 DISCUSSION	**Too Much Selfie isn't Healthy Reflection** RR1 RR2 RR3 RR4 WORKSHEET
DON'T HOLD ON TO WHAT'S WRONG	**Don't Hold on to What's Wrong**	**Work it Out**	**Power of Forgiveness Jimmy Mizen's parents**	**Way to Say**	**Bit by Bit**	**Deep Impact**	**Reflection**

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YEAR 6

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
	CF4, RR2 HS FILM	OS1 0S6 0S8 CF4 RR2 ACTIVITY	CF7 RR3 BS7 OS1 WO3 DISCUSSION	RR2 CF7 OS1 WO7 PH4 HE2 ACTIVITY	CF4 BS2 BS5 RR2 OS2 ACTIVITY	CF4 RR2 RR9 BS6 BS7 WO8 ACTIVITY	CF4 RR2 WORKSHEET
FAKE IS A MISTAKE	**Fake is a Mistake!** CF2 HS FILM	**This is Me!** GW4 GW3 RR8 RR3 DISCUSSION	**HeartSmart Self-Talk** GW4 GW3 H1 GW7 DISCUSSION	**Boundaries for Respect** BS1 RR2 GW5 ACTIVITY	**Vaccines - Facts vs Fake News!** HP6 HP3 WO7 WO9 ACTIVITY	**Fix it, Find out, Fit in!** DAT1 HP1 GW2 GW5 ACTIVITY	**Fake is a Mistake Reflection** CF2 WORKSHEET
'NO WAY THROUGH', ISN'T TRUE	**'No Way Through' isn't True!** GW3 GW4 GW8 HS FILM	**The Bridge to Yet** GW8 GW3 RR3 ACTIVITY	**Self-awareness** GW4 GW3 GW5 ACTIVITY	**Hearts Filled with Hope** GW4 GW5 GW2 ACTIVITY	**Where the Magic Happens** GW8 GW5 GW2 ACTIVITY	**Under Construction - the teenage brain!** ACTIVITY	**'No Way Through' isn't True Reflection** WORKSHEET

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