

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 |
|--|--|---|---|---|---|---|
| Autumn 1 Get HeartSmart (Meet Boris) | My HeartSmart Toolbelt Looking at Boris' special tools to learn what it means to be HeartSmart | Becoming Boris Using junk materials to dress up as Boris | Fill Boris' Toolbox Roll a dice to find the missing tools from Boris' toolbox | How do they feel? Learning to read facial expressions and body language to understand how someone is feeling. | My Heart is full Talking about the things we love and how they make us feel. | Heart Hunt Looking for hidden hearts |
| Autumn 2 DO'T FORGET TO LET LOVE IN! (I am special) | I am loved! Learning that each one of us is loved, special and important. | My favourite Things Thinking about our favourite things and how they are all different. | My Heart! Talking about how we demonstrate different emotions. | Twinkle Twinkle Thinking about what makes our friends special. | Who am I? Children to find different objects they like. | EYFS has talent Demonstrating our different skills and talents. |
| Spring 1 TOO MUCH SELFIE ISN'T HEALTHY! (I love others) | I love to... Discussion about who you love and what you love to do together | Parachute Families Game to demonstrate how everyone's family is different. | Sorting Feelings Looking at ways people express how they are feeling and ways we can show we care | How do you do? Exploring ways to show care and affection for others | Helpful Hearts Thinking about how we show others we care when we offer our help | Thank you for Helping Me Thanking members of the school community for their help. |
| Spring 2 DON'T RUB IT IN, RUB IT OUT (I am a good friend) | Super Friends Discussing what makes a super friend | Musical Friends Game to show the importance of including others | Listening Ears Game to encourage children to listen to one another | Soft words, Hard words Thinking about the types of words we use and how they make others feel | If I met the Scrapman Being kind to others even when their behaviour is unkind | Grumpy Frog Story Exploring saying sorry through story |
| Summer 1 FAKE IS A MISTAKE (I tell the truth) | Boris and the Scrapman's Lies Children to differentiate between lies and truth | Cheer up Boris! Write or draw a postcard for Boris using kind and encouraging words. | How Rabbit got his long ears Story to explore the importance of telling the truth | Hat Game Pretending to be someone else is fun but being me is better | Thankful Heart Circle time to think about what the children are thankful for. | Tell me about you Sharing and celebrating differences in our homes and families |
| Summer 2 'NO WAY THROUGH'. ISN'T TRUE (I can do it!) | Boris in the Kitchen Considering how we can move forward from mistakes we make | I can challenge Series of challenges for children to practise and complete. | Stuck! Circle time to consider what to do when the children are stuck | When I grow up Game and discussion around what children want to do when they grow up | Magnetic Maze Activity to demonstrate persevering to find a way through | Changing Caterpillars 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 |
|--|--|---|---|--|--|--|---|
| Autumn 1 Get HeartSmart | Get HEARTSMART Introduction to HeartSmart CF/MW | Power How we can use our power in positive and negative ways CF | Feelings Bingo Understanding our emotions MW | What goes in, must come out – Worms! What we put in our hearts is what comes out MW | Guess Who? Who we are grateful for in our class and why CF | Healthy Choices Helping Boris make good choices to keep healthy MW/PH | Get HEARTSMART Reflection Circle time CF/MW |
| Autumn 2 DO'T FORGET TO LET LOVE IN! | Don't Forget to Let Love In! Introduction to the 1 st HeartSmart principle RR/MW | Pants! Learning about appropriate and inappropriate contact BS | Truth or Lies Differentiating between truths and lies about us MW | Would you rather? Game of preferences CF | Marshmallow Test Learning that there is a choice in spending and saving | Taking Care of Me Ways to take care of ourselves everyday HP | Don't Forget to Let Love in Reflection Circle time RR/MW |
| Spring 1 TOO MUCH SELFIE ISN'T HEALTHY! | Too Much Selfie isn't Healthy! Introduction to the 2 nd HeartSmart principle CF | Who's Missing? Developing an awareness of our surroundings and the people around us CF | The Smartest Giant in Town How can we help others? How have they helped us? CF | Who Looks After Me? Who looks after us? How can we show them our appreciation? F | Teamwork – Monsters University Working as a team to reach an end goal CF | Helping Boris Discussing simple rules to help keep us safe online OR/ISH | Too Much Selfie isn't Healthy Reflection Circle time CF |
| Spring 2 DON'T RUB IT IN, RUB IT OUT | Don't Rub it in, Rub it Out! Introduction to the 3 rd HeartSmart principle CF/RR | Goldilocks and Baby Bear Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends RR/CF | Forgiveness Fizz Discussion around how forgiveness can help hard situations disappear CF | Chalk Faces Different ways we can handle negative emotion effectively MW | Disappointed Robots Exploring different ways to handle disappointment MW | Builders and Wreckers How the words we use can build others up or knock them down MW/RR | Don't Rub it in, Rub it Out Reflection Circle time CF/RR |
| Summer 1 FAKE IS A MISTAKE | Fake is a Mistake! Introduction to the 4th HeartSmart principle CF | The Best Me Being yourself is the best you, you can be | Don't Hide What's Inside! Don't hide your true thoughts and feelings CF/F | Mask Making Thinking about who we can trust to talk to when we are sad or mad CF/BS | Telephone Whispers How small lies can have a big impact CF | Smile! Looking at the importance of good oral hygiene and dental health HP | Fake is a Mistake Reflection - Circle time CF |
| Summer 2 'NO WAY THROUGH'. ISN'T TRUE | 'No Way Through' isn't True! Introduction to the final HeartSmart principle MW | Mission Possible Learning from our experiences and trying again MW | Tummy Talk Trusting our instincts. Good secrets v bad secrets BS | Seeds of Potential There is potential in all of us RR | Hearts that Dream Creating Dreamboards to capture our hopes and dreams MW | Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost MW | 'No Way Through' isn't True Reflection Circle time MW |

| Year 1/2 Cycle B Unit/Term | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 |
|--|--|--|--|--|---|---|---|
| Autumn 1 Get HeartSmart | Get HEARTSMART Introduction to HeartSmart CF/MW | Power Plus Describing how we can use our power in positive and negative ways CF | Heart Decisions Considering the reputations we would like to have CF/MW | Bright Hearts What is in our hearts, is played out in our words and actions MW | Love Map Identifying special people and how they show us love F | Boris Face Plate Creating a robot face from healthy foods HE | Get HEARTSMART Reflection Circle time CF/MW |
| Autumn 2 DO'T FORGET TO LET LOVE IN! | Don't Forget to Let Love In! Introduction to the 1 st HeartSmart principle RR/MW | I am cubes Recognising and celebrating our strengths and ways in which we are all unique RR | Trash or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves RR | Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you | Boundin Discussion around how being thankful for what we have, changes our attitude MW | Heartbeat -Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves PH | Don't Forget to Let Love in Reflection Circle time RR/MW |
| Spring 1 TOO MUCH SELFIE ISN'T HEALTHY! | Too Much Selfie isn't Healthy! Introduction to the 2 nd HeartSmart principle CF | Spot the Difference Be aware of surroundings and the people around you CF | Secret Kindness Agents Looking for opportunities to do something kind for others CF/RR | Everyday Heroes Thinking about people who look after us in our community RR/BS | We all Fit Together Looking at how are we the same and how we are different RR | HeartSmart on the Playground, HeartSmart Online Rules for keeping safe online OR/ISH | Too Much Selfie isn't Healthy Reflection Circle time CF |
| Spring 2 DON'T RUB IT IN, RUB IT OUT | Don't Rub it in, Rub it Out! Introduction to the 3 rd HeartSmart principle CF/RR | That's what Friends are for (Shrek) Saying sorry and offering forgiveness between friends CF | Balloon Spoons Demonstrating how holding onto unforgiveness can make us feel MW | Let the Ouch Out Reflecting on helpful ways to deal with hurt MW | Traffic Lights Ways to handle negative emotion MW | Crumpled Hearts Demonstrating the consequences of teasing or bullying MW/RR/BS | Don't Rub it in, Rub it Out Reflection Circle time CF |
| Summer 1 FAKE IS A MISTAKE | Fake is a Mistake! Introduction to the 4 th HeartSmart principle CF | Grains of Sand There never has and never will be another one of me | The Truth about Me Not all the thoughts we have about ourselves are true MW | Real is a Big Deal Discussing how different emotions feel MW | Nice to Meet You! Looking at ways to be polite when meeting others RR | Sun Safe! Thinking of ways to stay safe in the sun HP | Fake is a Mistake Reflection Circle time CF |
| Summer 2 'NO WAY THROUGH'. ISN'T TRUE | 'No Way Through' isn't True! Introduction to the final HeartSmart principle MW | Road signs Finding alternative solutions to problems MW | Ways to Say Looking at seemingly impossible situations in different ways MW | Rainbows from Rain Overcoming challenges and difficulties MW | Imagine a Bright Future Imagining 'What if...' in a positive way MW | Energy Detectives Looking for signs of energy and thinking about ways to conserve it | 'No Way Through' isn't True Reflection 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 |
|--|--|--|---|---|---|---|---|
| Autumn 1 Get HeartSmart | Get HEARTSMART Introduction to HeartSmart CF/MW | Batteries Looking at ways we can be positive (kind) and negative (unkind) to one another CF | Inside Out Recalling memories and associating a feeling with them MW | Guard your Heart Thinking about things we need to guard our hearts from CF | My squad Listing the people in our lives we are grateful for F/CF | Full or Empty? Thinking of the benefits of living a healthy lifestyle PH | Get HEARTSMART Reflection Worksheet CF/MW |
| Autumn 2 DO'T FORGET TO LET LOVE IN! | Don't Forget to Let Love In! Introduction to the 1 st HeartSmart principle RR/MW | Wear it with pride Learning to accept the encouragement given to us by others CF | Love is... Considering what love is and what it isn't F/CF | Moana Comparing 'Te Fiti' before and after she 'let love in' MW | Growing gratitude Listing things we are grateful for and why RR | Love yourself Making good choices to keep our hearts healthy HE | Don't Forget to Let Love in Reflection Worksheet RR/MW |
| Spring 1 TOO MUCH SELFIE ISN'T HEALTHY! | Too Much Selfie isn't Healthy! Introduction to the 2 nd HeartSmart principle CF | Flip your phone How can you be #unselfie and doing something kind for others? CF/RR | What's your emergency? How to respond in an emergency BFA | Elizabeth Everest Honouring others for their kindness RR | No man is an island Working together, listening to one another and respecting other's views CF | Padlocked Privacy Discussing why it is important to keep personal information private OR | Too Much Selfie isn't Healthy Reflection Worksheet RR/MW |
| Spring 2 DON'T RUB IT IN, RUB IT OUT | Don't Rub it in, Rub it Out! Introduction to the 3 rd HeartSmart principle CF/RR | Magic water Demonstrating the effects of saying sorry CF/RR | Play it out Considering different ways to respond to scenarios CF | Balloon Blast Demonstrating the benefits of letting go of hurt CF/MW | Marble Jar Discussion around how trust is built and betrayed CF | Who am I? Recognising and challenging stereotypes RR | Don't Rub it in, Rub it Out Reflection Worksheet CF |
| Summer 1 FAKE IS A MISTAKE | Fake is a Mistake! Introduction to the 4th HeartSmart principle CF | Spot the Difference The real me is the best me OR/ISH | Shame Detectives Spotting shame and replacing it with truth CF/MW | Circle of Trust Thinking about appropriate and inappropriate contact BS | Build on Truth Importance of truth to build strong friendships CF | Allergy Allies! Learning the facts and science about allergies HP | Fake is a Mistake Reflection Worksheet CF |
| Summer 2 'NO WAY THROUGH'. ISN'T TRUE | 'No Way Through' isn't True! Introduction to the final HeartSmart principle MW | Snakes and Ladders Thinking about progress (ladders) and setbacks (snakes) MW | Get Back Up Importance of getting back up and trying again MW | I can help! Learning how to respond to emergency first aid situations BFA | Dream Attitudes Developing the right attitudes to achieve our dreams MW | Embracing Change How to manage change well MW | 'No Way Through' isn't True Reflection Worksheet - What we have learned MW |

| Year 3/4 Cycle B Unit/Term | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 |
|--|--|---|---|--|--|--|---|
| Autumn 1 Get HeartSmart | Get HEARTSMART Introduction to HeartSmart CF/MW | Words have Power Demonstrating consequences of the words we use about ourselves and others MW/RR | Reap what you sow Suggesting ways we can grow a desired characteristic e.g. kindness CF | Wily Wolf Thinking about and discussing how we know who we can trust BS | Family Recipe Thinking about the characteristics that make a healthy family life F | Healthy Minds Recognising what positively and negatively affects our mental health MW | Get HEARTSMART Reflection Worksheet CF/MW |
| Autumn 2 DO'T FORGET TO LET LOVE IN! | Don't Forget to Let Love In! Introduction to the 1 st HeartSmart principle RR/MW | Heart to heart Looking at ways we feel loved F | Brilliant me ball Celebrating our strengths and achievements RR | One in a million Comparing measurements to determine our uniqueness | Don't agree with I don't like me Highlighting things about our bodies we are grateful for MW | Hands up! Creating a catchy rhyme/song or rap to remind others about the importance of hand washing HP | Don't Forget to Let Love in Reflection Worksheet RR/MW |
| Spring 1 TOO MUCH SELFIE ISN'T HEALTHY! | Too Much Selfie isn't Healthy! Introduction to the 2 nd HeartSmart principle CF | What's missing? Being aware of surroundings and people around you CF | Guess my feelings Suggesting how someone is feeling based on their facial expressions and body language MW | Unseen heroes Thinking about and thanking the unseen heroes of our local community RR/BS | Teamwork makes the dream work! Recognising that we sometimes need help from others and working together to achieve a shared goal CF | True Smartphone Developing an awareness of ways to use mobile phones and tablets responsibly ISH | Too Much Selfie isn't Healthy Reflection Worksheet CF |
| Spring 2 DON'T RUB IT IN, RUB IT OUT | Don't Rub it in, Rub it Out! Introduction to the 3 rd HeartSmart principle CF/RR | Saying Sorry Discussing ways to fix broken friendships RR/CF | Pass through the pain barrier Discussing what forgiveness is and the value of forgiving others CF/MW | Good stress, bad stress Talking about different types of stress and ways to manage negative stress MW | Boundaries Learning about personal boundaries RR/BS | Be Kind Online Recognising and dealing with online abuse ISH | Don't Rub it in, Rub it Out Reflection Worksheet CF/RR |
| Summer 1 FAKE IS A MISTAKE | Fake is a Mistake! Introduction to the 4 th HeartSmart principle CF | Human BEings not DOings Celebrating one another for who we are not what we do RR/CF | Voice of Love Who speaks into our lives and are they using the voice of love? F/CF | Speak Truth Having the courage to tell the truth isn't always easy CF | Dare to be different When dares are fun and when they are not. Thinking of ways to say no to dares RR/BS | Risky Business Learning the facts and risks associated with smoking DAT | Fake is a Mistake Reflection Worksheet CF |
| Summer 2 'NO WAY THROUGH'. ISN'T TRUE | 'No Way Through' isn't True! Introduction to the final HeartSmart principle MW | Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge MW | Habits - Help or Hinder? Considering the habits we need to develop or change to reach our goals MW | Just Keep Swimming How to persevere and hold onto hope MW | Dreamers Dreaming of the future | Changing Me! Key facts about the changes that take place in puberty between 9 – 11 CAB | 'No Way Through' isn't True Reflection Worksheet - What we have learned MW |