

| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 |
|---------------------------------------|---|--|--|--|---|---|--|
| GET HEARTSMART | Get HEARTSMART Introduction to HeartSmart HS FILM PSHE - H1,R2 | Boss v Leader Considering how powerful people lead others ACTIVITY PSHE - L6 | Lion Heart Describing the heart reputation we would like ACTIVITY PSHE - H5 | Watch What You Watch Watch Discussing how to know what we should and shouldn't watch WORKSHEET PSHE - H2 | Letter of Thanks Writing letters of thanks to people who support and encourage us ACTIVITY PSHE - R4 | Allocating Resources Recognising that resources can be allocated in different ways and these choices affect others ACTIVITY PSHE - L15 | Get HEARTSMART Reflection What we have learned about Get HEARTSMART WORKSHEET 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 PSHE - H1, R2 | Gunner Making the connection between Gunner's story and Don't Forget to Let Love In! ACTIVITY PSHE - R11 | Make the Right Voice Choice Considering the way the words we listen to about ourselves make us feel ACTIVITY PSHE - H1 | Unexpected Treasure Discussing the different ways we attach value to things DISCUSSION PSHE - R10 | My Story Recalling events of own life and significant people WORKSHEET PSHE - R4 | Under Pressure Thinking about different sources of pressure, including from our friends, and ways we can respond ACTIVITY PSHE - H13, H14 | Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in! WORKSHEET PSHE - H1, H7 |
| TOO MUCH SELFIE ISN'T HEALTHY! | Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM PSHE - R1, R2 | What About He/She? Considering the impact helping others has for them and us DISCUSSION PSHE - L12 | Read My Lips Listening to what others say GAME PSHE - R10 | Honour Thinking of people who deserve honour and suggesting ways to honour them ACTIVITY PSHE - L9, L11 | Great Groups to investigate the purpose and role of different groups (inc. pressure groups) ACTIVITY PSHE - L10 | Be Aware What You Share Developing an awareness of what you should and shouldn't share online ACTIVITY PSHE - H25 | Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy! WORKSHEET PSHE - R1, R2 |



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| <p>DON'T RUB IT IN, RUB IT OUT</p> | <p>Don't Rub it in, Rub it Out! Introduction to the 3rd HeartSmart principle</p> <p>HS FILM PSHE - H1</p> | <p>Different Perspective Developing simple strategies to resolve conflict</p> <p>ACTIVITY PSHE - R7, R12, L8</p> | <p>Nelson Mandela Describing what Nelson Mandela's life teaches us about forgiveness</p> <p>DISCUSSION PSHE - R2</p> | <p>Emotions don't drive! How to handle our emotions</p> <p>ACTIVITY PSHE - H6</p> | <p>I did not I am Discussing how we respond to our own mistakes</p> <p>DISCUSSION PSHE - H1</p> | <p>Bully Busting Recognise bullying in all its forms and thinking about strategies to deal with bullying</p> <p>WORKSHEET PSHE - R18</p> | <p>Don't Rub it in, Rub it Out Reflection What we have learned about Don't Rub it in, Rub it Out!</p> <p>WORKSHEET PSHE - H1, H7</p> |
| <p>FAKE IS A MISTAKE</p> | <p>Fake is a Mistake! Introduction to the 4th HeartSmart principle</p> <p>HS FILM PSHE - R2</p> | <p>No Need to Hide What's Inside Exploring how shame can make us want to hide how we really feel</p> <p>ACTIVITY PSHE - H7, H14, R9</p> | <p>Time To Get Real How images we see online and in the media don't always represent reality</p> <p>DISCUSSION PSHE - H4, L17, L18</p> | <p>Soft Shells Knowing who we can trust to be vulnerable and open with</p> <p>FILM CLIP PSHE - R2, R21</p> | <p>Hearts that Welcome Feedback How feedback can help us grow</p> <p>ACTIVITY PSHE - R1, R7, R12</p> | <p>Spot the Fake Considering how fake goods affect the UK</p> <p>ACTIVITY PSHE - L2</p> | <p>Fake is a Mistake Reflection What we have learned about Fake is a Mistake!</p> <p>WORKSHEET PSHE - R2</p> |
| <p>'NO WAY THROUGH', ISN'T TRUE</p> | <p>'No Way Through' isn't True! Introduction to the final HeartSmart principle</p> <p>HS FILM PSHE - H6, H7</p> | <p>Egg in Flask Demonstrating that 'No Way Through' isn't True!</p> <p>ACTIVITY PSHE - H7</p> | <p>Changing Attitudes How to change our attitudes to help us believe 'No Way Through' isn't True!</p> <p>WORKSHEET PSHE - H1, H5</p> | <p>Hope Light Looking at the power of Hope and how it can keep us going</p> <p>ACTIVITY PSHE - H1, H5</p> | <p>Pushing Limits Safely Risk versus danger. How can we safely go after our dreams?</p> <p>DISCUSSION PSHE - H9, H10, H21</p> | <p>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</p> <p>WORKSHEET PSHE - H1, H5</p> | <p>'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET PSHE - H6, H7</p> |

