RELATIONSHIPS & HEALTH EDUCATION

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Powerful Poses Demonstrate that our body language can be used to help us feel more powerful	Stone Trainers Comparing our hearts to trainers - how do we keep our hearts soft but strong	Secret Scenarios Recognising when it is right to keep a secret and when a secret should be shared	Tying the Knot Recognising the importance of commitment in marriage	Healthy Food, Healthy Heart Learning about the Eatwell plate and how to plan a healthy meal	Get HEARTSMART Reflection What we have learned about Get HEARTSMART
	HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	ACTIVITY R&HE - RR4, MW6 PSHE - H6	WORKSHEET R&HE - MW1, MW3, MW4 PSHE - H1	DISCUSSION R&HE - BS2, BS5 PSHE - R9, H14	ACTIVITY R&HE - F5 PSHE - R5	ACTIVITY R&HE - HE2 PSHE - H3	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	What are you worth? Working out what we are worth	People say I am Encouraging one another with kind and positive words & accepting the words spoken about us	Thumbs Up Recalling significant events and people in our lives so far	Gratitude jar Thinking of things we are grateful for each week	Signs to Spot Identifying early signs of illness	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1 PSHE - H1, R2	ACTIVITY R&HE - RR4 PSHE - H5	ACTIVITY R&HE - CF3 PSHE - H5	ACTIVITY R&HE - F1, F3, CF1 PSHE - R4	ACTIVITY R&HE - MW1 PSHE - H1	ACTIVITY R&HE - HP1 PSHE - N/A	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	All the Same, All Different Demonstrating ways we are different and ways we are the same	Listen up! Practising being a good listener	You go before me Thinking of ways the generations before us have overcome challenges that we benefit from	Growing together Considering ways we can be a good friend and support one another	Social media - good or bad? Discussing the benefits and dangers of social media	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy!
	HS FILM R&HE - CF2, CF3 PSHE - R1, R2	GAME R&HE- CF3, RR1, RR5 PSHE - L11,R13	ACTIVITY R&HE- CF4, RR1 PSHE - R10	ACTIVITY R&HE- RR5 PSHE - L11	ACTIVITY R&HE - CF2, CF3 PSHE - R10	DISCUSSION R&HE - ISH2, ISH3, ISH4 PSHE - H22,H24	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	Work it Out Developing strategies to resolve conflict and disputes	Power of Forgiveness - Jimmy Mizen's parents Discussing how we benefit when we choose to forgive others	Way to Say Exploring how our tone and body language communicates more than our words	Bit by Bit Discussing how to build trust between friends	Deep Impact Considering the impact of bullying	Don't Rub it in, Rub it Out Reflection What we have learned about Don't Rub it in, Rub it Out!
	HS FILM R&HE - CF4, RR2 PSHE - H1	ACTIVITY R&HE - CF4, RR2 PSHE - R12	DISCUSSION R&HE - MW1 PSHE - R12	ACTIVITY R&HE - RR2, OR1 PSHE - R2	ACTIVITY R&HE - CF2, CF5 PSHE - R9, R21	ACTIVITY R&HE- RR6, MW8 PSHE - R14	WORKSHEET R&HE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle	This is Me! Being proud of who we are	HeartSmart Self-Talk Catching negative self- talk and replacing it with positive self-talk	Boundaries for Respect Learning how to use boundaries to establish respectful friendships	Vaccines - Facts vs Fake News! Finding out facts about vaccinations	Fix it, Find out, Fit in! Find out facts about legal and illegal substances and their risks	Fake is a Mistake Reflection What we have learned about Fake is a Mistake!
	HS FILM R&HE - CF2 PSHE - R2	DISCUSSION R&HE - N/A PSHE - H6, H7, R16	DISCUSSION R&HE - MW1 PSHE - H1, H6, H7	ACTIVITY R&HE - BS1, RR2 PSHE - R3, R10, R18	ACTIVITY R&HE - HP6, ISH6 PSHE -	ACTIVITY R&HE - DAT1 PSHE - H17	WORKSHEET R&HE - CF2 PSHE - R2
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle	The Bridge to Yet Demonstrating that 'No Way Through' isn't True!	Self-awareness Thinking about how we are feeling, why we feel that way and what we need	Hearts Filled with Hope Looking at the power of Hope and how it can keep us going	Where the Magic Happens Learning to step out of our comfort zones	Under Construction - the teenage brain! How the brain changes during puberty	'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!
	HS FILM R&HE - MW2 PSHE - H6, H7	ACTIVITY R&HE - MW3 PSHE-H1, H5, H7	ACTIVITY R&HE - MW1, MW3, MW4 PSHE - H2, H16	ACTIVITY R&HE - MW4 PSHE - H1, H7	ACTIVITY R&HE - MW4 PSHE - H8, H9	ACTIVITY R&HE - CAB1 PSHE - H13	WORKSHEET R&HE - MW2 PSHE - H6, H7



