| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | British Values Lesson |
|-------------------------|---------------------------------------|--------------------------------|----------------------|-----------------------|----------------------|----------------------|--------------------------|
| Get Heartsmart | My HeartSmart | Becoming Boris | Fill Boris' | How do they | My heart is full | Heart Hunt | |
| (Meet Boris) | Toolbelt | Using junk | Toolbox | feel? | Talking about | Looking for | |
| | Looking at Boris' | materials to | Roll a dice to | Learning to read | the things we | hidden hearts | |
| Christian Values | special tools to | dress up as Boris | find the missing | facial | love and how | | |
| – Thankfulness | learn what it | | tools from Boris' | expressions and | they make us | | |
| and Love | means to be | | toolbox | body language | feel | | |
| | HeartSmart | | | to understand | | | |
| | | | | how someone is | | | |
| | | | | feeling | | | |
| | Activity | Activity | Game | Activity | Activity | Game | |
| | PSED – SC/SA | PSED - MR | PSED - MR | PSED – MFB | PSED – MFB | PSED – MR | |
| Other Events | Personal Hygiene Height & Weight S | & Handwashing (Or Screening | ngoing), Bi-annual D | ogs Trust, Dog Safet | ty, European School | Sports Day, Nasal fl | u spray, R-Y6 |
| Don't forget To | I am loved! | My favourite | My heart! | Twinkle Twinkle | Who am I? | EYFS has talent | How do I feel? |
| Let Love In | Learning that | things | Talking about | Thinking about | Children to find | Demonstrating | |
| (I Am Special) | each of us is | Thinking about | how we | what makes out | different objects | our different | |
| | loved, special | our favourite | demonstrate | friends special | they like | skills and talents | |
| Christian Values | and important | things and how | different | | | | |
| – Respect and | | they are all | emotions | | | | |
| Love | | different | | | | | |
| | Circle Time | Activity | Activity | Game | Activity | Activity | British Value – |
| | PSED – SC/SA | PSED – SC/SA | PSED - MFB | PSED – MR | PSED – SC/SA | PSED – SC/SA | Individual |
| | | | | | | | Liberty |
| Other Events | | & Handwashing (Or | | | | | k, Local Charity for |
| | Christmas Suppor | t, Children in Need, | EYFS: People Who H | lelp Us – Fire Servic | e, Nurse, Dentist, N | lidwife etc | |
| Too Much Selfie | I love to | Parachute | Sorting Feeling | How do you do? | Helpful Hearts | Thank you for | Everyone Is |
| Isn't Healthy | Discussion about | families | Looking at ways | Exploring ways | Thinking about | helping me | Special |
| (I Love Others) | who you love | Game to | people express | to show care | how we show | Thanking | |
| | and what you | demonstrate | how they are | and affection for | others we care | members of the | |
| | | how everyone's | feeling and ways | others | | school | |

| Christian Values | love to do | family is | we can show we | | when we offer | community for | |
|-------------------------|------------------|-------------------|----------------------|----------------------|--------------------|-------------------|-----------------|
| – Compassion | together | different | care | | our help | , their help | |
| and Love | 0 | | | | | | British Value – |
| | Activity | Activity | Activity | Game | Activity | Activity | Mutual Respect |
| | PSED - MR | PSED – MR | PSED - MFB | PSED - MR | PSED - MR | PSED - SC | |
| Other Events | Personal Hygiene | & Handwashing (On | going), Safer Intern | et Day, Children's N | lental Health Week | | |
| Don't Rub It In, | Super Friends | Musical Friends | Listening Ears | Soft words, hard | If I met the | Grumpy Frog | Living Together |
| Rub It Out | Discussing what | Game to show | Game to | words | Scrapman | Story | and Getting |
| (I Am A Good | makes a super | the importance | encourage | Thinking about | Being kind to | Exploring saying | Along |
| Friend) | friend | of including | children to listen | the types of | others even | sorry through | |
| | | others | to one another | words we use | when their | story | |
| Christian Values | | | | and how they | behaviour is | | |
| – Forgiveness | | | | make others feel | unkind | | British Value – |
| and Love | Activity | Game | Game | Activity | Activity | Story | Rule of Law |
| | PSED - MR | PSED - MR | PSED – MFB | PSED – MR | PSED - MR | PSED - MFB | |
| Other Events | Personal Hygiene | & Handwashing (On | going), Sun Safety, | Dental Health, Heal | thy Eating | | |
| Fake Is A | Boris and the | Cheer up Boris! | How Rabbit got | Hat Game | Thankful Heart | Tell me about | We All Have A |
| Mistake | Scrapman's lies | Write or draw a | his long ears | Pretending to be | Circle time to | you | Voice |
| (I Tell The Truth) | Children to | postcard for | Story to explore | someone else is | think about | Sharing and | |
| | differentiate | Boris using kind | the importance | fun but being | what the | celebrating | |
| Christian Values | between lies and | and encouraging | of telling the | me is better | children are | differences in | |
| – Faith and Love | truth | words | truth | | thankful for | our homes and | |
| | | | | | | families | |
| | Activity | Activity | Activity | Activity | Circle Time | Show & Tell | British Value - |
| | PSED - MFB | PSED - MFB | PSED - MR | PSED – SC/SA | PSED – SC/SA | PSED – SC/SA | Democracy |
| Other Events | Personal Hygiene | & Handwashing (On | going), | | | | |
| No Way | Boris in the | I can challenge | Stuck! | When I grow up | Magnetic Maze | Changing | |
| Through, Isn't | kitchen | Series of | Circle time to | Game and | Activity to | Caterpillars | |
| True | Considering how | challenges for | consider what to | discussion | demonstrate | Considering | |
| (I Can Do It!) | we can move | children to | do when the | around what | persevering to | change through | |
| | forward from | practise and | children are | children want to | find a way | the life cycle of | |
| Christian Values | mistakes we | complete | stuck | do when they | through | the caterpillar | |
| – Hope and Love | make | | | grow up | | | |

| | Discussion PSED – SC/SA | Activity PSED – SC/SA | Circle Time PSED – SC/SA | Game PSED – SC/SA | Activity PSED – SC/SA | Activity PSED – SC/SA | |
|--------------|----------------------------|--------------------------|-----------------------------------|----------------------|--------------------------|--------------------------|--|
| Other Events | Personal Hygiene | & Handwashing (Or | ngoing), Enterprise, ⁻ | Transition to New C | lasses | | |

| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 | Living In The Wider World (Inc British Values) |
|--|---|--|---|--|---|---|--|---|
| Get Heartsmart (Meet Boris) Christian Values – Thankfulness and Love | Get HeartSmart Introduction to HeartSmart | Power How we can use our power in positive and negative ways | Feelings Bingo Understanding our emotions | What goes in, Must come out – Worms! What we put in our hearts is what comes out | Guess Who? Who we are grateful for in our class and why | Healthy Choices Helping Boris make good choices to keep healthy | Get HeartSmart reflection Circle time – What we have learned about Get HeartSmart | Living In The Wider World – Lesson 1 What are class rules? (BV) |
| | HS Film R&HE – CF3, MW1 PSHE – H2, R2 | Activity R&HE – CF3, CF5 PSHE – R2, R12 | Game R&HE – PSHE – | Activity R&HE – MW1 PSHE – H2 | Game R&HE – CF1, CF2 PSHE – R9 | Game R&HE – MW1, PH1 PSHE – | Worksheet R&HE – CF3, MW1 PSHE – R2, P4 | |
| Other Events | | - | g (Ongoing), Bi-an ut Me, JED World | • · · · | og Safety, Europ | ean School Sports | Day, Nasal flu sp | ray, R-Y6 Height |
| Don't forget To Let Love In (I Am Special) Christian Values – Respect and Love | Don't forget to let love in Introduction to the 1 st HeartSmart principle HS Film R&HE – RR4, MW1 PSHE – R1, R4 | Pants! Learning about appropriate and innapropriate contact Worksheet R&HE – BS3, BS4 PSHE – R10 | Truth or Lies Differentiating between truths and lies about us Activity R&HE – MW1 PSHE – H3 | Would you rather? Game of preference Game R&HE – CF3 PSHE – L8 | Marshmallow test Learning that there is a choice in spending and saving Activity R&HE – NA PSHE – L7 | Taking care of me Ways to take care of ourselves everyday Activity R&HE – HP4, HP5 PSHE – H1, H6, H7, H11 | Don't forget to let love in reflection Circle time – What we have learned about Don't forget to let love in Worksheet R&HE – RR4, MW1 PSHE – H4, R1 | Living in the Wider World – Lesson 2 Where does our money come from? |

| Other Events | | | | arliament Week, E | 1 C C C C C C C C C C C C C C C C C C C | Illying Week, Road | d Safety Week, Lo | cal Charity for |
|-----------------|------------------------|-----------------------|--------------------|-------------------|---|---------------------|-------------------|-----------------|
| | | | eed, Y1 – All Aboι | it Me, JED World | of Work | 1 | 1 | 1 |
| Too Much | Too much | Who's | The smartest | Who looks | Teamwork – | Helping Boris | Too much | Living |
| Selfie Isn't | selfie isn't | missing? | giant in town | after me | Monsters | Discussing | selfie isn't | Together and |
| Healthy | healthy! | Developing an | How can we | Who looks | University | simple rules to | healthy | Getting Along |
| (I Love Others) | Introduction | awareness of | help others? | after us? How | Working as a | help keep us | reflection | (My role and |
| | to the 2 nd | our | How have | can we show | team to reach | safe online | Circle time – | the role of |
| Christian | HeartSmart | surroundings | others helped | them our | an end goal | | What we have | others in |
| Values – | principle | and the | us? | appreciation? | | | learned about | society) |
| Compassion | | people around | | | | | Too much | British Value – |
| and Love | | us | | | | | selfie isn't | Rule of Law |
| | | | | | | | healthy | |
| | | | | | | | - | Living In The |
| | HS Film | Activity | Story | Activity | Film Clip | Worksheet | Worksheet | Wider World – |
| | R&HE – CF2, | R&HE – CF1 | R&HE – CF2, | R&HE – F1, F2, | R&HE – CF2 | R&HE – OR2, | R&HE – CF2, | Lesson 3 What |
| | CF3 | PSHE – L4 | CF3 | F4 | PSHE – L3 | OR3, ISH1 | CF3 | is the |
| | PSHE – R1, R2 | | PSHE – L1 | PSHE – H13 | | PSHE – H12 | PSHE – R1, R2 | environment? |
| Other Events | Personal Hygier | l ne & Handwashing | g (Ongoing), Safer | Internet Day, Chi | ldren's Mental He | ealth Week, JED W | /orld of Work | |
| Don't Rub It | Don't rub it in, | Goldilocks | Forgiveness | Chalk Faces | Disappointed | Builders and | Don't rub it in, | Making it Fair |
| In, Rub It Out | rub it out | and Baby Bear | Fizz | Different ways | Robots | Wreckers | rub it out | British Value - |
| (I Am A Good | Introduction | Thinking | Discussion | we can handle | Exploring | How the | reflection | Democracy |
| Friend) | to the 3 rd | about the | around how | negative | different ways | words we use | Circle time – | |
| | HeartSmart | motive behind | forgiveness | emotion | to handle | can build | What have we | |
| Christian | principle | our behaviour, | can help hard | effectively | disappointme | others up or | learned about | |
| Values – | | how our | situations | | nt | knock them | Don't rub it | |
| Forgiveness | | behaviour | disappear | | | down | out, rub it in? | |
| and Love | | affects others | | | | | | |
| | | and how to | | | | | | |
| | | make amends | | | | | | |
| | HS Film | Activity | Activity | Activity | Activity | Activity | Worksheet | |
| | R&HE – CF4, | , R&HE – RR1, | , R&HE – CF4 | , R&HE – MW2, | , R&HE – MW3 | , R&HE – MW8, | R&HE – CF4, | |
| | RR2 | CF5 | PSHE – R1 | MW3, MW4 | PSHE – H3, H4 | RR6 | RR2 | |

| | PSHE – H2 | PSHE –R2, R4 | | PSHE – R6, R7 | | PSHE – R11, R14 | PSHE – H2 | |
|--|---|---|---|---|--|--|---|---|
| Other Events | Personal Hygier Work | ne & Handwashing | g (Ongoing), Natio | nal School's Autis | m Awareness We | eek, IMatter Keep | ing Safe Resource | s, JED World of |
| Fake Is A Mistake (I Tell The Truth) Christian Values – Faith and Love | Fake is a mistake Introduction to the 4 th HeartSmart principle | 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 | Mask Making Thinking about who we can trust to talk to when we are sad or mad | Telephone Whispers How small lies can have a big impact | Smile! Looking at the importance of good oral hygiene and dental health | Fake is a mistake reflection Circle time – What we have learned about Fake is a mistake! | Only One You British Value – Individual Liberty |
| | HS Film R&HE – CF2 PSHE – R1 | Activity R&HE – NA PSHE – L8 | Activity R&HE – CF3, F4 PSHE – R1, R5 | Activity R&HE – CF5, BS6, BS7, BS8 PSHE –H13, H4 | Game R&HE – CF2 PSHE – R4, R2 | Worksheet R&HE – HP4 PSHE – H1 | Worksheet R&HE – CF2 PSHE – R1 | |
| Other Events | | ne & Handwashin , JED World of Wo | e , e , e , | Safety, Dental Hea | alth, Healthy Eatir | ng, IMatter Relati | onships and Sex E | ducation |
| No Way Through, Isn't True (I Can Do It!) Christian Values – Hope and Love | No way through isn't true! Introduction to the final HeartSmart principle | Mission Possible Learning from our experiences and trying again | Tummy Talk Trusting our instincts. Good secrets v bad secrets | Seeds of potential There is potential in us all | Hearts that dream Creating Dreamboards to capture our hopes and dreams | Love a lot, Miss a lot Circle time and activity around people, animals and things we have lost | No way through isn't true reflection Circle time – What we have learned | Everyone is Special British Value – Mutual Respect and Tolerance |
| | HS Film R&HE – MW2 PSHE – H3, H4 | Activity R&HE – MW4 PSHE – H3, R7 | Activity R&HE – BS5, BS6 PSHE – R3, H15 | Activity R&HE – RR1 PSHE – L1, L4, H9 | Activity R&HE – MW6 PSHE – H2 | Worksheet R&HE – MW2, MW3, MW9 PSHE – H5, R1 | Worksheet R&HE – MW1 PSHE – H3, H4 | |

Other Events Personal Hygiene & Handwashing (Ongoing), Enterprise, Transition to New Classes, JED World of Work

| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 | Living in the Wider World (inc British Values) |
|----------------|------------------------|-------------------|--------------------|--------------------|-------------------|-------------------|-------------------|---|
| Get | Get | Power Plus | Heart | Bright Hearts | Love Map | Boris Face | Get | |
| Heartsmart | HeartSmart | Describing | Decisions | What is in our | Identifying | Plate | HeartSmart | |
| | Introduction | how we can | Considering | hearts, is | special people | Creating a | reflection | |
| Christian | to HeartSmart | use our power | the | played out in | and how they | robot face | Circle Time – | |
| Values – | | in positive and | reputations | our words and | show us love | from healthy | What we have | |
| Thankfulness | | negative ways | we would like | actions | | food | learned about | |
| and Love | | | to have | | | | Get | |
| | | | | | | | HeartSmart | |
| | HS Film | Activity | Activity | Activity | Worksheet | Activity | Worksheet | |
| | R&HE – CF3, | R&HE – CF3 | R&HE – CF2, | R&HE – MW3, | R&HE – F1, F3 | R&HE – HE2, | R&HE – CF3, | |
| | MW1 | PSHE – L1 | MW4 | MW4 | PSHE – R9 | HE3 | MW1 | |
| | PSHE – H2, R2 | | PSHE – H2 | PSHE – H2 | | PSHE – H1 | PSHE – R2, R4 | |
| Other Events | Personal Hygier | ne & Handwashing | g (Ongoing), Bi-an | nual Dogs Trust, [| Dog Safety, Europ | ean School Sports | Day, Nasal flu sp | ray, R-Y6 Height |
| | & Weight Scree | ning, JED World o | f Work | | | | | |
| Don't forget | Don't forget | I am cubes | Trash or truth | Meaning of | Boundin | Heartbeat | Don't forget | Living |
| To Let Love In | to let love in | Recognising | Learning to | my name | Discussion | Noting the | to let love in | Together and |
| | Introduction | and | differentiate | Writing an | around how | difference in | reflection | Getting Along |
| | to the 1 st | celebrating | between the | acrostic poem | being thankful | our heart rate | Circle time – | (What are the |
| Christian | HeartSmart | our strengths | truths and lies | for your name | for what we | after physical | What we have | rules?) |
| Values – | principle | and ways in | that we hear | by selecting | have, changes | activity. Loving | learned about | British Values |
| Respect and | | which we are | or speak | words that | our attitude | ourselves | Don't forget to | – Rule of Law |
| Love | | all unique | about | describe you | | means looking | let love in! | and |
| | | | ourselves | | | after ourselves | | Democracy |
| | HS FIIm | Worksheet | Activity | Activity | Film Clip | Activity | Worksheet | |
| | | R&HE – RR4 | R&HE – RR4, | R&HE – NA | R&HE – MW6 | R&HE – PH1, | R&HE – RR4, | |
| | R&HE – RR4, | RANE - KK4 | | | | | | |
| | R&HE – RR4, MW1 | PSHE – H3 | RR5 | PSHE – L8 | PSHE – H3 | PH2, PH3 | MW1 | |

| Other Events | Personal Hygier | e & Handwashing | g (Ongoing), UK Pa | arliament Week, E | Ethos Day, Anti Bu | Illying Week, Roa | d Safety Week, Lo | cal Charity for |
|-----------------|------------------------|---------------------|--------------------|-------------------|--------------------|-------------------|-------------------|-----------------------|
| | Christmas Supp | ort, Children in Ne | eed, JED World of | Work | | | | |
| Too Much | Too much | Spot the | Secret | Everyday | We all fit | HeartSmart | Too much | Making it Fair |
| Selfie Isn't | selfie isn't | difference | Kindness | heroes | together | on the | selfie isn't | British Value – |
| Healthy | healthy! | Be aware of | Agents | Thinking | Looking at | playground, | healthy | Democracy |
| (I Love Others) | Introduction | surroundings | Looking for | about people | how we are | HeartSmart | Reflection | and Rule of |
| | to the 2 nd | and the | opportunities | who look after | the same and | Online | Circle time – | Law |
| Christian | HeartSmart | people around | to do | us in our | how we are | Rules for | What we have | |
| Values – | principle | you | something | community | different | keeping safe | learned about | Living in the |
| Compassion | | | kind for others | | | online | too much | Wider World – |
| and Love | | | | | | | selfie isn't | lesson 1 What |
| | | | | | | | healthy! | groups and |
| | HS Film | Activity | Activity | Activity | Activity | Worksheet | Worksheet | communities |
| | R&HE – CF2, | R&HE – CF1 | R&HE – CF3, | R&HE – RR1, | R&HE – RR1, | R&HE – OR2, | R&HE – CF2, | am I part of? |
| | CF3 | PSHE – L4 | RR2 | RR5, BS8 | RR5 | OR3, OR5, | CF3 | |
| | PSHE – R1, R2 | | PSHE – R4 | PSHE – L10 | PSHE – L9, R8 | ISH7 | PSHE – R1, R2 | |
| | | | | | | PSHE – H12, | | |
| | | | | | | H14, H15 | | |
| Other Events | Personal Hygier | e & Handwashing | g (Ongoing), Safer | Internet Day, Chi | ldren's Mental He | ealth Week, JED V | Vorld of Work | |
| Don't Rub It | Don't rub it in, | That's what | Balloon | Let the ouch | Traffic Lights | Crumpled | Don't rub it in, | My Many |
| In, Rub It Out | Rub it out! | friends are for | Spoons | out | Ways to | Hearts | Rub it out | Coloured Day |
| (I Am A Good | Introduction | (Shrek) | Demonstratin | Reflecting on | handle | Demonstratin | Relfection | British Values |
| Friend) | to the 3 rd | Saying sorry | g how holding | helpful ways | negative | g the | Circle Time – | – Individual |
| | HeartSmart | and offering | onto | to deal with | emotion | consequences | What we have | Liberty |
| Christian | principle | forgiveness | unforgiveness | hurt | | of teasing or | learned about | |
| Values – | | between | can make us | | | bullying | Don't Rub it | |
| Forgiveness | | friends | feel | | | | in, Rub it out! | |
| and Love | HS Film | Film Clip | Activity | Worksheet | Activity | Activity | Worksheet | |
| | R&HE – CF4, | R&HE – CF4 | R&HE – MW3, | R&HE – MW7, | R&HE – MW3, | R&HE – | R&HE – CF1, | |
| | RR2 | PSHE – R6 | MW4 | MW9 | MW9 | MMW8, RR6, | CF2, CF3, CF4 | |
| | PSHE – H2 | | PSHE – H4 | PSHE – H4, H5 | PSHE – H4, | BS7 | & CF5 | |
| | | | | | H13 | PSHE – R13, | PSHE – H2 | |
| | | | | | | R14 | | |

| Other Events | Personal Hygier World of Work | ne & Handwashing | g (Ongoing), Natio | nal School's Autis | m Awareness We | eek, IMatter Keep | ing Safe Resource | s Y1-6, JED |
|--|---|--|--|---|--|---|---|---|
| Fake Is A Mistake (I Tell The Truth) Christian Values – Faith and Love | Fake is a Mistake! Introduction to the 4 th HeartSmart Principle | 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 | Real is a big deal Discussing how different emotions feel | Nice to meet you! Looking at ways to be polite when meeting others | Sun Safe! Thinking of ways to stay safe in the sun | Fake is a Mistake Reflection Circle time – What we have learned about Fake is a Mistake! | Living in the Wider World – lesson 2 How do we make choices about spending money? |
| | HS Film R&HE – CF2 PSHE – R1 | Activity R&HE – NA PSHE – L8 | Discussion R&HE – MW1, MW4 PSHE – R4, R12 | Worksheet R&HE – MW2, MW3 PSHE – H4, R1 | Game R&HE – RR3 PSHE – R8 | Activity R&HE – HP2 PSHE – H1 | Worksheet R&HE – CF2 PSHE – R1 | |
| Other Events | | he & Handwashing Y6, JED World of V | | afety, Dental Hea | Ith, Healthy Eatin | g, IMatter Relatio | onships and Sex Ec | ducation |
| No Way Through, Isn't True (I Can Do It!) Christian Values – Hope and Love | 'No way through isn't true' Introduction to the final HeartSmart principle | Road Signs Finding alternative solutions to problems | Ways to say Looking at seemingly impossible situations in different ways | Rainbows from rain Overcoming challenges and difficulties | Imagine a bright future Imagining 'What if' in a positive way | 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 about 'No way through' isn't true! | Welcome to Our Class British Values – Mutual respect, tolerance and diversity Living in the Wider World – |
| | HS Film R&HE – MW2 PSHE – H3, H4 | Activity R&HE – MW2 PSHE – H3 | Activity R&HE – MW2, MW4 PSHE – H4 | Activity R&HE – MW2, MW4 PSHE – H3 | Activity R&HE – MW1 PSHE – H1, H2 | Activity R&HE – NA PSHE – L1, L5 | Worksheet R&HE – MW2 PSHE – H3, H4 | lesson 3 How can we look after the environment? |

Other Events Personal Hygiene & Handwashing (Ongoing), Enterprise, Transition to New Classes, JED World of Work

| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 | Living in the Wider World (inc British Values) |
|--------------------------|------------------------|--------------------------------------|-------------------------------|--------------------------|------------------------|--------------------|--------------------------|---|
| Get | Get | Batteries | Inside Out | Guard your | My Squad | Full or empty? | Get | Democracy for |
| Heartsmart | HeartSmart | Looking at | Recalling | Heart | Listing the | Thinking of | HeartSmart | All – Lesson 1 |
| (Meet Boris) | Introduction | ways we can | memories and | Thinking | people in our | the benefits of | reflection | + Lesson 2 |
| | to HeartSmart | be positive | associating a | about the | lives we are | living a | What we have | British Values |
| Christian | | (kind) and | feeling with | things we | grateful for | healthy | learned about | – Rule of Law |
| Values – | | negative | them | need to guard | | lifestyle | Get | and |
| Thankfulness and Love | | (unkind) to one another | | our hearts from | | | HeartSmart! | Democracy |
| | HS Film | Activity | Film Clip | Game | Worksheet | Worksheet | Worksheet | Living in the |
| | R&HE – CF1, | R&HE – CF1, | R&HE – MW3, | R&HE – CF5 | R&HE – F1, | R&HE – PH1, | R&HE – CF3, | Wider World – |
| | CF3, MW1 | CF2 | MW4 | PSHE – R3 | CF1 | PH3, PH4 | MW1 | lesson 1 How |
| | PSHE – H2, R2 | PSHE – R2 | PSHE – H7 | | PSHE – R4 | | PSHE – H1, R2 | do rules and |
| | | | | | | | | laws protect |
| | | | | | | | | me? |
| Other Events | | ne & Handwashin ning, JED World c | g (Ongoing), Bi-an of Work | nual Dogs Trust, [| Dog Safety, Europ | ean School Sports | Day, Nasal flu sp | ray, R-Y6 Height |
| Don't forget | Don't forget | Wear it with | Love is | Moana | Growing | Love yourself | Don't forget | Free to be me |
| To Let Love In | to let love in! | pride | Considering | Comparing 'Te | gratitude | Making good | to let love in | – Lesson 1 |
| (I Am Special) | Introduction | Learning to | what love is | Fiti' before | Listing things | choices to | Reflection | British Value – |
| | to the first | accept the | and what it | and after she | we are | keep our | What we have | Individual |
| Christian | HeartSmart | encourageme | isn't | 'let love in' | grateful for an | hearts healthy | learned about | Liberty |
| Values – | principle | nt given to us | | | why | | Don't forget to | |
| | | by others | | | | | let love in! | |
| Respect and Love | | by others | | | | | | |
| | HS Film | Activity | Worksheet | Film Clip | Activity | Activity | Worksheet | |
| | HS Film R&HE – RR4, | | Worksheet R&HE – F6, | Film Clip R&HE – MW2, | Activity R&HE – RR3 | Activity R&HE – | Worksheet R&HE – RR4, | |
| | | Activity | | | , | • | | |

| Other Events | Personal Hygier | Personal Hygiene & Handwashing (Ongoing), UK Parliament Week, Ethos Day, Anti Bullying Week, Road Safety Week, Local Charity for Christmas Support, Children in Need, JED World of Work | | | | | | | | | | |
|---|--|--|---|---|---|--|--|---|--|--|--|--|
| | Christmas Supp | ort, Children in Ne | eed, JED World of | Work | | | | | | | | |
| Too Much | Too much | Flip your | What's your | Elizabeth | No man is an | Padlocked | Too much | Welcoming | | | | |
| Selfie Isn't | selfie isn't | phone | emergency | Everest | island | Privacy | selfie isn't | New People | | | | |
| Healthy | healthy | How can you | How to | Honouring | Working | Discussing | healthy | (Something | | | | |
| (I Love Others) | Introduction | be #unselfie | respond in an | others for | together, | why it is | Reflection | Else) – Lesson | | | | |
| | to the 2 nd | and doing | emergency | their kindness | listening to | important to | What have we | 1 + 2 | | | | |
| Christian | HeartSmart | something | | | one another | keep personal | learned about | British Value – | | | | |
| Values – | principle | kind for | | | and respecting | information | Too much | Mutual | | | | |
| Compassion | | others? | | | other's views | private | selfie isn't | Tolerance and | | | | |
| and Love | | | | | | | healthy! | Respect for | | | | |
| | HS Film | Worksheet | Activity | Activity | Game | Worksheet | Worksheet | Diversity | | | | |
| | R&HE – CF2, | R&HE – CF3, | R&HE – BFA1 | R&HE – RR5 | R&HE – CF2, | R&HE – OR3, | R&HE – CF2, | | | | | |
| | CF3 | RR2 | PSHE – H15 | PSHE – R7 | CF3 | OR5 | CF3 | | | | | |
| | PSHE – R1, R2 | PSHE – R7 | | | PSHE – L8 | PSHE – H22 | PSHE – R1, R2 | | | | | |
| | | | | | | | | | | | | |
| Other Events | | | g (Ongoing), Safer | Internet Day, Chi | ldren's Mental He | alth Week, Domo | estic Abuse Progra | amme, JED | | | | |
| Other Events Don't Rub It | Personal Hygier | | g (Ongoing), Safer Play it out | Internet Day, Chi Balloon Blast | ldren's Mental He Marble Jar | ealth Week, Domo | | amme, JED Living in the | | | | |
| | Personal Hygier World of Work | ne & Handwashing | | | | | estic Abuse Progra | | | | | |
| Don't Rub It In, Rub It Out | Personal Hygien World of Work Don't rub it in, | ne & Handwashing Magic Water | Play it out | Balloon Blast | Marble Jar | Who am I? | estic Abuse Progra | Living in the | | | | |
| Don't Rub It | Personal Hygier World of Work Don't rub it in, Rub it out | ne & Handwashing Magic Water Demonstratin | Play it out Considering | Balloon Blast Demonstratin | Marble Jar Discussion | Who am I? Recognising | estic Abuse Progra Don't rub it in, Rub it out | Living in the Wider World – | | | | |
| Don't Rub It In, Rub It Out (I Am A Good | Personal Hygier World of Work Don't rub it in, Rub it out Introduction | ne & Handwashing Magic Water Demonstratin g the effects | Play it out Considering different ways | Balloon Blast Demonstratin g the benefits | Marble Jar Discussion around how | Who am I? Recognising and | estic Abuse Progra Don't rub it in, Rub it out reflection | Living in the Wider World – Iesson 2 What | | | | |
| Don't Rub It In, Rub It Out (I Am A Good | Personal Hygien World of Work Don't rub it in, Rub it out Introduction to the 3 rd | ne & Handwashing Magic Water Demonstratin g the effects | Play it out Considering different ways to respond to | Balloon Blast Demonstratin g the benefits of letting go of | Marble Jar Discussion around how trust is built | Who am I? Recognising and challenging | estic Abuse Progra Don't rub it in, Rub it out reflection What we have | Living in the Wider World – Iesson 2 What is the | | | | |
| Don't Rub It In, Rub It Out (I Am A Good Friend) Christian Values – | Personal Hygien World of Work Don't rub it in, Rub it out Introduction to the 3 rd HeartSmart | ne & Handwashing Magic Water Demonstratin g the effects | Play it out Considering different ways to respond to | Balloon Blast Demonstratin g the benefits of letting go of | Marble Jar Discussion around how trust is built | Who am I? Recognising and challenging | estic Abuse Progra Don't rub it in, Rub it out reflection What we have learned about | Living in the Wider World – lesson 2 What is the difference | | | | |
| Don't Rub It In, Rub It Out (I Am A Good Friend) Christian Values – Forgiveness | Personal Hygien World of Work Don't rub it in, Rub it out Introduction to the 3 rd HeartSmart principle | ne & Handwashing Magic Water Demonstratin g the effects | Play it out Considering different ways to respond to scenarios | Balloon Blast Demonstratin g the benefits of letting go of | Marble Jar Discussion around how trust is built and betrayed | Who am I? Recognising and challenging stereotypes | estic Abuse Progra Don't rub it in, Rub it out reflection What we have learned about Don't rub it in, | Living in the Wider World – lesson 2 What is the difference between my local British communities | | | | |
| Don't Rub It In, Rub It Out (I Am A Good Friend) Christian Values – | Personal Hygien World of Work Don't rub it in, Rub it out Introduction to the 3 rd HeartSmart principle HS Film | Magic Water Demonstratin g the effects of saying sorry Discussion | Play it out Considering different ways to respond to scenarios Worksheet | Balloon Blast Demonstratin g the benefits of letting go of hurt Activity | Marble Jar Discussion around how trust is built and betrayed Film Clip | Who am I? Recognising and challenging stereotypes Worksheet | estic Abuse Progra Don't rub it in, Rub it out reflection What we have learned about Don't rub it in, Rub it out! | Living in the Wider World – lesson 2 What is the difference between my local British communities and global | | | | |
| Don't Rub It In, Rub It Out (I Am A Good Friend) Christian Values – Forgiveness | Personal Hygien World of Work Don't rub it in, Rub it out Introduction to the 3 rd HeartSmart principle HS Film R&HE – CF4, | Magic Water Demonstratin g the effects of saying sorry Discussion R&HE – CF4, | Play it out Considering different ways to respond to scenarios Worksheet R&HE – CF4 | Balloon Blast Demonstratin g the benefits of letting go of hurt Activity R&HE – CF4, | Marble Jar Discussion around how trust is built and betrayed Film Clip R&HE – CF2, | Who am I? Recognising and challenging stereotypes Worksheet R&HE – RR7 | estic Abuse Progra Don't rub it in, Rub it out reflection What we have learned about Don't rub it in, Rub it out! R&HE – CF4, | Living in the Wider World – lesson 2 What is the difference between my local British communities | | | | |
| Don't Rub It In, Rub It Out (I Am A Good Friend) Christian Values – Forgiveness | Personal Hygien World of Work Don't rub it in, Rub it out Introduction to the 3 rd HeartSmart principle HS Film R&HE – CF4, RR2 | Magic Water Demonstratin g the effects of saying sorry Discussion R&HE – CF4, CF5, RR3 | Play it out Considering different ways to respond to scenarios Worksheet | Balloon Blast Demonstratin g the benefits of letting go of hurt Activity R&HE – CF4, MW2 | Marble Jar Discussion around how trust is built and betrayed Film Clip R&HE – CF2, CF5 | Who am I? Recognising and challenging stereotypes Worksheet | estic Abuse Progra Don't rub it in, Rub it out reflection What we have learned about Don't rub it in, Rub it out! R&HE – CF4, RR2 | Living in the Wider World – lesson 2 What is the difference between my local British communities and global | | | | |
| Don't Rub It In, Rub It Out (I Am A Good Friend) Christian Values – Forgiveness | Personal Hygien World of Work Don't rub it in, Rub it out Introduction to the 3 rd HeartSmart principle HS Film R&HE – CF4, | Magic Water Demonstratin g the effects of saying sorry Discussion R&HE – CF4, | Play it out Considering different ways to respond to scenarios Worksheet R&HE – CF4 | Balloon Blast Demonstratin g the benefits of letting go of hurt Activity R&HE – CF4, | Marble Jar Discussion around how trust is built and betrayed Film Clip R&HE – CF2, | Who am I? Recognising and challenging stereotypes Worksheet R&HE – RR7 | estic Abuse Progra Don't rub it in, Rub it out reflection What we have learned about Don't rub it in, Rub it out! R&HE – CF4, | Living in the Wider World – lesson 2 What is the difference between my local British communities and global | | | | |

| Other Events | Personal Hygier | ne & Handwashinរួ | g (Ongoing), Natio | onal School's Autis | sm Awareness We | ek, IMatter Keep | ing Safe Resource | s Y1-6, JED |
|--|---|--|---|---|--|--|---|--|
| | World of Work | T | 1 | 1 | 1 | 1 | 1 | 1 |
| Fake Is A Mistake (I Tell The Truth) | Fake is a mistake! Introduction to the 4 th HeartSmart | Spot the Difference The real me is the best me | Shame Detectives Spotting shame and replacing it | Circle of Trust Thinking about appropriate and | Build on Truth Importance of truth to build strong friendships | Allergy Allies Learning the facts and science about allergies | Fake is a mistake reflection What we have learned about | Games Without rules – Lessons 1 – 4 *These can be condensed if |
| Christian Values – Faith and Love | principle | | with truth | inappropriate contact | | | Fake is a mistake! | necessary British Value – Rule of Law |
| | HS Film R&HE – CF2 PSHE – R2 | Activity R&HE – OR1, ISH6 PSHE – R7 | Worksheet R&HE – CF3, MW2 PSHE – H1, H6 | Worksheet R&HE – BS3, BS5 PSHE – H1 | Discussion R&HE – CF2 PSHE – R2, R3, R7 | Discussion R&HE – HP6 PSHE – | Worksheet R&HE – CF2 PSHE – R2 | |
| Other Events | | ne & Handwashing Y6, PANTS NSPCC | | · · · · · · · · · · · · · · · · · · · | · · · · · · · · · · · · · · · · · · · | g, IMatter Relatio | onships and Sex Ec | lucation |
| No Way Through, Isn't True (I Can Do It!) Christian Values – Hope and Love | 'No way through' isn't true! Introduction to the final HeartSmart principle HS Film R&HE – MW2 PSHE – H6, H7 | Snakes and ladders Thinking about progress (ladders) and setbacks (snakes) Activity R&HE – MW3, MW4 PSHE – H5, H7 | Get back up Importance of getting back up and trying again Discussion R&HE – MW1 PSHE – H7 | I can help! Learning how to respond to emergency first aid situations Activity R&HE – BFA2 PSHE – H15 | Dream Attitudes Developing the right attitudes to achieve our dreams Worksheet R&HE – MW1 PSHE – H5, H7 | Embracing Change How to manage change well Activity R&HE – MW2, MW3, MW4 PSHE – H7, H8 | 'No way through' isn't true reflection What we have learned about 'No way through' isn't true! Worksheet R&HE – MW2 PSHE – H6, H7 | Plan to be good British Values – Individual Liberty & Rule of Law Living in the Wider World – Iesson 3 What are the links between work |
| Other Events | Personal Hygier | ាe & Handwashinរួ | (Ongoing) Enter | nrise Transition | Lo New Classes JE | D World of Work | | and money? |

| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 | Living in the Wider World (inc British Values) |
|--------------------------|-----------------|---|----------------|--------------------|-------------------|-------------------------------|-------------------|---|
| Get | Get | Words have | Reap what | Wily wolf | Family Recipe | Healthy Minds | Get | Democracy for |
| Heartsmart | HeartSmart | Power | you sow | Thinking | Thinking | Recognising | HeartSmart | All – Lesson 1 |
| (Meet Boris) | Introduction | Demonstratin | Suggesting | about and | about the | what | reflection | + Lesson 2 |
| | to HeartSmart | g | ways we can | discussing | characteristics | positively and | What we have | British Values |
| Christian | | consequences | grow a desired | how we know | that make a | negatively | learned about | – Rule of Law |
| Values – | | of the words | characteristic | who we can | healthy family | affects our | Get | and |
| Thankfulness and Love | | we use about ourselves and others | e.g kindness | trust | life | mental health | HeartSmart | Democracy |
| | HS Film | Activity | Activity | Discussion | Activity | Worksheet | Worksheet | |
| | R&HE – CF1, | R&HE – MW8, | R&HE – CF2 | R&HE – BS1, | R&HE – F2 | R&HE – MW1, | R&HE – CF1, | |
| | CF3, MW1 | RR5, RR6 | PSHE – R11 | BS5 | PSHE – R4 | MW10 | CF3, MW1 | |
| | PSHE – H2, R2 | PSHE – R7 | | PSHE – R21, | | PSHE – H1, | PSHE – H1, R2 | |
| | | | | H23 | | H14 | | |
| Other Events | | ne & Handwashing ning, JED World o | | nual Dogs Trust, I | Dog Safety, Europ | ean School Sports | Day, Nasal flu sp | ray, R-Y6 Height |
| Don't forget | Don't forget | Heart to heart | Brilliant me | One in a | Don't agree | Hands Up! | Don't forget | Campaign to |
| To Let Love In | to let love in! | Looking at | ball | million | with I don't | Creating a | to let love in | support the |
| (I Am Special) | Introduction | ways we feel | Celebrating | Comparing | like me | catchy | reflection | crayons – |
| | to the first | loved | our strengths | measurement | Highlighting | rhyme/song or | What we have | Lesson 1 + 2 |
| Christian | HeartSmart | | and | to determine | things about | rap to remind | learned about | British Value - |
| Values – | principle | | achievements | our | our bodies we | others about | Don't forget to | Democracy |
| Respect and | | | | uniqueness | are grateful | the | let love in! | |
| Love | | | | | for | importance of hand washing | | |
| | HS Film | Activity | Activity | Activity | Activity | Activity | Worksheet | |
| | R&HE – RR4, | R&HE – F1, F3, | R&HE – RR4 | R&HE – NA | R&HE – MW4 | R&HE – HP5 | R&HE – RR4, | |
| | MW1 | F4 | PSHE – H5 | PSHE – H5 | PSHE – H1 | PSHE – H12 | MW1 | |

| | PSHE – H1, R2 | PSHE – R2 | | | | | PSHE – H1, H7 | |
|-----------------|------------------------|--------------------|--------------------|-------------------|-------------------|--------------------|------------------|-----------------|
| Other Events | Personal Hygier | e & Handwashing | g (Ongoing), UK Pa | arliament Week, E | thos Day, Anti Bu | Illying Week, Road | Safety Week, Lo | cal Charity for |
| | Christmas Supp | ort, Children in N | eed, JED World of | Work, Domestic | Abuse Programm | e | | |
| Too Much | Too much | What's | Guess my | Unseen | Teamwork | True | Too much | Living in the |
| Selfie Isn't | selfie isn't | missing? | feelings | heroes | makes the | Smartphone | selfie isn't | Wider World – |
| Healthy | healthy! | Being aware | Suggesting | Thinking | dream work! | Developing an | healthy | lesson 1 What |
| (I Love Others) | Introduction | of | how someone | about and | Recognising | awareness of | Reflection | are the rights |
| | to the 2 nd | surroundings | is feeling | thanking the | that we | ways to use | What we have | of the child? |
| Christian | HeartSmart | and people | based on their | unseen heroes | sometimes | mobile phones | learned about | |
| Values – | principle | around you | facial | of our local | need help | and tablets | Too much | Living in the |
| Compassion | | | expressions | community | from others | responsibly | selfie isn't | Wider World – |
| and Love | | | and body | | and working | | healthy! | lesson 2 How |
| | | | language | | together to | | | do we look |
| | | | | | achieve a | | | after our |
| | | | | | shared goal | | R&HE – | money? |
| | HS Film | Game | Activity | Activity | Game | Worksheet | PSHE – | |
| | R&HE – CF2, | R&HE – CF1 | R&HE – MW2, | R&HE – RR5, | R&HE – CF2, | R&HE – ISH2, | | |
| | CF3 | PSHE – L7, | MW3 | BS8 | CF3 | ISH7 | | |
| | PSHE – R1, R2 | H23 | PSHE – R1 | PSHE – H23 | PSHE – R11, | PSHE – H24 | | |
| | | | | | R12 | | | |
| Other Events | Personal Hygier | ne & Handwashing | g (Ongoing), Safer | Internet Day, Chi | ldren's Mental He | ealth Week, JED W | /orld of Work | |
| Don't Rub It | Don't rub it in, | Saying sorry | Pass through | Good stress, | Boundaries | Be Kind online | Don't rub it in, | Free to be Me |
| In, Rub It Out | Rub it out | Discussing | the pain | bad stress | Learning | Recognising | rub it out | – Lesson 2 & 3 |
| (I Am A Good | Introduction | ways to fix | barrier | Talking about | about | and dealing | What we have | British Value – |
| Friend) | to the 3 rd | broken | Discussing | different types | personal | with online | learned in | Individual |
| | HeartSmart | friendships | what | of stress and | boundaries | abuse | Don't rub it in, | Liberty |
| Christian | principle | | forgiveness is | ways to | | | Rub it out | |
| Values – | | | and the value | manage | | | | Living in the |
| Forgiveness | | | of forgiving | negative | | | | Wider World – |
| and Love | | | others | stress | | | | Lesson 3 What |
| | HS Film | Discussion | Discussion | Activity | Discussion | Worksheet | Worksheet | is |
| | R&HE – CF4, | R&HE – CF4, | R&HE – CF4, | R&HE – MW5, | R&HE – RR8, | R&HE – ISH1, | R&HE – CF4, | sustainability? |
| | RR2 | CF5, RR3 | MW3 | MW9 | BS1 | ISH5, ISH7 | RR2 | |

| | PSHE – H1 | PSHE – R12 | PSHE – H1 | PSHE – H6 | PSHE – R21 | PSHE – R18 | PSHE – H1, H7 | |
|--|--|--|---|---|--|---|---|--|
| Other Events | Personal Hygier | ne & Handwashing | g (Ongoing), Natio | nal School's Autis | m Awareness We | eek, IMatter Keepi | ing Safe Resource | s Y1-6, JED |
| | World of Work | | | | | | | |
| Fake Is A | Fake is a | Human BEings | Voice of Love | Speak Truth | Dare to be | Risky Business | Fake is a | We Are Britain |
| Mistake | mistake! | not DOings | Who speaks | Having the | different | Learning the | mistake | – Lesson 3 – 7 |
| (I Tell The | Introduction | Celebrating | into our lives | courage to tell | When dares | facts and risks | reflection | British Values |
| Truth) | to the 4 th | one another | and are they | the truth isn't | are fun and | associated | What we have | – Mutual |
| | HeartSmart | for who we | using the | always easy | when they are | with smoking | learned about | Tolerance and |
| Christian | principle | are not what | voice of love? | | not. Thinking | | Fake is a | Respect for |
| Values – Faith | | we do | | | of ways to say | | mistake | Diversity |
| and Love | | | | | no to dares | | | |
| | HS FIIm | Activity | Worksheet | Story | Activity | Activity | Worksheet | |
| | R&HE – CF2 | R&HE – RR1, | R&HE – F2, | R&HE – CF5 | R&HE – RR8, | R&HE – DAT1 | R&HE – CF2 | |
| | PSHE – H1 | CF3 | CF3 | PSHE – R2, | BS1, BS5 | PSHE – H17 | PSHE – R2 | |
| | | PSHE – H1, H5 | PSHE – H1, | H13 | PSHE – R15, | | | |
| | | | | | | | | |
| | | | R10 | | H10 | | | |
| Other Events | | ne & Handwashing | - | afety, Dental Hea | - | g, IMatter Relatio | nships and Sex Ec | lucation |
| Other Events | Personal Hygier resources Y1-Y6 | 5 | g (Ongoing), Sun S | afety, Dental Hea | - | | | F |
| Other Events No Way | | Endurance | g (Ongoing), Sun S Habits – help | afety, Dental Hea | lth, Healthy Eatin | g, IMatter Relatio | 'No way | Encouraging |
| | resources Y1-Y6 | Endurance Expedition | g (Ongoing), Sun S | | Ith, Healthy Eatin Dreamers Dreaming of | Changing me! Key facts | | Encouraging Difference |
| No Way Through, Isn't True | resources Y1-Y6 'No way through' isn't true | Endurance Expedition Thinking | g (Ongoing), Sun S Habits – help or hinder? Considering | Just keep swimming How to | lth, Healthy Eatin | Changing me! Key facts about the | 'No way through' isn't true | Encouraging Difference (Giraffes can't |
| No Way Through, Isn't | resources Y1-Y6 'No way through' isn't true Introduction | Endurance Expedition Thinking about the | g (Ongoing), Sun S Habits – help or hinder? Considering the habits we | Just keep swimming How to persevere and | Ith, Healthy Eatin Dreamers Dreaming of | Changing me! Key facts about the changes that | 'No way through' isn't true What we have | Encouraging Difference (Giraffes can't Dance) Lesson |
| No Way Through, Isn't True (I Can Do It!) | resources Y1-Y6 'No way through' isn't true Introduction to the final | Endurance Expedition Thinking about the skills and | G (Ongoing), Sun S Habits – help or hinder? Considering the habits we need to | Just keep swimming How to | Ith, Healthy Eatin Dreamers Dreaming of | Changing me! Key facts about the changes that take place in | 'No way through' isn't true What we have learned about | Encouraging Difference (Giraffes can't Dance) Lesson 2 & (Happy |
| No Way Through, Isn't True (I Can Do It!) Christian | resources Y1-Y6 'No way through' isn't true Introduction to the final HeartSmart | Endurance Expedition Thinking about the skills and attitudes | (Ongoing), Sun S Habits – help or hinder? Considering the habits we need to develop or | Just keep swimming How to persevere and | Ith, Healthy Eatin Dreamers Dreaming of | Changing me! Key facts about the changes that take place in puberty | 'No way through' isn't true What we have learned about 'No way | Encouraging Difference (Giraffes can't Dance) Lesson 2 & (Happy Feet) Lesson 3 |
| No Way Through, Isn't True (I Can Do It!) Christian Values – Hope | resources Y1-Y6 'No way through' isn't true Introduction to the final | Endurance Expedition Thinking about the skills and | g (Ongoing), Sun S Habits – help or hinder? Considering the habits we need to develop or change to | Just keep swimming How to persevere and hold onto | Ith, Healthy Eatin Dreamers Dreaming of | Changing me! Key facts about the changes that take place in puberty between 9 - | 'No way through' isn't true What we have learned about | Encouraging Difference (Giraffes can't Dance) Lesson 2 & (Happy Feet) Lesson 3 British Values |
| No Way Through, Isn't True (I Can Do It!) Christian | resources Y1-Y6 'No way through' isn't true Introduction to the final HeartSmart | Endurance Expedition Thinking about the skills and attitudes needed to meet a | (Ongoing), Sun S Habits – help or hinder? Considering the habits we need to develop or change to reach our | Just keep swimming How to persevere and hold onto | Ith, Healthy Eatin Dreamers Dreaming of | Changing me! Key facts about the changes that take place in puberty | 'No way through' isn't true What we have learned about 'No way | Encouraging Difference (Giraffes can't Dance) Lesson 2 & (Happy Feet) Lesson 3 British Values – Respect for |
| No Way Through, Isn't True (I Can Do It!) Christian Values – Hope | resources Y1-Y6 'No way through' isn't true Introduction to the final HeartSmart | Endurance Expedition Thinking about the skills and attitudes needed to | g (Ongoing), Sun S Habits – help or hinder? Considering the habits we need to develop or change to | Just keep swimming How to persevere and hold onto | Ith, Healthy Eatin Dreamers Dreaming of | Changing me! Key facts about the changes that take place in puberty between 9 - | 'No way through' isn't true What we have learned about 'No way through' isn't | Encouraging Difference (Giraffes can't Dance) Lesson 2 & (Happy Feet) Lesson 3 British Values – Respect for Diversity, |
| No Way Through, Isn't True (I Can Do It!) Christian Values – Hope | resources Y1-Y6 'No way through' isn't true Introduction to the final HeartSmart principle | Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge | (Ongoing), Sun S Habits – help or hinder? Considering the habits we need to develop or change to reach our goals | Just keep swimming How to persevere and hold onto hope | Ith, Healthy Eatin Dreamers Dreaming of the future | Changing me! Key facts about the changes that take place in puberty between 9 - 11 | 'No way through' isn't true What we have learned about 'No way through' isn't true | Encouraging Difference (Giraffes can't Dance) Lesson 2 & (Happy Feet) Lesson 3 British Values – Respect for Diversity, Individual |
| No Way Through, Isn't True (I Can Do It!) Christian Values – Hope | resources Y1-Y6 'No way through' isn't true Introduction to the final HeartSmart principle HS Film | Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge Activity | (Ongoing), Sun S Habits – help or hinder? Considering the habits we need to develop or change to reach our goals Worksheet | Just keep swimming How to persevere and hold onto hope Film Clip | Ith, Healthy Eatin Dreamers Dreaming of the future Activity | Changing me! Key facts about the changes that take place in puberty between 9 - 11 Worksheet | 'No way through' isn't true What we have learned about 'No way through' isn't true Worksheet | Encouraging Difference (Giraffes can't Dance) Lesson 2 & (Happy Feet) Lesson 3 British Values – Respect for Diversity, |
| No Way Through, Isn't True (I Can Do It!) Christian Values – Hope | resources Y1-Y6 'No way through' isn't true Introduction to the final HeartSmart principle HS Film R&HE – MW2 | Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge Activity R&HE – MW3, | (Ongoing), Sun S Habits – help or hinder? Considering the habits we need to develop or change to reach our goals Worksheet R&HE – MW4, | Just keep swimming How to persevere and hold onto hope Film Clip R&HE – MW3, | Ith, Healthy Eatin Dreamers Dreaming of the future Activity R&HE – NA | Changing me! Key facts about the changes that take place in puberty between 9 - 11 Worksheet R&HE – CAB1 | 'No way through' isn't true What we have learned about 'No way through' isn't true Worksheet R&HE – MW2 | Encouraging Difference (Giraffes can't Dance) Lesson 2 & (Happy Feet) Lesson 3 British Values – Respect for Diversity, Individual |
| No Way Through, Isn't True (I Can Do It!) Christian Values – Hope | resources Y1-Y6 'No way through' isn't true Introduction to the final HeartSmart principle HS Film | Endurance Expedition Thinking about the skills and attitudes needed to meet a challenge Activity | (Ongoing), Sun S Habits – help or hinder? Considering the habits we need to develop or change to reach our goals Worksheet | Just keep swimming How to persevere and hold onto hope Film Clip | Ith, Healthy Eatin Dreamers Dreaming of the future Activity | Changing me! Key facts about the changes that take place in puberty between 9 - 11 Worksheet | 'No way through' isn't true What we have learned about 'No way through' isn't true Worksheet | Encouraging Difference (Giraffes can't Dance) Lesson 2 & (Happy Feet) Lesson 3 British Values – Respect for Diversity, Individual |

Other Events Personal Hygiene & Handwashing (Ongoing), Enterprise, Transition to New Classes, JED World of Work

| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 | Living in the Wider World (inc British Values) |
|--------------------------|------------------------|-------------------|---------------------------|----------------------------------|--------------------|-------------------|---------------------|---|
| Get | Get | Boss v Leader | Lion Heart | Watch what | Letter of | Sleep Well | Get | People Equal |
| Heartsmart | HeartSmart | Considering | Describing the | you watch | thanks | Thinking | HeartSmart | Poem/Perfor |
| (Meet Boris) | Introduction | how powerful | heart | watch | Writing letters | about the | reflection | ming the |
| | to HeartSmart | people lead | reputation we | Discussing | of thanks to | importance of | What we have | poem – Lesson |
| Christian | | others | would like | how to know | people who | good quality | learned about | 1 |
| Values – | | | | what we | support and | sleep for | Get | |
| Thankfulness and Love | | | | should and shouldn't watch | encourage us | health | HeartSmart | Exploring the meaning of equality using |
| | HS Film | Activity | Activity | Worksheet | Activity | Discussion | Worksheet | the People |
| | R&HE – CF1, | R&HE – RR1, | R&HE – CF2, | R&HE – ISH2, | R&HE – F1, F2, | R&HE – HP3 | R&HE – CF1, | Equal Poem – |
| | CF3, MW1 | BS4 | RR1 | ISH4 | F4 | PSHE – H2 | CF3, MW1 | Lesson 2 |
| | PSHE – H2, R2 | PSHE – L6 | PSHE – H5 | PSHE – H2 | PSHE – R4 | | PSHE – H1, R2 | |
| | | | | | | | | British Values |
| | | | | | | | | – Mutual |
| | | | | | | | | tolerance and |
| | | | | | | | | respect for |
| | | | | | | | | diversity |
| Other Events | | | | | Dog Safety, Europe | ean School Sports | s Day, Nasal flu sp | ray, R-Y6 Height |
| | - | ning, JED World o | | | I | I | I | |
| Don't forget | Don't forget | Gunner | Make the | Under | Allocating | Help! | Don't forget | Living in the |
| To Let Love In | to let love in! | Making the | right voice | pressure | Resources | Who to go to | to let love in | Wider World – |
| (I Am Special) | Introduction | connection | choice | Thinking | Recognising | for help and | Reflection | lesson 1 How |
| | to the 1 st | between | Considering | about diff. | that resources | how to keep | What we have | and why do |
| Christian | HeartSmart | Gunner's story | the way the | sources of | can be | asking until | learned in | we make and |
| Values – | principle | and don't | words we | pressure, | allocated in | help is given | Don't forget to | change rules? |
| Respect and | | forget to let | listen to about | including from | different ways | | let love in! | |
| Love | | love in! | ourselves make us feel | our friends, | and these | | | |

| Other Friends | HS Film R&HE – RR4, MW1 PSHE – H1, R2 | Activity R&HE – CF2 PSHE – R11 | Activity R&HE – F6, CF5, MW1 PSHE – H1 | and ways we can respond Activity R&HE – BS5, BS8 PSHE – H13, H14 | choices affect others Activity R&HE – NA PSHE – L15 | Activity R&HE – BS6, BS7, BS8 PSHE – H23 | Worksheet R&HE – RR4, MW1 PSHE – H1, H7 | |
|---|---|--|--|--|---|---|--|---|
| Other Events | | | | Work, Domestic | • | | d Safety Week, Lo | |
| Too Much Selfie Isn't Healthy (I Love Others) Christian Values – Compassion and Love | Too much selfie isn't healthy! Introduction to the 2 nd HeartSmart principle HS Film R&HE – CF2, CF3 PSHE – R1, R2 | When I'm feeling lonely What we can do when we feel lonely Activity R&HE – MW7, OR4 PSHE – H1 | Read my lips Listening to what others say Game R&HE – RR1, RR2 PSHE – R10 | Honour Thinking of people who deserve honour and suggesting ways to honour them Activity R&HE – RR5 PSHE – L9, L11 | Great Groups To investigate the purpose and role of different groups (inc. pressure groups) Activity R&HE – NA PSHE – L10 | Be aware what you share Developing an awareness of what you should and shouldn't share online Activity R&HE – OR1, OR4, ISH3 PSHE – H25 | Too much selfie isn't healthy Reflection What we have learned about Too much selfie isn't healthy! Worksheet R&HE – CF2, CF3 PSHE – R1, R2 | Individual Liberty – Lesson 1 and Indidual Liberty (Supporting other peoples' liberty) Lesson 2 British Value – Individual Liberty |
| Other Events | Personal Hygien | - | (Ongoing), Safer | Internet Day, Chi | | alth Week, JED V | Vorld of Work | |
| Don't Rub It In, Rub It Out | Don't rub it in, Rub it out! | Different perspective | Nelson Mandela | Emotions don't drive! | I did not I am Discussing | Bully Busting Recognising | Don't rub it in, Rub it out | Democracy for All – Lesson 1 |
| (I Am A Good | Introduction | Developing | Describing | How to handle | how we | bullying in all | Reflection | British Value – |
| Friend) | to the 3 rd HeartSmart | simple strategies to | what Nelson Mandela's life | our emotions | respond to our own mistakes | its forms and thinking about | What we have learned about | Democracy |
| Christian Values – | principle | resolve conflict | teaches us about forgiveness | | | strategies to deal with bullying | Don't rub it in, Rub it out! | |

| Forgiveness and Love | HS Film R&HE – CF4, RR2 PSHE – H1 | Activity R&HE – CF4, RR2 PSHE – R7, R12, L8 | Discussion R&HE – MW1 PSHE – R2 | Activity R&HE – MW2, MW3 PSHE – H6 | Discussion R&HE – MW3 PSHE – H1 | Worksheet R&HE – RR6, MW8 PSHE – R18 | Worksheet R&HE – CF4, RR2 PSHE – H1, H7 | |
|--|---|---|--|---|---|---|--|---|
| Other Events | Personal Hygier World of Work | e & Handwashing | g (Ongoing), Natio | nal School's Autis | m Awareness We | eek, IMatter Keep | ing Safe Resource | s Y1-6, JED |
| Fake Is A Mistake (I Tell The Truth) Christian Values – Faith and Love | Fake is a mistake! Introduction to the 4 th HeartSmart principle | Time to get real How images we see online and in the media don't always represent reality | No need to hide what's inside Exploring how shame can make us want to hide how we really feel | Soft shells Knowing who we can trust to be vulnerable and open with | Hearts that welcome feedback How feedback can help us grow | Decisions, Decisions! Finding out about the risks associated with alcohol for young people | Fake is a mistake Reflection What we have learned about Fake is a mistake! | Rules and Laws – Lesson 1 British Value – Rule of Law |
| | HS Film R&HE – CF2 PSHE – R2 | Discussion R&HE – OR1, OR4, ISH6 PSHE – H4, L17, L18 | Activity R&HE – CF3, MW2, MW3 PSHE – H7, H14, R9 | Film Clip R&HE – CF2, BS1, BS8 PSHE – R2, R21 | Activity R&HE – CF1, CF3 PSHE – R1, R7, R12 | Activity R&HE – DAT1 PSHE – H17 | Worksheet R&HE – CF2 PSHE – R2 | |
| Other Events | | ne & Handwashing ork, Y5&Y6 – Chai | | · · · · · · · · · · · · · · · · · · · | | g, IMatter Relatio | onships and Sex Ec | lucation Y1-6, |
| No Way Through, Isn't True (I Can Do It!) | 'No way through' isn't true Introduction to the final Heart Smart | Egg in the flask Demonstratin g that 'No way through' isn't true | Success isn't always what you see How the successes we achieve on the inside can | Hope Light Looking at the power of Hope and how it can keep us going | Period Relay Key facts about the menstrual cycle | What am I? How to look after ourselves during puberty | 'No way through' isn't true Reflection What we have learned about | Living in the Wider World – Iesson 2 What is fair trade? Living in the Wider World – |

| Christian | | | often be | | | | through' isn't | Lesson 3 How |
|---------------|-----------------|------------------|--------------------|---------------------|------------------|-----------------|------------------|-----------------|
| Values – Hope | | | greater than | | | | true! | can I combine |
| and Love | | | those seen on | | | | | sustainability |
| | | | the outside | | | | | with fair trade |
| | HS Film | Activity | Worksheet | Activity | Worksheet | Game | Worksheet | using my |
| | R&HE – MW2 | R&HE – MW4 | R&HE – MW4 | R&HE – MW1, | R&HE – CAB2 | R&HE – CAB1, | R&HE – MW2 | enterprise |
| | PSHE – H6, H7 | PSHE – H7 | PSHE – H1, H5 | MW4 | PSHE – H13 | CAB2 | PSHE – H6, H7 | skills? |
| | | | | PSHE – H1, H5 | | PSHE – H13 | | |
| Other Events | Personal Hygien | ie & Handwashing | g (Ongoing), Enter | prise, Transition t | o New Classes, H | appy Being Me – | Body Image work, | , Y5 & Y6 NSPCC |
| | Programme (Bia | nnual after SATS | Relationships ed | ucation, JED Worl | d of Work | | | |

| Unit | Lesson 1 | Lesson 2 | Lesson 3 | Lesson 4 | Lesson 5 | Lesson 6 | Lesson 7 | Living in the Wider World (inc British Values) |
|----------------|------------------------|------------------|---|---------------------|----------------|-------------------|-------------------|---|
| Get | Get | Powerful | Stone trainers | Secret | Tying the knot | Healthy food, | Get | Democracy for |
| Heartsmart | HeartSmart | Poses | Comparing | Scenarios | Recognising | healthy heart | HeartSmart | All – Lesson 2 |
| (Meet Boris) | Introduction | Demonstrate | our hearts to | Recognising | the | Learning | reflection | British Value – |
| | to HeartSmart | that our body | trainers – how | when it is right | importance of | about the | What we have | Democracy |
| Christian | | language can | do we keep | to keep a | commitment | Eatwell plate | learned about | |
| Values – | | be used to | our hearts soft | secret and | in marriage | and how to | Get | |
| Thankfulness | | help us feel | but strong | when a secret | | plan a healthy | HeartSmart | |
| and Love | | more powerful | | should be shared | | meal | | |
| | HS Film | Activity | Worksheet | Discussion | Activity | Activity | Worksheet | |
| | R&HE – CF1, | R&HE – RR4, | R&HE – MW1, | R&HE – BS2, | R&HE – F5 | R&HE – HE2 | R&HE – CF1, | |
| | CF3, MW1 | MW6 | MW3, MW4 | BS5 | PSHE – R5 | PSHE – H3 | CF3, MW1 | |
| | PSHE – H2, R2 | PSHE – H6 | PSHE – H1 | PSHE – R9, | | | PSHE – H1, R2 | |
| | | | | H14 | | | | |
| Other Events | | • | g (Ongoing), Bi-an ty – Fire Service V | • | • • • | ean School Sports | Day, Nasal flu sp | ray, R-Y6 Height |
| Don't forget | Don't forget | What are you | People say I | Thumbs up | Gratitude Jar | Signs to spot | Don't forget | Living in the |
| To Let Love In | to let love in | worth? | am | Recalling | Thinking of | Identifying | to let love in | Wider World – |
| (I Am Special) | Introduction | Working out | Encouraging | significant | the things we | early signs of | Reflection | lesson 1 Why |
| | to the 1 st | what we are | one another | events and | are grateful | illness | What we have | is it important |
| Christian | HeartSmart | worth | with kind and | people in our | for each week | | learned about | to be critical |
| Values – | principle | | positive words | lives so far | | | Don't forget to | of the media |
| Respect and | | | & accepting | | | | let love in! | online and |
| Love | | | the words | | | | | offline? |
| | | | spoken about | | | | | |
| | | | us | | | | | |
| | HS Film | Activity | Activity | Activity | Activity | Activity | Worksheet | |
| | | R&HE – RR4 | R&HE – CF3 | | R&HE – MW1 | R&HE – HP1 | | |

| | R&HE – RR4, | PSHE – H5 | PSHE – H5 | R&HE – F1, F3, | PSHE – H1 | PSHE – NA | R&HE – RR4, | |
|-----------------|------------------------|------------------|--------------------|-------------------|-------------------|-------------------|---------------------|---------------------------------------|
| | MW1 | | | CF1 | | | MW1 | |
| | PSHE – H1, R2 | | | PSHE – R4 | | | PSHE – H1, H7 | |
| Other Events | | e & Handwashing | g (Ongoing), UK Pa | arliament Week, E | thos Day, Anti Bu | Ilying Week, Road | d Safety Week, Lo | cal Charity for |
| | | | | | | | /isit, Jed World of | · · · · · · · · · · · · · · · · · · · |
| Too Much | Too much | All the same, | Listen up! | You go before | Growing | Social media – | Too much | Rules and |
| Selfie Isn't | selfie isn't | all different | Pratising being | me | together | good or bad? | selfie isn't | Laws – Lesson |
| Healthy | healthy! | Demonstratin | a good listener | Thinking of | Considering | Discussing the | healthy | 2 |
| (I Love Others) | Introduction | g ways we are | | ways the | ways we can | benefits and | Refection | British Values |
| | to the 2 nd | different and | | generations | be a good | dangers of | What we have | |
| Christian | HeartSmart | ways we are | | before us have | friend and | social media | learned about | |
| Values – | principle | the same | | overcome | support one | | Too much | |
| Compassion | | | | challenges | another | | selfie isn't | |
| and Love | | | | that we | | | healthy | |
| | | | | benefit from | | | | |
| | HS Film | Game | Activity | Activity | Activity | Discussion | Worksheet | |
| | R&HE – CF2, | R&HE – CF3, | R&HE – CF4, | R&HE – RR5 | R&HE – CF2, | R&HE – ISH2, | R&HE – CF2, | |
| | CF3 | RR1, RR5 | RR1 | PSHE – L11 | CF3 | ISH3, ISH4 | CF3 | |
| | PSHE – R1, R2 | PSHE – L11 | PSHE – R10 | | PSHE – R10 | PSHE – H22, | PSHE – R1, R2 | |
| | | | | | | H24 | | |
| 0.1 5 . | | | | | | | | |
| Other Events | | ie & Handwashing | | | | | | |
| Don't Rub It | Don't rub it in, | Work it out | Power of | Way to say | Bit by bit | Deep Impact | Don't rub it in, | Living in the |
| In, Rub It Out | Rub it out | Developing | forgiveness – | Exploring how | Discussing | Considering | Rub it out | Wider World – |
| (I Am A Good | Introduction | strategies to | Jimmy | our tone and | how to build | the impact of | Reflection | lesson 2 How |
| Friend) | to the 3 rd | resolve | Mizen's | body language | trust between | bullying | What we have | do people |
| | HeartSmart | conflict and | parents | communicates | friends | | learned about | manage |
| Christian | principle | disputes | Discussing | more than | | | Don't rub it in, | money? |
| Values – | | | how we | our words | | | Rub it out! | |
| Forgiveness | | | benefit when | | | | | |
| and Love | | | we choose to | | | | | |
| | | | forgive others | | | | | |
| | HS Film | Activity | Discussion | Activity | Activity | Activity | Worksheet | |

| | R&HE – CF4, | R&HE – CF4, | R&HE – MW1 | R&HE – RR2, | R&HE – CF2, | R&HE – RR6, | R&HE – CF4, | |
|----------------|------------------------|------------------|---------------------------------------|--------------------|-----------------|-----------------|----------------|------------------|
| | RR2 | RR2 | PSHE – R12 | OR1 | CF5 | MW8 | RR2 | |
| | PSHE – H1 | PSHE – R12 | | PSHE – R2 | PSHE – R9, R21 | PSHE – R14 | PSHE – H1, H7 | |
| Other Events | Personal Hygier | e & Handwashing | (Ongoing), Natio | nal School's Autis | | | | s Y1-6), JED |
| | World of Work | | | | | | J | |
| Fake Is A | Fake is a | This is me! | HeartSmart | Boundaries | Vaccines – | Fix it, Find | Fake is a | Individual |
| Mistake | mistake! | Being proud of | Self-talk | for Respect | Facts vs fake | out, Fit in! | mistake | Liberty – |
| (I Tell The | Introduction | who we are | Catching | Learning how | news! | Find out facts | Reflection | Lessons 3 – 5 |
| Truth) | to the 4 th | | negative self- | to use | Finding out | about legal | What we have | (Staying free |
| | HeartSmart | | talk and | boundaries to | facts about | and illegal | learned about | and avoiding |
| Christian | principle | | replacing it | establish | vaccinations | substances | Fake is a | peer pressure, |
| Values – Faith | | | with positive | respectful | | and their risks | mistake! | Exploring |
| and Love | | | self-talk | friendships | | | | Human Rights |
| | | | | | | | | & Exploring |
| | HS Film | Discussion | Discussion | Activity | Activity | Activity | Worksheet | my individual |
| | R&HE – CF2 | R&HE – NA | R&HE – MW1 | R&HE – BS1, | R&HE – HP6, | R&HE – DAT1 | R&HE – CF2 | liberties and |
| | PSHE – R2 | PSHE – H6, H7, | PSHE – H1, H6, | RR2 | ISH6 | PSHE – H17 | PSHE – R2 | my values) |
| | | R16 | H7 | PSHE – R3, | PSHE – | | | British Value – |
| | | | | R10, R18 | | | | Individual |
| | | | | | | | | Liberty |
| Other Events | | ne & Handwashing | | | | | • | |
| | | JED World of Wor | · · · · · · · · · · · · · · · · · · · | | | - | | |
| No Way | 'No way | The bridge to | Self- | Hearts filled | Where the | Under | 'No way | Lesson 3 & 4 - |
| Through, Isn't | through' isn't | yet | awareness | with hope | magic | construction – | through' isn't | People Equal |
| True | true | Demonstratin | Thinking | Looking at the | happens | the teenage | true | Poem, |
| (I Can Do It!) | Introduction | g that 'No way | about how we | power of | Learning to | brain! | Reflection | Illustrating the |
| | to the final | through' isn't | are feeling, | Hope and how | step out of our | How the brain | What we have | poem, Writing |
| Christian | HeartSmart | true | why we feel | it can keep us | comfort zones | changes | learned about | a class People |
| Values – Hope | principle | | that way and | going | | during puberty | 'No way | Equal poem |
| and Love | | | what we need | | | | through' isn't | British Value – |
| | | | | | | | true! | Mutual |
| | HS Film | Activity | Activity | Activity | Activity | Activity | Worksheet | Tolerance and |
| | R&HE – MW2 | R&HE – MW3 | | R&HE – MW4 | R&HE – MW4 | R&HE – CAB1 | R&HE – MW2 | |

| | PSHE – H6, H7 | PSHE – H1, H5, | R&HE – MW1, | PSHE – H1, H7 | PSHE – H8, H9 | PSHE – H13 | PSHE – H6, H7 | respect for |
|--------------|---------------|----------------|-------------|---|---------------|------------|---------------|---------------|
| | | H7 | MW3, MW4 | | | | | diversity |
| | | | PSHE – H2, | | | | | Living in the |
| | | | H16 | | | | | Wider World – |
| | | | | | | | | lesson 3 What |
| | | | | | | | | do I want to |
| | | | | | | | | be? |
| Other Events | | | | prise, Transition t Real Love Rocks, | | | | |