



Learning and growing in the love of God

(John 4:16)

Sledmere and Wetwang Federation

RELATIONSHIPS AND SEX EDUCATION LONG TERM PLAN

Class 1 – Reception

EYFS OVERVIEW - RECEPTION/P2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
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
Aut. 1	ACTIVITY PSED - SC/SA	ACTIVITY PSED - MR	GAME PSED - MR	ACTIVITY PSED - MFB	ACTIVITY PSED - MFB	GAME PSED - MR
DON'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	EYES has talent Demonstrating our different skills and talents
Aut. 2	CIRCLE TIME PSED - SC/SA	ACTIVITY PSED - SC/SA	ACTIVITY PSED - MFB	GAME PSED - MR	ACTIVITY PSED - SC/SA	ACTIVITY PSED - SC/SA
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
SPC. 1	ACTIVITY PSED - MR	GAME PSED - MR	ACTIVITY PSED - MFB	GAME PSED - MR	ACTIVITY PSED - MR	ACTIVITY PSED - SC

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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
DON'T RUB IT IN, RUB IT OUT (I am a good friend) <i>Mr. 2</i>	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
FAKE IS A MISTAKE (I tell the truth) <i>Mr. 1</i>	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	Har 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 SHOW & TELL PSED - SC/SA
NO WAY THROUGH, ISN'T TRUE (I can do it!) <i>Mr. 2</i>	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
	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

Class 1 – Year 1

RELATIONSHIPS & HEALTH EDUCATION - YEAR 1

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART <i>Part 1</i>	Get HEARTSMART Introduction to HeartSmart RAHE - CF3, MW1 PSHE - H2, R2	Power How we can use our power in positive and negative ways RAHE - CF3, CF5 PSHE - R2, R12	Feelings Bingo Understanding our emotions RAHE - MW2, MW3 PSHE - R1, H4	What goes in, must come out - Worms! What we put in our hearts is what comes out ACTIVITY RAHE - MW1 PSHE - H2	Guess Who? Who we are grateful for in our class and why GAME RAHE - CF1, CF2 PSHE - R9	Healthy Choices Helping Boris make good choices to keep healthy ACTIVITY RAHE - MW1, PH1 PSHE - H2	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART WORKSHEET RAHE - CF3, MW1 PSHE - R2, R4
DON'T FORGET TO LET LOVE IN <i>Part 2</i>	Don't Forget to Let Love in! Introduction to the 1st HeartSmart principle HS FILM RAHE - RF4, MW1 PSHE - R1, R4	Panel! Learning about appropriate and inappropriate contact WORKSHEET RAHE - BS3, BS4 PSHE - R10	Truth or Lies Differentiating between truths and lies about us ACTIVITY RAHE - MW1 PSHE - H3	Would you Rather? Game of preference GAME RAHE - CF3 PSHE - L8	Marshmallow Test Learning that there is a choice in spending and saving ACTIVITY RAHE - N/A PSHE - L7	Taking Care of Me Ways to take care of ourselves everyday ACTIVITY RAHE - HP4, HP5 PSHE - H1, H6, H7, H11	Don't Forget to Let Love in! Love in Reflection Circle time - What we have learned about Don't Forget to Let Love in! WORKSHEET RAHE - RF4, MW1 PSHE - H4, R1
TOO MUCH SELF ISN'T HEALTHY! <i>Part 1</i>	Too Much Self isn't Healthy! Introduction to the 2nd HeartSmart principle HS FILM RAHE - CF2, CF3 PSHE - R1, R2	Who's Missing? Developing an awareness of our surroundings and the people around us ACTIVITY RAHE - CF1 PSHE - L4	The Smallest Giant in Town How can we help others? How have others helped us? STORY RAHE - CF2, CF3 PSHE - L1	Who Looks After Me? Who looks after us? How can we show them our appreciation? ACTIVITY RAHE - F1, F2, F4 PSHE - H13	Teamwork - Monsters University Working as a team to reach an end goal FILM CLIP RAHE - CF2 PSHE - L3	Helping Boris Discussing simple rules to help keep us safe online WORKSHEET RAHE - OR2, OR3, SH1 PSHE - H12	Too Much Self isn't Healthy! Healthy Reflection Circle time - What we have learned about Too Much Self isn't Healthy! WORKSHEET RAHE - CF2, CF3 PSHE - R1, R2

DON'T RUB IT IN, RUB IT OUT <i>W.2</i>	Don't Rub it In, Rub it Out Introduction to the 2nd HeartSmart principle	Goldilocks and Baby Bear Thinking about the topic, based on our behaviour, how our behaviour affects others and how to make amends	Forgiveness PRZ Discussion around how forgiveness can help us and emotions disappear	Chalk faces Different ways we can handle negative emotion effectively	Disappointed Robots Exploring different ways to handle disappointment	Builders and Wreckers How the words we use can build others up or knock them down	Don't Rub it In, Rub it Out Reflection Cycle time - What we have learned about Don't Rub it In, Rub it Out!
FAKE IS A MISTAKE <i>W.1</i>	Fake is a Mistake! Introduction to the 4th 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 Cycle time - What we have learned about Fake is a Mistake!
NO WAY THROUGH, ISN'T TRUE <i>W.2</i>	No Way Through! Isn't True! Introduction to the 4th HeartSmart principle	Mission Possible Learning from our experiences and trying again	Turney Talk Trusting our instincts. Good secrets v bad secrets	Seeds of Potential There's potential in all of us	Hearts that Dream Creating Dreamboards to capture our hopes and dreams	Love a lot, Miss a lot Cycle time and activity around people, animals and things we have lost	No Way Through! Isn't True Reflection Cycle time - What we have learned



The Christopher Winter Resource

Autumn	
Spring	Growing and Changing
Summer	Families and Care

Class 2 – Year 2

RELATIONSHIPS & HEALTH EDUCATION - YEAR 2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART <i>Aut. 1</i>	Get HEARTSMART Introduction to HeartSmart	Power Plus Describing how we can use our power in positive and negative ways	Heart Decisions Considering the regulations we would like to have	Bright Hearts What is in our hearts, is played out in our words and actions	Love Map Identifying special people and how they show us love	Bois Face Plate Creating a robot face from healthy foods	Get HEARTSMART Reflection Circle time - What we have learned about Get HEARTSMART
	HS FILM RAHE - CF3, MW1 PSHE - H2 R2	ACTIVITY RAHE - CF3 PSHE - L1	ACTIVITY RAHE - CF2, MW4 PSHE - H2	ACTIVITY RAHE - MW3, MW4 PSHE - H2	WORKSHEET RAHE - F1, F3 PSHE - R9	ACTIVITY RAHE - HE2, HE3 PSHE - H1	WORKSHEET RAHE - CF3, MW1 PSHE - R2, R4
DON'T FORGET TO LET LOVE IN! <i>Aut. 2</i>	Don't Forget to Let Love In! Introduction to the 1st HeartSmart principle	I am cubes Recognising and celebrating our strengths and ways in which we are all unique	Truth or Truth Learning to differentiate between the truths and lies that we hear or speak about ourselves	Meaning of my Name Writing an acrostic poem for your name by selecting words that describe you	Boundaries Discussion around how being thankful for what we have, changes our attitude	Heartbeat Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves	Don't Forget to Let Love In Reflection Circle time - What we have learned about Don't Forget to Let Love In!
	HS FILM RAHE - RP4, MW1, PSHE - R1, R4	WORKSHEET RAHE - R84 PSHE - H3	ACTIVITY RAHE - RP4, RPS PSHE - L3	ACTIVITY RAHE - WA PSHE - L5	FILM CLIP RAHE - MW6 PSHE - H3	ACTIVITY RAHE - PH1, PH2, PH3 PSHE - H1	WORKSHEET RAHE - R84, MW1 PSHE - R4, R1
TOO MUCH SELFIE ISN'T HEALTHY! <i>Aut. 1</i>	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle	Spot the Difference Be aware of surroundings and the people around you	Secret Kindness Agents Looking for opportunities to do something kind for others	Everyday Heroes Thinking about people who look after us in our community	We all Fit Together Looking at how we are the same and how we are different	HeartSmart on the Playground HeartSmart Online Rules for keeping safe online	Too Much Selfie isn't Healthy! Healthy Reflection Circle time - What we have learned about Too Much Selfie isn't Healthy!
	HS FILM RAHE - CF2, CF3 PSHE - R1, R2	ACTIVITY RAHE - CF1 PSHE - L4	ACTIVITY RAHE - CF3, RPS PSHE - R4	ACTIVITY RAHE - R1, RPS, BSA PSHE - L10	ACTIVITY RAHE - R1, RPS PSHE - L8, R8	WORKSHEET RAHE - OP2, OP3, OP5, RSH7 PSHE - H12, H14, H15	WORKSHEET RAHE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<i>847.2</i> DON'T RUB IT IN, RUB IT OUT	Don't Rub it in, Rub it Out! HS FILM R&HE - CF4, RP2 PSHE - H2 Introduction to the 3rd HeartSmart principle	That's what Friends are for (Sketch) FILM CLIP R&HE - CF4 PSHE - H6 Saying sorry and offering forgiveness between friends	Balloon Spoons ACTIVITY R&HE - MM3, MM4 PSHE - H4 Demonstrating how holding onto unforgiveness can make us feel	Let the Ouch Out WORKSHEET R&HE - MM7, MM9 PSHE - H4, H5 Reflecting on helpful ways to deal with hurt	Traffic Lights ACTIVITY R&HE - MM9, MM9 PSHE - H4, H13 Ways to handle negative emotion	Crumpled Hearts ACTIVITY R&HE - MM8, RP6, BS7 PSHE - R13, R14 Demonstrating the consequences of teasing or bullying	Don't Rub it in, Rub it Out! Reflection WORKSHEET R&HE - CF1, CF2, CF3, CF4 & CF5 PSHE - H2 Circle time - What we have learned about Don't Rub it in, Rub it Out!
<i>847.1</i> FAKE IS A MISTAKE	False is a Mistake! HS FILM R&HE - CF2 PSHE - R1 Introduction to the 4th HeartSmart principle	Grains of Sand ACTIVITY R&HE - N/A PSHE - L6 There never has and never will be another one of me	The Truth about Me DISCUSSION R&HE - MM1, MM4 PSHE - R4, R12 Not all the thoughts we have about ourselves are true	Real is a Big Deal WORKSHEET R&HE - MM2, MM3 PSHE - H4, R1 Discussing how different emotions feel	Nice to Meet You! GAME R&HE - RP3 PSHE - R8 Looking at ways to be polite when meeting others	Sun Safe! ACTIVITY R&HE - HP2 PSHE - H1 Thinking of ways to stay safe in the sun	False is a Mistake! Reflection WORKSHEET R&HE - CF2 PSHE - R1 Circle time - What we have learned about False is a Mistake!
<i>847.2</i> NO WAY THROUGH, ISN'T TRUE	'No Way Through' isn't True! HS FILM R&HE - MM2 PSHE - H3, H4 Introduction to the final HeartSmart principle	Real signs ACTIVITY R&HE - MM2 PSHE - H3 Finding alternative solutions to problems	Ways to Stay ACTIVITY R&HE - MM2, MM4 PSHE - H4 Looking at seemingly impossible situations in different ways	Balpoons from Rain ACTIVITY R&HE - MM2, MM3 PSHE - H3 Overcoming challenges and difficulties	Imagine a Bright ACTIVITY R&HE - MM1 PSHE - H1, H2 Imagining 'What if...' in a positive way	Energy Detectives ACTIVITY R&HE - N/A PSHE - L1, L5 Looking at signs of energy and trying about ways to conserve it	'No Way Through' isn't True! Reflection WORKSHEET R&HE - MM2 PSHE - H3, H4 Circle time - What we have learned about 'No Way Through' isn't True!



The Christopher Winter Resource	
Autumn	
Spring	
Summer	Male and Female Animals Naming Body Parts

Class 2 – Year 3

RELATIONSHIPS & HEALTH EDUCATION - YEAR 3

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Battleaxe Looking at ways we can be positive (kind) and negative (unkind) to one another	Inside Out Recalling memories and describing a feeling with them	Guard your Heart Thinking about things we need to guard our hearts from	My squad Listing the people in our lives we are grateful for	Full or Empty? Thinking of the benefits of living a healthy lifestyle	Get HEARTSMART Reflection: What we have learned about Get HEARTSMART
<i>Ant. 1</i>	HS FILM RAHE - CF1, CF3, MW1 PSHE - H2R2	ACTIVITY RAHE - CF1, CF2 PSHE - R2	FILM CLIP RAHE - MM4, MM4 PSHE - H7	GAME RAHE - CF5 PSHE - R3	WORKSHEET RAHE - F1, CF1 PSHE - R4	WORKSHEET RAHE - PH1, PH3, PH4	WORKSHEET RAHE - 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	Wear it with pride Learning to accept the encouragement given to us by others	Love is... Considering what love is and what it isn't	Moana Comparing 'Te Fiti' before and after she 'let love in'	Growing gratitude Listing things we are grateful for and why	Love yourself Making good choices to keep our hearts healthy	Don't Forget to Let Love in Reflection What we have learned about Don't Forget to Let Love in
<i>Ant. 2</i>	HS FILM RAHE - FR4, MW1 PSHE - H1, R2	ACTIVITY RAHE - CF1, CF3 PSHE - L8	WORKSHEET RAHE - FR, CF2, CF5 PSHE - L4	FILM CLIP RAHE - MM2, MM4, MM7 PSHE - R1	ACTIVITY RAHE - FR3 PSHE - H1	ACTIVITY RAHE - HE1, HE2 PSHE - H1, H3	WORKSHEET RAHE - FR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY!	Too Much Selfie isn't Healthy! Introduction to the 2nd HeartSmart principle	Flip your phone How can you be humble and doing something kind for others?	What's your emergency? How to respond in an emergency	Elizabeth Everest Honouring others for their kindness	No man is an island Working together, listening to one another and respecting other's views	Padlocked Privacy Discussing why it is important to keep personal information private	Too Much Selfie isn't Healthy! Reflection What we have learned about Too Much Selfie isn't Healthy!
<i>Spt. 1</i>	HS FILM RAHE - CF2, CF3 PSHE - R1, R2	WORKSHEET RAHE - CF3, FR2 PSHE - R7	ACTIVITY RAHE - HT4 PSHE - HT5	ACTIVITY RAHE - R6 PSHE - R7	GAME RAHE - CF2, CF3 PSHE - L8	WORKSHEET RAHE - PH3, PH5 PSHE - H22	WORKSHEET RAHE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T RUB IT IN, RUB IT OUT SK.2	Don't Rub it In, Rub it Out! HS FILM RAHE - CF4, RR2 PSHE - H1 Introduction to the 3rd HeartSmart principle	Magic water Democratizing the effects of copying scenery DISCUSSION RAHE - CF4, CF5, RR3 PSHE - R7, R12	Play it out Considering different ways to respond to scenarios WORKSHEET RAHE - CF4 PSHE - R2	Balloon Blast Democratizing the benefits of letting go of hurt ACTIVITY RAHE - CF4, MM2 PSHE - R12	Marble Jar Discussion around how trust is built and betrayed FILM CLIP RAHE - CF2, CF5 PSHE - R3	Who am I? Recognizing and challenging stereotypes WORKSHEET RAHE - RR7 PSHE - R16	Don't Rub it In, Rub it Out! Reflection What we have learned about Don't Rub it In, Rub it Out! WORKSHEET RAHE - CF4, RR2 PSHE - H1, H7
FAKE IS A MISTAKE SK.1	False is a Mistake! Introduction to the 4th HeartSmart principle	Spot the Difference The real me is the best me	Strong Detectives Spotting themes and replacing it with truth	Circle of Trust Thinking about appropriate and inappropriate contact	Build on Truth Importance of truth to build strong friendships	Alienry Alias! Learning the facts and science about aliens	False is a Mistake Reflection What we have learned about False is a Mistake!
'NO WAY THROUGH' ISN'T TRUE SK.2	'No Way Through' isn't True! Introduction to the final HeartSmart principle	Snakes and Ladders Tracking about progress (ladders) and setbacks (snakes)	Get Back Up Importance of getting back up and trying again	I can help! Learning how to respond to emergency first aid situations	Dream Attitudes Developing the right attitudes to achieve our dreams	Embracing Change How to manage change well	'No Way Through' Isn't True Reflection What we have learned about 'No Way Through' Isn't True!
	HS FILM RAHE - MM2 PSHE - H6, H7	ACTIVITY RAHE - MM3, MM4 PSHE - H6, H7	DISCUSSION RAHE - MM1 PSHE - H7	ACTIVITY RAHE - BS2 PSHE - H5	WORKSHEET RAHE - MM1 PSHE - H5, H7	ACTIVITY RAHE - MM2, MM3, MM4 PSHE - H7, H8	WORKSHEET RAHE - MM2 PSHE - H6, H7



The Christopher Winter Resource

Autumn	
Spring	
Summer	Body Differences

Class 3 – Year 4

RELATIONSHIPS & HEALTH EDUCATION - YEAR 4

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART <i>Part 1</i>	Get HEARTSMART Introduction to HeartSmart	Words have power Demonstrating consequences of the words we use about ourselves and others	Respect what you sow Suggesting ways we can grow a desired characteristic e.g. kindness	Why well? Thinking about and discussing how we know who we can trust	Family Recipe Thinking about the characteristics that make a healthy family life	Healthy Minds Recognising what positively and negatively affects our mental health	Get HEARTSMART Reflection What we have learned about Get HEARTSMART
	HS FILM RAHE - CF1, CF3, MM1 PSHE - H2/R2	ACTIVITY RAHE - WM8, RB8, PSHE - R7	ACTIVITY RAHE - CF2 PSHE - R11	DISCUSSION RAHE - BS1, BS5 PSHE - R21, H23	ACTIVITY RAHE - F2 PSHE - R4	WORKSHEET RAHE - MM1, MM10 PSHE - H1, H14	WORKSHEET RAHE - CF1, CF3, MM1 PSHE - H1, R2
DON'T FORGET TO LET LOVE IN <i>Part 2</i>	Don't Forget to Let Love In Introduction to the 1st HeartSmart principle	Heart to heart Looking at ways we feel loved	Brilliant you ball Celebrating our strengths and achievements	One in a million Comparing measurements to determine our uniqueness	Don't agree with I don't Highlighting things about our bodies we are grateful for	Hands up! Creating a catchy rhyme/song or rap to remind others about the importance of hand washing	Don't Forget to Let Love In Reflection What we have learned about Don't Forget to Let Love In!
	HS FILM RAHE - RB4, MM1 PSHE - H1, R2	ACTIVITY RAHE - F1, F3, F4 PSHE - R2	ACTIVITY RAHE - RB4 PSHE - H5	ACTIVITY RAHE - UA PSHE - H5	ACTIVITY RAHE - MM4 PSHE - H1	ACTIVITY RAHE - HP5 PSHE - H12	WORKSHEET RAHE - RB4, MM1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY! <i>Part 1</i>	Too Much Selfie Isn't Healthy! Introduction to the 2nd HeartSmart principle	What's missing? Being aware of surroundings and people around you	Guess my feelings Suggesting how someone is feeling based on their facial expressions and body language	Unseen Heroes Thinking about and discussing the unseen heroes of our local community	Teamwork makes the dream work! Recognising that we sometimes need help from others and working together to achieve a shared goal	True Smartphone Developing an awareness of ways to use mobile phones and tablets responsibly	Too Much Selfie Isn't Healthy! Reflection What we have learned about Too Much Selfie Isn't Healthy!
	HS FILM RAHE - CF2, CF3 PSHE - R1, R2	GAME RAHE - CF1 PSHE - L7, H23	ACTIVITY RAHE - MM2, MM3 PSHE - R1	ACTIVITY RAHE - RB3, BS8 PSHE - H23	GAME RAHE - CF2, CF3 PSHE - R11, R12	WORKSHEET RAHE - ISQ, ISH7 PSHE - H24	WORKSHEET RAHE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T RUB IT IN, RUB IT OUT <i>Sp. 2</i>	Don't Rub It In, Rub It Out Introduction to the 3rd HeartSmart principle	Saying sorry Discussing ways to fix broken friendships	Pass through the pain barrier Discussing what forgiveness is and the value of forgiving others	Good stress, bad stress Talking about different types of stress and ways to manage negative stress	Boundaries Learning about personal boundaries	Be Kind Online Recognizing and dealing with online abuse	Don't Rub It In, Rub It Out Reflection What we have learned about Don't Rub It In, Rub It Out!
FAKE IS A MISTAKE <i>Sp. 1</i>	Fake is a Mistake! Introduction to the 4th HeartSmart principle	Human Beings not Dummies Celebrating one another for who we are not what we do	Voice of Love Who speaks into our lives and are they using the voice of love?	Speak Truth Having the courage to tell the truth isn't always easy	Dare to be different When dares are fun and when they are not. Thinking of ways to say no to dares	Risky Business Learning the facts and risks associated with smoking	Fake is a Mistake! Reflection What we have learned about Fake is a Mistake!
'NO WAY THROUGH,' ISN'T TRUE <i>Sp. 2</i>	'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	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	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! Reflection What we have learned about 'No Way Through' isn't True!
	HS FILM RAHE - CF4, RF2 PSHE - H1, H2	ACTIVITY RAHE - RF1, CF3 PSHE - H1, H5	WORKSHEET RAHE - F2, CF3 PSHE - H1, H10	STORY RAHE - CF5 PSHE - R2, H13	ACTIVITY RAHE - RB8, BS1, BS5 PSHE - R15, H10	ACTIVITY RAHE - DAI1 PSHE - H17	WORKSHEET RAHE - CF2 PSHE - R2



The Christopher Winter Resource

Autumn	
Spring	
Summer	Changes What is Puberty?

Class 3 – Year 5

RELATIONSHIPS & HEALTH EDUCATION - YEAR 5

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART	Get HEARTSMART Introduction to HeartSmart	Boss v Leader Considering how powerful people lead others	Lean Heart Describing the heart reputation we would like	Watch What You Watch Watching how to know what we should and shouldn't watch	Letter of Thanks Writing letters of thanks to people who support and encourage us	Sleep Well Thinking about the importance of good quality sleep for health	Get HEARTSMART Reflection What we have learned about Get HEARTSMART
<i>Part 1</i>	HS FILM RAHE - CF1, CF3, MW1 PSHE - H2, R2	ACTIVITY RAHE - RR1, BS4 PSHE - L6	ACTIVITY RAHE - CF2, RR1 PSHE - H5	WORKSHEET RAHE - SH2, SH4 PSHE - H2	ACTIVITY RAHE - F1, F2, F4 PSHE - R4	DISCUSSION RAHE - HP3 PSHE - H2	WORKSHEET RAHE - CF1, CF3, MW1 PSHE - H1, R2
DON'T FORGET TO LET LOVE IN <i>Part 2</i>	Don't Forget to Let Love In Introduction to the 1st HeartSmart principle	Games Making the connection between Games and the story Don't Forget to Let Love In!	Make the Right Voice Choose Considering the way we choose we listen to about ourselves make us feel	Under Pressure Thinking about different sources of pressure, including from our network, and ways we can respond	Allocating Resources Recognising that resources can be allocated in different ways and these choices affect others	Help! Who to go to for help and how to keep asking until help is given	Don't Forget to Let Love In Reflection What we have learned about Don't Forget to Let Love In!
<i>Part 2</i>	HS FILM RAHE - PR4, MW1 PSHE - H1, R2	ACTIVITY RAHE - CF2 PSHE - H11	ACTIVITY RAHE - F6, CF3, MW1 PSHE - H1	ACTIVITY RAHE - BS8, BS8 PSHE - H13, H14	ACTIVITY RAHE - N/A PSHE - L15	ACTIVITY RAHE - BS8, BS7, BS8 PSHE - H23	WORKSHEET RAHE - RR4, MW1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY! <i>SPR. 1</i>	Too Much Selfie Isn't Healthy! Introduction to the 2nd HeartSmart principle	When I'm Feeling Lonely... What we can do when we feel lonely	Read My Lips Listening to what others say	Honour Thinking of people who deserve honour and suggesting ways to honour them	Great Groups To investigate the purpose and role of different groups (inc. pressure groups)	Be Aware What You Share Developing an awareness of what you should and shouldn't share online	Too Much Selfie isn't Healthy Reflection What we have learned about Too Much Selfie isn't Healthy!
	HS FILM RAHE - CF2, CF3 PSHE - R1, R2	ACTIVITY RAHE - MW7, OR4 PSHE - H1	GAME RAHE - RR1, RR2 PSHE - R10	ACTIVITY RAHE - PR5 PSHE - L5, L11	ACTIVITY RAHE - N/A PSHE - L10	ACTIVITY RAHE - OR1, OR4, OR5 PSHE - H25	WORKSHEET RAHE - CF2, CF3 PSHE - R1, R2

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<i>SW.2</i> DON'T RUB IT IN, RUB IT OUT	Don't Rub It In, Rub It Out Introduction to the 3rd HeartSmart principle	Different Perspective Developing simple strategies to resolve conflict	Nelson Mandela Describing what Nelson Mandela's life teaches us about forgiveness	Emotions don't drive! How to handle our emotions	I did not I am Discussing how we respond to our own mistakes	Bully Busting Recognize bullying in all its forms and thinking about strategies to deal with bullying	Don't Rub it In, Rub it Out Reflection What we have learned about Don't Rub it In, Rub it Out!
<i>SW.2</i> FAKE IS A MISTAKE	HS FILM RAHE - CF4, RF2 PSHE - H1 Fake is a Mistake! Introduction to the 4th HeartSmart principle	ACTIVITY RAHE - CF4, RF2 PSHE - H1, H12, LB Time To Get Real! How images we see online and in the media don't always represent reality	DISCUSSION RAHE - H1, H12, LB PSHE - H1, H12, LB No Need to Hide What's inside Exploring how shame can make us want to hide how we really feel	ACTIVITY RAHE - MM2, MM3 PSHE - H8 Soft Shells Knowing who we can trust to be vulnerable and open with	DISCUSSION RAHE - MM3 PSHE - H1 Hearts that Welcome Feedback How feedback can help us grow	WORKSHEET RAHE - RB6, MM8 PSHE - H18 Decisions, Decisions! Finding out about the risks associated with alcohol for young people	WORKSHEET RAHE - CF4, PR2 PSHE - H1, H7 Fake is a Mistake Reflection What we have learned about Fake is a Mistake!
<i>SW.1</i> 'NO WAY THROUGH' ISN'T TRUE	HS FILM RAHE - CF2 PSHE - R2 'No Way Through' isn't True! Introduction to the final HeartSmart principle	DISCUSSION RAHE - OH1, OH4, ISH6 PSHE - H4, L17, L18 Egg in the Fusk Demonstrating that 'No Way Through' isn't true!	ACTIVITY RAHE - CF3, MM2, MM3 PSHE - H7, H14, R9 Success isn't always what you see How the successes we achieve on the inside can often be greater when those seen on the outside	FILM CLIP RAHE - CF2, BS1, BS8 PSHE - R2, R21 Hope Light Looking at the power of hope and how it can keep us going	ACTIVITY RAHE - CF1, CF3 PSHE - R1, R7, R12 Period Relay Key facts about the menstrual cycle	ACTIVITY RAHE - DAT1 PSHE - H17 What am I? How to look after ourselves during puberty	WORKSHEET RAHE - CF2 PSHE - R2 'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!
<i>SW.2</i> 'NO WAY THROUGH' ISN'T TRUE	HS FILM RAHE - MM2 PSHE - H6, H7 'No Way Through' isn't True! Introduction to the final HeartSmart principle	ACTIVITY RAHE - MM4 PSHE - H7 Egg in the Fusk Demonstrating that 'No Way Through' isn't true!	WORKSHEET RAHE - MM4 PSHE - H1, H5 Success isn't always what you see How the successes we achieve on the inside can often be greater when those seen on the outside	ACTIVITY RAHE - MM1, MM4 PSHE - H1, H5 Hope Light Looking at the power of hope and how it can keep us going	WORKSHEET RAHE - CAB2 PSHE - H13 Period Relay Key facts about the menstrual cycle	GAME RAHE - CAB1, CAB2 PSHE - H13 What am I? How to look after ourselves during puberty	WORKSHEET RAHE - MM2 PSHE - H6, H7 'No Way Through' isn't True Reflection What we have learned about 'No Way Through' isn't True!



The Christopher Winter Resource

Autumn	
Spring	
Summer	Talking about Puberty The Reproductive System

Class 3 – Year 6

RELATIONSHIPS & HEALTH EDUCATION - YEAR 6

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
GET HEARTSMART <i>Ant.1</i>	Get HEARTSMART Introduction to HeartSmart	Powerful Purses Demonstrate that our body language can be used to help us feel more powerful	Strong Trainers Comparing our hearts to trainers - how do we keep our hearts soft but strong?	Secret Schematics 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 RAHE - CF1, CF3, MM1 PSHE - H2, H2	ACTIVITY RAHE - RR4, MM6 PSHE - H8	WORKSHEET RAHE - MM1, MM3, MM4 PSHE - H1	DISCUSSION RAHE - BS2, BS5 PSHE - R9, H14	ACTIVITY RAHE - F5 PSHE - R5	ACTIVITY RAHE - HE2 PSHE - H3	WORKSHEET RAHE - CF1, CF3, MM1 PSHE - H1, R2
DON'T FORGET TO LET LOVE IN <i>Ant.2</i>	Don't Forget to Let Love In Introduction to the 1st HeartSmart principle	What are you worthy? 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 RAHE - RR4, MM1 PSHE - H1, R2	ACTIVITY RAHE - RR4 PSHE - H5	ACTIVITY RAHE - CF3 PSHE - H5	ACTIVITY RAHE - R1, R3, CF1 PSHE - H4	ACTIVITY RAHE - MM1 PSHE - H1	ACTIVITY RAHE - HPI PSHE - NA	WORKSHEET RAHE - RR4, MM1 PSHE - H1, H7
TOO MUCH SELFIE ISN'T HEALTHY! <i>Ant.1</i>	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 RAHE - CF2, CF3 PSHE - R1, R2	GAME RAHE - CF3, RRI, RRS PSHE - L11, R13	ACTIVITY RAHE - CF4, RRI PSHE - R10	ACTIVITY RAHE - RRS PSHE - L11	ACTIVITY RAHE - CF2, CF3 PSHE - R10	DISCUSSION RAHE - SH2, SH3, SH4 PSHE - H22, H24	WORKSHEET RAHE - CF2, CF3 PSHE - R1, R2



Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
DON'T RUB IT IN, RUB IT OUT <i>SW.2</i>	Don't Rub It In, Rub It Out Introduction to the 2nd HeartSmart principle	Work It Out Developing strategies to resolve conflict and disputes	Power of Forgiveness - Jimmy Milton's parents Discussing how we benefit when we choose to forgive others	Why 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!
FAKE IS A MISTAKE <i>SW.1</i>	False is a Mistake! Introduction to the 3rd 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	Fit It, Find out, Fit In! Find out facts about legal and illegal substances and their risks	False is a Mistake Reflection What we have learned about False is a Mistake!
NO WAY THROUGH, ISN'T TRUE <i>SW.2</i>	'No Way Through' Isn't True! Introduction to the 1st 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 RAHE - CF2 PSHE - R2	DISCUSSION RAHE - N/A PSHE - H6, H7, R16	DISCUSSION RAHE - MW1 PSHE - H1, H6, H7	ACTIVITY RAHE - BS1, R2 PSHE - R3, R10, R18	ACTIVITY RAHE - H2, H9 PSHE -	ACTIVITY RAHE - D21 PSHE - H17	WORKSHEET RAHE - CF2 PSHE - R2
	HS FILM RAHE - CF4, R2 PSHE - H1	ACTIVITY RAHE - CF4, R2 PSHE - R12	DISCUSSION RAHE - MW1 PSHE - R12	ACTIVITY RAHE - R2, OR1 PSHE - R2	ACTIVITY RAHE - CF2, CF5 PSHE - R8, R21	ACTIVITY RAHE - R8, MW8 PSHE - R14	WORKSHEET RAHE - CF4, R2 PSHE - H1, H7

The Christopher Winter Resource

Autumn	
Spring	
Summer	Puberty and Reproduction Families, Conception and Pregnancy