

## Appendix D:

### Heart Smart Scheme of Work at Dawpool Primary School

## YEAR 6



## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 6**



**R&HE:** Relationships education, relationships and sex education (RSE) and health education  
**PSHE:** PSHE Association Programmes of Study

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart  HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	<b>Powerful Poses</b> Demonstrate that our body language can be used to help us feel more powerful  ACTIVITY R&HE - RR4, MW6 PSHE - H6	<b>Stone Trainers</b> Comparing our hearts to trainers - how do we keep our hearts soft but strong  WORKSHEET R&HE - MW1, MW3, MW4 PSHE - H1	<b>Secret Scenarios</b> Recognising when it is right to keep a secret and when a secret should be shared  DISCUSSION R&HE - BS2, BS5 PSHE - R9, H14	<b>Tying the Knot</b> Recognising the importance of commitment in marriage  ACTIVITY R&HE - F5 PSHE - R5	<b>Healthy Food, Healthy Heart</b> Learning about the Eatwell plate and how to plan a healthy meal  ACTIVITY R&HE - HE2 PSHE - H3	<b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART  WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
<b>DON'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle  HS FILM R&HE - RR4, MW1 PSHE - H1, R2	<b>What are you worth?</b> Working out what we are worth  ACTIVITY R&HE - RR4 PSHE - H5	<b>People say I am</b> Encouraging one another with kind and positive words & accepting the words spoken about us  ACTIVITY R&HE - CF3 PSHE - H5	<b>Thumbs Up</b> Recalling significant events and people in our lives so far  ACTIVITY R&HE - F1, F3, CF1 PSHE - R4	<b>Gratitude jar</b> Thinking of things we are grateful for each week  ACTIVITY R&HE - MW1 PSHE - H1	<b>Signs to Spot</b> Identifying early signs of illness  ACTIVITY R&HE - HP1 PSHE - N/A	<b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!  WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle  HS FILM R&HE - CF2, CF3 PSHE - R1, R2	<b>All the Same, All Different</b> Demonstrating ways we are different and ways we are the same  GAME R&HE- CF3, RR1, RR5 PSHE - L11,R13	<b>Listen up!</b> Practising being a good listener  ACTIVITY R&HE- CF4, RR1 PSHE - R10	<b>You go before me</b> Thinking of ways the generations before us have overcome challenges that we benefit from  ACTIVITY R&HE- RR5 PSHE - L11	<b>Growing together</b> Considering ways we can be a good friend and support one another  ACTIVITY R&HE - CF2, CF3 PSHE - R10	<b>Social media - good or bad?</b> Discussing the benefits and dangers of social media  DISCUSSION R&HE - ISH2, ISH3, ISH4 PSHE - H22,H24	<b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!  WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



# YEAR 6

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
Love the Lord God with all your heart with all your soul  
and with all your mind. Love your neighbour as yourself!



## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 6**



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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart  HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	<b>Powerful Poses</b> Demonstrate that our body language can be used to help us feel more powerful  ACTIVITY R&HE - RR4, MW6 PSHE - H6	<b>Stone Trainers</b> Comparing our hearts to trainers - how do we keep our hearts soft but strong  WORKSHEET R&HE - MW1, MW3, MW4 PSHE - H1	<b>Secret Scenarios</b> Recognising when it is right to keep a secret and when a secret should be shared  DISCUSSION R&HE - BS2, BS5 PSHE - R9, H14	<b>Tying the Knot</b> Recognising the importance of commitment in marriage  ACTIVITY R&HE - F5 PSHE - R5	<b>Healthy Food, Healthy Heart</b> Learning about the Eatwell plate and how to plan a healthy meal  ACTIVITY R&HE - HE2 PSHE - H3	<b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART  WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
<b>DON'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle  HS FILM R&HE - RR4, MW1 PSHE - H1, R2	<b>What are you worth?</b> Working out what we are worth  ACTIVITY R&HE - RR4 PSHE - H5	<b>People say I am</b> Encouraging one another with kind and positive words & accepting the words spoken about us  ACTIVITY R&HE - CF3 PSHE - H5	<b>Thumbs Up</b> Recalling significant events and people in our lives so far  ACTIVITY R&HE - F1, F3, CF1 PSHE - R4	<b>Gratitude jar</b> Thinking of things we are grateful for each week  ACTIVITY R&HE - MW1 PSHE - H1	<b>Signs to Spot</b> Identifying early signs of illness  ACTIVITY R&HE - HP1 PSHE - N/A	<b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!  WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle  HS FILM R&HE - CF2, CF3 PSHE - R1, R2	<b>All the Same, All Different</b> Demonstrating ways we are different and ways we are the same  GAME R&HE - CF3, RR1, RR5 PSHE - L11,R13	<b>Listen up!</b> Practising being a good listener  ACTIVITY R&HE - CF4, RR1 PSHE - R10	<b>You go before me</b> Thinking of ways the generations before us have overcome challenges that we benefit from  ACTIVITY R&HE - RR5 PSHE - L11	<b>Growing together</b> Considering ways we can be a good friend and support one another  ACTIVITY R&HE - CF2, CF3 PSHE - R10	<b>Social media - good or bad?</b> Discussing the benefits and dangers of social media  DISCUSSION R&HE - ISH2, ISH3, ISH4 PSHE - H22,H24	<b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!  WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



# YEAR 5



## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 5**



**R&HE:** [Relationships education, relationships and sex education \(RSE\) and health education](#)  
**PSHE:** [PSHE Association Programmes of Study](#)

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<p><b>Get HEARTSMART</b> Introduction to HeartSmart</p> <p>HS FILM R&amp;HE - CF1, CF3, MW1 PSHE - H2,R2</p>	<p><b>Boss v Leader</b> Considering how powerful people lead others</p> <p>ACTIVITY R&amp;HE - RR1, BS4 PSHE - L6</p>	<p><b>Lion Heart</b> Describing the heart reputation we would like</p> <p>ACTIVITY R&amp;HE - CF2, RR1 PSHE - H5</p>	<p><b>Watch What You Watch Watch</b> Discussing how to know what we should and shouldn't watch</p> <p>WORKSHEET R&amp;HE - ISH2, ISH4 PSHE - H2</p>	<p><b>Letter of Thanks</b> Writing letters of thanks to people who support and encourage us</p> <p>ACTIVITY R&amp;HE - F1, F2, F4 PSHE - R4</p>	<p><b>Sleep Well</b> Thinking about the importance of good quality sleep for health</p> <p>DISCUSSION R&amp;HE - HP3 PSHE - H2</p>	<p><b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART</p> <p>WORKSHEET R&amp;HE - CF1, CF3, MW1 PSHE - H1, R2</p>
<b>DON'T FORGET TO LET LOVE IN!</b>	<p><b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle</p> <p>HS FILM R&amp;HE - RR4, MW1 PSHE - H1, R2</p>	<p><b>Gunner</b> Making the connection between Gunner's story and Don't Forget to Let Love In!</p> <p>ACTIVITY R&amp;HE - CF2 PSHE - R11</p>	<p><b>Make the Right Voice Choice</b> Considering the way the words we listen to about ourselves make us feel</p> <p>ACTIVITY R&amp;HE - F6, CF5, MW1 PSHE - H1</p>	<p><b>Under Pressure</b> Thinking about different sources of pressure, including from our friends, and ways we can respond</p> <p>ACTIVITY R&amp;HE - BS5, BS8 PSHE - H13, H14</p>	<p><b>Allocating Resources</b> Recognising that resources can be allocated in different ways and these choices affect others</p> <p>ACTIVITY R&amp;HE - N/A PSHE - L15</p>	<p><b>Help!</b> Who to go to for help and how to keep asking until help is given</p> <p>ACTIVITY R&amp;HE - BS6, BS7, BS8 PSHE - H23</p>	<p><b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!</p> <p>WORKSHEET R&amp;HE - RR4, MW1 PSHE - H1, H7</p>
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<p><b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle</p> <p>HS FILM R&amp;HE - CF2, CF3 PSHE - R1, R2</p>	<p><b>When I'm Feeling Lonely...</b> What we can do when we feel lonely</p> <p>ACTIVITY R&amp;HE - MW7, OR4 PSHE - H1</p>	<p><b>Read My Lips</b> Listening to what others say</p> <p>GAME R&amp;HE - RR1, RR2 PSHE - R10</p>	<p><b>Honour</b> Thinking of people who deserve honour and suggesting ways to honour them</p> <p>ACTIVITY R&amp;HE - RR5 PSHE - L9, L11</p>	<p><b>Great Groups</b> to investigate the purpose and role of different groups (inc. pressure groups)</p> <p>ACTIVITY R&amp;HE - N/A PSHE - L10</p>	<p><b>Be Aware What You Share</b> Developing an awareness of what you should and shouldn't share online</p> <p>ACTIVITY R&amp;HE - OR1, OR4, ISH3 PSHE - H25</p>	<p><b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!</p> <p>WORKSHEET R&amp;HE - CF2, CF3 PSHE - R1, R2</p>



# YEAR 5

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
Love the Lord God with all your heart with all your mind  
and with all your strength. Love your neighbour as yourself!



## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 5**



**R&HE:** [Relationships education, relationships and sex education \(RSE\) and health education](#)  
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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>DON'T RUB IT IN, RUB IT OUT</b>	<p><b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&amp;HE - CF4, RR2 PSHE - H1</p>	<p><b>Different Perspective</b> Developing simple strategies to resolve conflict</p> <p>ACTIVITY R&amp;HE - CF4, RR2 PSHE - R7, R12, L8</p>	<p><b>Nelson Mandela</b> Describing what Nelson Mandela's life teaches us about forgiveness</p> <p>DISCUSSION R&amp;HE - MW1 PSHE - R2</p>	<p><b>Emotions don't drive!</b> How to handle our emotions</p> <p>ACTIVITY R&amp;HE - MW2, MW3 PSHE - H6</p>	<p><b>I did not I am</b> Discussing how we respond to our own mistakes</p> <p>DISCUSSION R&amp;HE - MW3 PSHE - H1</p>	<p><b>Bully Busting</b> Recognise bullying in all its forms and thinking about strategies to deal with bullying</p> <p>WORKSHEET R&amp;HE - RR6, MW8 PSHE - R18</p>	<p><b>Don't Rub it in, Rub it Out Reflection</b> What we have learned about Don't Rub it in, Rub it Out!</p> <p>WORKSHEET R&amp;HE - CF4, RR2 PSHE - H1, H7</p>
<b>FAKE IS A MISTAKE</b>	<p><b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle</p> <p>HS FILM R&amp;HE - CF2 PSHE - R2</p>	<p><b>Time To Get Real</b> How images we see online and in the media don't always represent reality</p> <p>DISCUSSION R&amp;HE - OR1, OR4, ISH6 PSHE - H4, L17, L18</p>	<p><b>No Need to Hide What's Inside</b> Exploring how shame can make us want to hide how we really feel</p> <p>ACTIVITY R&amp;HE - CF3, MW2, MW3 PSHE - H7, H14, R9</p>	<p><b>Soft Shells</b> Knowing who we can trust to be vulnerable and open with</p> <p>FILM CLIP R&amp;HE - CF2, BS1, BS8 PSHE - R2, R21</p>	<p><b>Hearts that Welcome Feedback</b> How feedback can help us grow</p> <p>ACTIVITY R&amp;HE - CF1, CF3 PSHE - R1, R7, R12</p>	<p><b>Decisions, Decisions!</b> Finding out about the risks associated with alcohol for young people</p> <p>ACTIVITY R&amp;HE - DAT1 PSHE - H17</p>	<p><b>Fake is a Mistake Reflection</b> What we have learned about Fake is a Mistake!</p> <p>WORKSHEET R&amp;HE - CF2 PSHE - R2</p>
<b>'NO WAY THROUGH', ISN'T TRUE</b>	<p><b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle</p> <p>HS FILM R&amp;HE - MW2 PSHE - H6, H7</p>	<p><b>Egg in the Flask</b> Demonstrating that 'No Way Through' isn't True!</p> <p>ACTIVITY R&amp;HE - MW4 PSHE - H7</p>	<p><b>Success isn't always what you see</b> How the successes we achieve on the inside can often be greater than those seen on the outside</p> <p>WORKSHEET R&amp;HE - MW4 PSHE - H1, H5</p>	<p><b>Hope Light</b> Looking at the power of Hope and how it can keep us going</p> <p>ACTIVITY R&amp;HE - MW1, MW4 PSHE - H1, H5</p>	<p><b>Period Relay</b> Key facts about the menstrual cycle</p> <p>WORKSHEET R&amp;HE - CAB2 PSHE - H13</p>	<p><b>What am I?</b> How to look after ourselves during puberty</p> <p>GAME R&amp;HE - CAB1, CAB2 PSHE - H13</p>	<p><b>'No Way Through' isn't True Reflection</b> What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET R&amp;HE - MW2 PSHE - H6, H7</p>





# YEAR 4

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
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and with all your mind. Love your neighbour as yourself



## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 4**



**R&HE:** [Relationships education, relationships and sex education \(RSE\) and health education](#)  
**PSHE:** [PSHE Association Programmes of Study](#)

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart  HS FILM R&HE - CF1, CF3, MW1 PSHE - H2, R2	<b>Words have power</b> Demonstrating consequences of the words we use about ourselves and others  ACTIVITY R&HE - MW8, RR5, RR6 PSHE - R7	<b>Reap what you sow</b> Suggesting ways we can grow a desired characteristic e.g. kindness  ACTIVITY R&HE - CF2 PSHE - R11	<b>Wily wolf</b> Thinking about and discussing how we know who we can trust  DISCUSSION R&HE - BS1, BS5 PSHE - R21, H23	<b>Family Recipe</b> Thinking about the characteristics that make a healthy family life  ACTIVITY R&HE - F2 PSHE - R4	<b>Healthy Minds</b> Recognising what positively and negatively affects our mental health  WORKSHEET R&HE - MW1, MW10 PSHE - H1, H14	<b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART  WORKSHEET R&HE - CF1, CF3, MW1 PSHE - H1, R2
<b>DON'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle  HS FILM R&HE - RR4, MW1 PSHE - H1, R2	<b>Heart to heart</b> Looking at ways we feel loved  ACTIVITY R&HE - F1, F3, F4 PSHE - R2	<b>Brilliant me ball</b> Celebrating our strengths and achievements  ACTIVITY R&HE - RR4 PSHE - H5	<b>One in a million</b> Comparing measurements to determine our uniqueness  ACTIVITY R&HE - N/A PSHE - H5	<b>Don't agree with I don't like me</b> Highlighting things about our bodies we are grateful for  ACTIVITY R&HE - MW4 PSHE - H1	<b>Hands up!</b> Creating a catchy rhyme/song or rap to remind others about the importance of hand washing  ACTIVITY R&HE - HP5 PSHE - H12	<b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!  WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle  HS FILM R&HE - CF2, CF3 PSHE - R1, R2	<b>What's missing?</b> Being aware of surroundings and people around you  GAME R&HE - CF1 PSHE - L7, H23	<b>Guess my feelings</b> Suggesting how someone is feeling based on their facial expressions and body language  ACTIVITY R&HE - MW2, MW3 PSHE - R1	<b>Unseen heroes</b> Thinking about and thanking the unseen heroes of our local community  ACTIVITY R&HE - RR5, BS8 PSHE - H23	<b>Teamwork makes the dream work!</b> Recognising that we sometimes need help from others and working together to achieve a shared goal  GAME R&HE - CF2, CF3 PSHE - R11, R12	<b>True Smartphone</b> Developing an awareness of ways to use mobile phones and tablets responsibly  WORKSHEET R&HE - ISH2, ISH7 PSHE - H24	<b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!  WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



# YEAR 4

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
"Love the Lord God with all your heart with all your soul  
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## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 4**



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[PSHE: PSHE Association Programmes of Study](#)

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>DON'T RUB IT IN, RUB IT OUT</b>	<p><b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&amp;HE - CF4, RR2 PSHE - H1</p>	<p><b>Saying sorry</b> Discussing ways to fix broken friendships</p> <p>DISCUSSION R&amp;HE - CF4, CF5, RR3 PSHE - R12</p>	<p><b>Pass through the pain barrier</b> Discussing what forgiveness is and the value of forgiving others</p> <p>DISCUSSION R&amp;HE - CF4, MW3 PSHE - H1</p>	<p><b>Good stress, bad stress</b> Talking about different types of stress and ways to manage negative stress</p> <p>ACTIVITY R&amp;HE - MW5, MW9 PSHE - H6</p>	<p><b>Boundaries</b> Learning about personal boundaries</p> <p>DISCUSSION R&amp;HE - RR8, BS1 PSHE - R21</p>	<p><b>Be Kind Online</b> Recognising and dealing with online abuse</p> <p>WORKSHEET R&amp;HE - ISH1, ISH5, ISH7 PSHE - R18</p>	<p><b>Don't Rub it in, Rub it Out Reflection</b> What we have learned about Don't Rub it in, Rub it Out!</p> <p>WORKSHEET R&amp;HE - CF4, RR2 PSHE - H1, H7</p>
<b>FAKE IS A MISTAKE</b>	<p><b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle</p> <p>HS FILM R&amp;HE - CF2 PSHE - R2</p>	<p><b>Human BEings not DOings</b> Celebrating one another for who we are not what we do</p> <p>ACTIVITY R&amp;HE - RR1, CF3 PSHE - H1, H5</p>	<p><b>Voice of Love</b> Who speaks into our lives and are they using the voice of love?</p> <p>WORKSHEET R&amp;HE - F2, CF3 PSHE - H1, R10</p>	<p><b>Speak Truth</b> Having the courage to tell the truth isn't always easy</p> <p>STORY R&amp;HE - CF5 PSHE - R2, H13</p>	<p><b>Dare to be different</b> When dares are fun and when they are not. Thinking of ways to say no to dares</p> <p>ACTIVITY R&amp;HE - RR8, BS1, BS5 PSHE - R15, H10</p>	<p><b>Risky Business</b> Learning the facts and risks associated with smoking</p> <p>ACTIVITY R&amp;HE - DAT1 PSHE - H17</p>	<p><b>Fake is a Mistake Reflection</b> What we have learned about Fake is a Mistake!</p> <p>WORKSHEET R&amp;HE - CF2 PSHE - R2</p>
<b>'NO WAY THROUGH', ISN'T TRUE</b>	<p><b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle</p> <p>HS FILM R&amp;HE - MW2 PSHE - H6, H7</p>	<p><b>Endurance Expedition</b> Thinking about the skills and attitudes needed to meet a challenge</p> <p>ACTIVITY R&amp;HE - MW3, MW4 PSHE - H7</p>	<p><b>Habits - Help or Hinder?</b> Considering the habits we need to develop or change to reach our goals</p> <p>WORKSHEET R&amp;HE - MW4, MW5 PSHE - H16</p>	<p><b>Just Keep Swimming</b> How to persevere and hold onto hope</p> <p>FILM CLIP R&amp;HE - MW3, MW4 PSHE - H7, R2</p>	<p><b>Dreamers</b> Dreaming of the future</p> <p>ACTIVITY R&amp;HE - N/A PSHE - H5</p>	<p><b>Changing Me!</b> Key facts about the changes that take place in puberty between 9 - 11</p> <p>WORKSHEET R&amp;HE - CAB1 PSHE - H8, H13</p>	<p><b>'No Way Through' isn't True Reflection</b> What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET R&amp;HE - MW2 PSHE - H6, H7</p>



## YEAR 3

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
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# Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 3**



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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart  HS FILM R&HE - CF1, CF3, MW1 PSHE - H2,R2	<b>Batteries</b> Looking at ways we can be positive (kind) and negative (unkind) to one another  ACTIVITY R&HE - CF1, CF2 PSHE - R2	<b>Inside Out</b> Recalling memories and associating a feeling with them  FILM CLIP R&HE - MW3, MW4 PSHE - H7	<b>Guard your Heart</b> Thinking about things we need to guard our hearts from  GAME R&HE - CF5 PSHE - R3	<b>My squad</b> Listing the people in our lives we are grateful for  WORKSHEET R&HE - F1, CF1 PSHE - R4	<b>Full or Empty?</b> Thinking of the benefits of living a healthy lifestyle  WORKSHEET R&HE - PH1, PH3, PH4	<b>Get HEARTSMART Reflection</b> What we have learned about Get HEARTSMART  WORKSHEET R&HE - CF3, MW1 PSHE - H1, R2
<b>DON'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle  HS FILM R&HE - RR4, MW1 PSHE - H1, R2	<b>Wear it with pride</b> Learning to accept the encouragement given to us by others  ACTIVITY R&HE - CF1, CF3 PSHE - L8	<b>Love is...</b> Considering what love is and what it isn't  WORKSHEET R&HE - F6, CF2, CF5 PSHE - L4	<b>Moana</b> Comparing 'Te Fiti' before and after she 'let love in'  FILM CLIP R&HE - MW2, MW4, MW7 PSHE - R1	<b>Growing gratitude</b> Listing things we are grateful for and why  ACTIVITY R&HE - RR3 PSHE - H1	<b>Love yourself</b> Making good choices to keep our hearts healthy  ACTIVITY R&HE - HE1, HE2 PSHE - H1, H3	<b>Don't Forget to Let Love in Reflection</b> What we have learned about Don't Forget to Let Love in!  WORKSHEET R&HE - RR4, MW1 PSHE - H1, H7
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle  HS FILM R&HE - CF2, CF3 PSHE - R1, R2	<b>Flip your phone</b> How can you be #unselfie and doing something kind for others?  WORKSHEET R&HE - CF3, RR2 PSHE - R7	<b>What's your emergency?</b> How to respond in an emergency  ACTIVITY R&HE - BFA1 PSHE - H15	<b>Elizabeth Everest</b> Honouring others for their kindness  ACTIVITY R&HE - RR5 PSHE - R7	<b>No man is an island</b> Working together, listening to one another and respecting other's views  GAME R&HE - CF2, CF3 PSHE - L8	<b>Padlocked Privacy</b> Discussing why it is important to keep personal information private  WORKSHEET R&HE - OR3, OR5 PSHE - H22	<b>Too Much Selfie isn't Healthy Reflection</b> What we have learned about Too Much Selfie isn't Healthy!  WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



# YEAR 3

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
Love the Lord God with all your heart with all your mind  
and with all your might. Love your neighbour as yourself.



## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 3**



**R&HE: Relationships education, relationships and sex education (RSE) and health education**  
**PSHE: PSHE Association Programmes of Study**

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>DON'T RUB IT IN, RUB IT OUT</b>	<p><b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&amp;HE - CF4, RR2 PSHE - H1</p>	<p><b>Magic water</b> Demonstrating the effects of saying sorry</p> <p>DISCUSSION R&amp;HE - CF4, CF5, RR3 PSHE - R7, R12</p>	<p><b>Play it out</b> Considering different ways to respond to scenarios</p> <p>WORKSHEET R&amp;HE - CF4 PSHE - R2</p>	<p><b>Balloon Blast</b> Demonstrating the benefits of letting go of hurt</p> <p>ACTIVITY R&amp;HE - CF4, MW2 PSHE - R12</p>	<p><b>Marble Jar</b> Discussion around how trust is built and betrayed</p> <p>FILM CLIP R&amp;HE - CF2, CF5 PSHE - R3</p>	<p><b>Who am I?</b> Recognising and challenging stereotypes</p> <p>WORKSHEET R&amp;HE - RR7 PSHE - R16</p>	<p><b>Don't Rub it in, Rub it Out Reflection</b> What we have learned about Don't Rub it in, Rub it Out!</p> <p>WORKSHEET R&amp;HE - CF4, RR2 PSHE - H1, H7</p>
<b>FAKE IS A MISTAKE</b>	<p><b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle</p> <p>HS FILM R&amp;HE - CF2 PSHE - R2</p>	<p><b>Spot the Difference</b> The real me is the best me</p> <p>ACTIVITY R&amp;HE - OR1, ISH6 PSHE - R7</p>	<p><b>Shame Detectives</b> Spotting shame and replacing it with truth</p> <p>WORKSHEET R&amp;HE - CF3, MW2 PSHE - H1, H6</p>	<p><b>Circle of Trust</b> Thinking about appropriate and inappropriate contact</p> <p>WORKSHEET R&amp;HE - BS3, BS5 PSHE - H1</p>	<p><b>Build on Truth</b> Importance of truth to build strong friendships</p> <p>DISCUSSION R&amp;HE - CF2 PSHE - R2, R3, R7</p>	<p><b>Allergy Allies!</b> Learning the facts and science about allergies</p> <p>DISCUSSION R&amp;HE - HP6</p>	<p><b>Fake is a Mistake Reflection</b> What we have learned about Fake is a Mistake!</p> <p>WORKSHEET R&amp;HE - CF2 PSHE - R2</p>
<b>'NO WAY THROUGH', ISN'T TRUE</b>	<p><b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle</p> <p>HS FILM R&amp;HE - MW2 PSHE - H6, H7</p>	<p><b>Snakes and Ladders</b> Thinking about progress (ladders) and setbacks (snakes)</p> <p>ACTIVITY R&amp;HE - MW3, MW4 PSHE - H5, H7</p>	<p><b>Get Back Up</b> Importance of getting back up and trying again</p> <p>DISCUSSION R&amp;HE - MW1 PSHE - H7</p>	<p><b>I can help!</b> Learning how to respond to emergency first aid situations</p> <p>ACTIVITY R&amp;HE - BFA2 PSHE - H15</p>	<p><b>Dream Attitudes</b> Developing the right attitudes to achieve our dreams</p> <p>WORKSHEET R&amp;HE - MW1 PSHE - H5, H7</p>	<p><b>Embracing Change</b> How to manage change well</p> <p>ACTIVITY R&amp;HE - MW2, MW3, MW4 PSHE - H7, H8</p>	<p><b>'No Way Through' isn't True Reflection</b> What we have learned about 'No Way Through' isn't True!</p> <p>WORKSHEET R&amp;HE - MW2 PSHE - H6, H7</p>



## YEAR 2

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
Love the Lord God with all your heart with all your mind  
and with all your might. Love your neighbour as yourself



# Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 2**



R&HE: Relationships education, relationships and sex education (RSE) and health education

PSHE: PSHE Association Programmes of Study

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<b>Get HEARTSMART</b> Introduction to HeartSmart	<b>Power Plus</b> Describing how we can use our power in positive and negative ways	<b>Heart Decisions</b> Considering the reputations we would like to have	<b>Bright Hearts</b> What is in our hearts, is played out in our words and actions	<b>Love Map</b> Identifying special people and how they show us love	<b>Boris Face Plate</b> Creating a robot face from healthy foods	<b>Get HEARTSMART Reflection</b> Circle time - What we have learned about Get HEARTSMART
	HS FILM R&HE - CF3, MW1 PSHE - H2,R2	ACTIVITY R&HE - CF3 PSHE - L1	ACTIVITY R&HE - CF2, MW4 PSHE - H2	ACTIVITY R&HE - MW3, MW4 PSHE - H2	WORKSHEET R&HE - F1, F3 PSHE - R9	ACTIVITY R&HE - HE2, HE3 PSHE - H1	WORKSHEET R&HE - CF3, MW1 PSHE - R2,R4
<b>DON'T FORGET TO LET LOVE IN!</b>	<b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle	<b>I am cubes</b> Recognising and celebrating our strengths and ways in which we are all unique	<b>Trash or Truth</b> Learning to differentiate between the truths and lies that we hear or speak about ourselves	<b>Meaning of my Name</b> Writing an acrostic poem for your name by selecting words that describe you	<b>Boundin</b> Discussion around how being thankful for what we have, changes our attitude	<b>Heartbeat-</b> Noting the difference in our heart rate after physical activity. Loving ourselves means looking after ourselves	<b>Don't Forget to Let Love in Reflection</b> Circle time - What we have learned about Don't Forget to Let Love in!
	HS FILM R&HE - RR4, MW1, PSHE - R1, R4	WORKSHEET R&HE - RR4 PSHE - H3	ACTIVITY R&HE - RR4, RR5 PSHE - L3	ACTIVITY R&HE - N/A PSHE - L8	FILM CLIP R&HE - MW6 PSHE - H3	ACTIVITY R&HE - PH1, PH2, PH3 PSHE - H1	WORKSHEET R&HE - RR4, MW1 PSHE - H4, R1
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle	<b>Spot the Difference</b> Be aware of surroundings and the people around you	<b>Secret Kindness Agents</b> Looking for opportunities to do something kind for others	<b>Everyday Heroes</b> Thinking about people who look after us in our community	<b>We all Fit Together</b> Looking at how are we the same and how we are different	<b>HeartSmart on the Playground, HeartSmart Online</b> Rules for keeping safe online	<b>Too Much Selfie isn't Healthy Reflection</b> Circle time - What we have learned about Too Much Selfie isn't Healthy!
	HS FILM R&HE -CF2, CF3 PSHE - R1, R2	ACTIVITY R&HE - CF1 PSHE - L4	ACTIVITY R&HE - CF3, RR2 PSHE - R4	ACTIVITY R&HE - RR1, RR5, BS8 PSHE - L10	ACTIVITY R&HE - RR1, RR5 PSHE - L9, R8	WORKSHEET R&HE - OR2, OR3, OR5, ISH7 PSHE - H12, H14, H15	WORKSHEET R&HE - CF2, CF3 PSHE - R1, R2



## YEAR 2



# Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 2**



**R&HE:** [Relationships education, relationships and sex education \(RSE\) and health education](#)  
**PSHE:** [PSHE Association Programmes of Study](#)

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>DON'T RUB IT IN, RUB IT OUT</b>	<b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle  HS FILM R&HE - CF4, RR2 PSHE - H2	<b>That's what Friends are for (Shrek)</b> Saying sorry and offering forgiveness between friends  FILM CLIP R&HE - CF4 PSHE - R6	<b>Balloon Spoons</b> Demonstrating how holding onto unforgiveness can make us feel  ACTIVITY R&HE - MW3, MW4 PSHE - H4	<b>Let the Ouch Out</b> Reflecting on helpful ways to deal with hurt  WORKSHEET R&HE - MW7, MW9 PSHE - H4, H5	<b>Traffic Lights</b> Ways to handle negative emotion  ACTIVITY R&HE - MW3, MW9 PSHE - H4, H13	<b>Crumpled Hearts</b> Demonstrating the consequences of teasing or bullying  ACTIVITY R&HE - MW8, RR6, BS7 PSHE - R13, R14	<b>Don't Rub it in, Rub it Out Reflection</b> Circle time - What we have learned about Don't Rub it in, Rub it Out!  WORKSHEET R&HE - CF1, CF2, CF3, CF4 & CF5 PSHE - H2
<b>FAKE IS A MISTAKE</b>	<b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle  HS FILM R&HE - CF2 PSHE - R1	<b>Grains of Sand</b> There never has and never will be another one of me  ACTIVITY R&HE - N/A PSHE - L8	<b>The Truth about Me</b> Not all the thoughts we have about ourselves are true  DISCUSSION R&HE - MW1, MW4 PSHE - R4, R12	<b>Real is a Big Deal</b> Discussing how different emotions feel  WORKSHEET R&HE - MW2, MW3 PSHE - H4, R1	<b>Nice to Meet You!</b> Looking at ways to be polite when meeting others  GAME R&HE - RR3 PSHE - R8	<b>Sun Safe!</b> Thinking of ways to stay safe in the sun  ACTIVITY R&HE - HP2 PSHE - H1	<b>Fake is a Mistake Reflection</b> Circle time - What we have learned about Fake is a Mistake!  WORKSHEET R&HE - CF2 PSHE - R1
<b>'NO WAY THROUGH', ISN'T TRUE</b>	<b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle  HS FILM R&HE - MW2 PSHE - H3, H4	<b>Road signs</b> Finding alternative solutions to problems  ACTIVITY R&HE - MW2 PSHE - H3	<b>Ways to Say</b> Looking at seemingly impossible situations in different ways  ACTIVITY R&HE - MW2, MW4 PSHE - H4	<b>Rainbows from Rain</b> Overcoming challenges and difficulties  ACTIVITY R&HE - MW2, MW3 PSHE - H3	<b>Imagine a Bright Future</b> Imagining 'What if...' in a positive way  ACTIVITY R&HE - MW1 PSHE - H1, H2	<b>Energy Detectives</b> Looking for signs of energy and thinking about ways to conserve it  ACTIVITY R&HE - N/A PSHE - L1, L5	<b>'No Way Through' isn't True Reflection</b> Circle time - What we have learned about 'No Way Through' isn't True!  WORKSHEET R&HE - MW2 PSHE - H3, H4





# YEAR 1

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
"Love the Lord God with all your heart with all your soul  
and with all your mind. Love your neighbour as yourself"



## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 1**



**R&HE:** Relationships education, relationships and sex education (RSE) and health education  
**PSHE:** PSHE Association Programmes of Study

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
<b>GET HEARTSMART</b>	<p><b>Get HEARTSMART</b> Introduction to HeartSmart</p> <p>HS FILM R&amp;HE - CF3, MW1 PSHE - H2, R2</p>	<p><b>Power</b> How we can use our power in positive and negative ways</p> <p>ACTIVITY R&amp;HE - CF3, CF5 PSHE - R2, R12</p>	<p><b>Feelings Bingo</b> Understanding our emotions</p> <p>GAME R&amp;HE - MW2, MW3 PSHE - R1, H4</p>	<p><b>What goes in, must come out - Worms!</b> What we put in our hearts is what comes out</p> <p>ACTIVITY R&amp;HE - MW1 PSHE - H2</p>	<p><b>Guess Who?</b> Who we are grateful for in our class and why</p> <p>GAME R&amp;HE - CF1, CF2 PSHE - R9</p>	<p><b>Healthy Choices</b> Helping Boris make good choices to keep healthy</p> <p>ACTIVITY R&amp;HE - MW1, PH1 PSHE - H2</p>	<p><b>Get HEARTSMART Reflection</b> Circle time - What we have learned about Get HEARTSMART</p> <p>WORKSHEET R&amp;HE - CF3, MW1 PSHE - R2, R4</p>
<b>DON'T FORGET TO LET LOVE IN!</b>	<p><b>Don't Forget to Let Love in!</b> Introduction to the 1st HeartSmart principle</p> <p>HS FILM R&amp;HE - RR4, MW1 PSHE - R1, R4</p>	<p><b>Pants!</b> Learning about appropriate and inappropriate contact</p> <p>WORKSHEET R&amp;HE - BS3, BS4 PSHE - R10</p>	<p><b>Truth or Lies</b> Differentiating between truths and lies about us</p> <p>ACTIVITY R&amp;HE - MW1 PSHE - H3</p>	<p><b>Would you Rather?</b> Game of preference</p> <p>GAME R&amp;HE - CF3 PSHE - L8</p>	<p><b>Marshmallow Test</b> Learning that there is a choice in spending and saving</p> <p>ACTIVITY R&amp;HE - N/A PSHE - L7</p>	<p><b>Taking Care of Me</b> Ways to take care of ourselves everyday</p> <p>ACTIVITY R&amp;HE - HP4, HP5 PSHE - H1, H6, H7, H11</p>	<p><b>Don't Forget to Let Love in Reflection</b> Circle time - What we have learned about Don't Forget to Let Love in!</p> <p>WORKSHEET R&amp;HE - RR4, MW1 PSHE - H4, R1</p>
<b>TOO MUCH SELFIE ISN'T HEALTHY!</b>	<p><b>Too Much Selfie isn't Healthy!</b> Introduction to the 2nd HeartSmart principle</p> <p>HS FILM R&amp;HE - CF2, CF3 PSHE - R1, R2</p>	<p><b>Who's Missing?</b> Developing an awareness of our surroundings and the people around us</p> <p>ACTIVITY R&amp;HE - CF1 PSHE - L4</p>	<p><b>The Smartest Giant in Town</b> How can we help others? How have others helped us?</p> <p>STORY R&amp;HE - CF2, CF3 PSHE - L1</p>	<p><b>Who Looks After Me?</b> Who looks after us? How can we show them our appreciation?</p> <p>ACTIVITY R&amp;HE - F1, F2, F4 PSHE - H13</p>	<p><b>Teamwork - Monsters University</b> Working as a team to reach an end goal</p> <p>FILM CLIP R&amp;HE - CF2 PSHE - L3</p>	<p><b>Helping Boris</b> Discussing simple rules to help keep us safe online</p> <p>WORKSHEET R&amp;HE - OR2, OR3, ISH1 PSHE - H12</p>	<p><b>Too Much Selfie isn't Healthy Reflection</b> Circle time - What we have learned about Too Much Selfie isn't Healthy!</p> <p>WORKSHEET R&amp;HE - CF2, CF3 PSHE - R1, R2</p>



# YEAR 1

**Love of Jesus  
(Our HeartSmart Actions)**  
Matthew 22:36-40  
*Love the Lord God with all your heart with all your soul  
and with all your mind. Love your neighbour as yourself.*



## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: **YEAR 1**



**R&HE:** Relationships education, relationships and sex education (RSE) and health education  
**PSHE:** PSHE Association Programmes of Study

<p><b>DON'T RUB IT IN, RUB IT OUT</b></p>	<p><b>Don't Rub it in, Rub it Out!</b> Introduction to the 3rd HeartSmart principle</p> <p>HS FILM R&amp;HE - CF4, RR2 PSHE - H2</p>	<p><b>Goldilocks and Baby Bear</b> Thinking about the motive behind our behaviour, how our behaviour affects others and how to make amends</p> <p>ACTIVITY R&amp;HE - RR1, CF5 PSHE - R2, R4</p>	<p><b>Forgiveness Fizz</b> Discussion around how forgiveness can help hard situations disappear</p> <p>ACTIVITY R&amp;HE - CF4 PSHE - R1</p>	<p><b>Chalk faces</b> Different ways we can handle negative emotion effectively</p> <p>ACTIVITY R&amp;HE - MW2, MW3, MW4 PSHE - R6, R7</p>	<p><b>Disappointed Robots</b> Exploring different ways to handle disappointment</p> <p>ACTIVITY R&amp;HE - MW3 PSHE - H3, H4</p>	<p><b>Builders and Wreckers</b> How the words we use can build others up or knock them down</p> <p>ACTIVITY R&amp;HE - MW8, RR6 PSHE - R11, R14</p>	<p><b>Don't Rub it in, Rub it Out Reflection</b> Circle time - What we have learned about Don't Rub it in, Rub it Out!</p> <p>WORKSHEET R&amp;HE - CF4, RR2 PSHE - H2</p>
<p><b>FAKE IS A MISTAKE</b></p>	<p><b>Fake is a Mistake!</b> Introduction to the 4th HeartSmart principle</p> <p>HS FILM R&amp;HE - CF2 PSHE - R1</p>	<p><b>The Best Me</b> Being yourself is the best you, you can be</p> <p>ACTIVITY R&amp;HE - N/A PSHE - L8</p>	<p><b>Don't Hide What's Inside!</b> Don't hide your true thoughts and feelings</p> <p>ACTIVITY R&amp;HE - CF3, F4 PSHE - R1, R5</p>	<p><b>Mask Making</b> Thinking about who we can trust to talk to when we are sad or mad</p> <p>ACTIVITY R&amp;HE - CF5, BS6, BS7, BS8 PSHE - H13, H4</p>	<p><b>Telephone Whispers</b> How small lies can have a big impact</p> <p>GAME R&amp;HE - CF2 PSHE - R4, R2</p>	<p><b>Smile!</b> Looking at the importance of good oral hygiene and dental health</p> <p>WORKSHEET R&amp;HE - HP4 PSHE - H1</p>	<p><b>Fake is a Mistake Reflection</b> Circle time - What we have learned about Fake is a Mistake!</p> <p>WORKSHEET R&amp;HE - CF2 PSHE - R1</p>
<p><b>'NO WAY THROUGH', ISN'T TRUE</b></p>	<p><b>'No Way Through' isn't True!</b> Introduction to the final HeartSmart principle</p> <p>HS FILM R&amp;HE - MW2 PSHE - H3, H4</p>	<p><b>Mission Possible</b> Learning from our experiences and trying again</p> <p>ACTIVITY R&amp;HE - MW4 PSHE - H3, R7</p>	<p><b>Tummy Talk</b> Trusting our instincts. Good secrets v bad secrets</p> <p>ACTIVITY R&amp;HE - BS5, BS6 PSHE - R3, H15</p>	<p><b>Seeds of Potential</b> There is potential in all of us</p> <p>ACTIVITY R&amp;HE - RR1 PSHE - L1, L4, H9</p>	<p><b>Hearts that Dream</b> Creating Dreamboards to capture our hopes and dreams</p> <p>ACTIVITY R&amp;HE - MW6 PSHE - H2</p>	<p><b>Love a lot, Miss a lot</b> Circle time and activity around people, animals and things we have lost</p> <p>WORKSHEET R&amp;HE - MW2, MW3, MW9 PSHE - H5, R1</p>	<p><b>'No Way Through' isn't True Reflection</b> Circle time - What we have learned</p> <p>WORKSHEET R&amp;HE - MW1 PSHE - H3, H4</p>



## FOUNDATION 2

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
"Love the Lord God with all your heart with all your soul  
and with all your mind. Love your neighbour as yourself"



### Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: F2



**R&HE:** [Relationships education, relationships and sex education \(RSE\) and health education](#)

**PSHE:** [PSHE Association Programmes of Study](#)

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>GET HEARTSMART (Meet Boris)</b>	<b>My HeartSmart Toolbelt</b> Looking at Boris' special tools to learn what it means to be HeartSmart	<b>Becoming Boris</b> Using junk materials to dress up as Boris	<b>Fill Boris' Toolbox</b> Roll a dice to find the missing tools from Boris' toolbox	<b>How do they feel?</b> Learning to read facial expressions and body language to understand how someone is feeling	<b>My Heart is full</b> Talking about the things we love and how they make us feel	<b>Heart Hunt</b> Looking for hidden hearts
	ACTIVITY PSED - SC/SA	ACTIVITY PSED - MR	GAME PSED - MR	ACTIVITY PSED - MFB	ACTIVITY PSED - MFB	GAME PSED - MR
<b>DON'T FORGET TO LET LOVE IN (I am special)</b>	<b>I am loved!</b> Learning that each one of us is loved, special and important	<b>My Favourite Things</b> Thinking about our favourite things and how they are all different	<b>My heart!</b> Talking about how we demonstrate different emotions	<b>Twinkle Twinkle</b> Thinking about what makes our friends special	<b>Who am I?</b> Children to find different objects they like	<b>EYFS has talent</b> Demonstrating our different skills and talents
	CIRCLE TIME PSED - SC/SA	ACTIVITY PSED - SC/SA	ACTIVITY PSED - MFB	GAME PSED - MR	ACTIVITY PSED - SC/SA	ACTIVITY PSED - SC/SA
<b>TOO MUCH SELFIE ISN'T HEALTHY (I love others)</b>	<b>I love to...</b> Discussion about who you love and what you love to do together	<b>Parachute Families</b> Game to demonstrate how everyone's family is different	<b>Sorting Feelings</b> Looking at ways people express how they are feeling and ways we can show we care	<b>How do you do?</b> Exploring ways to show care and affection for others	<b>Helpful Hearts</b> Thinking about how we show others we care when we offer our help	<b>Thank you for helping me</b> Thanking members of the school community for their help
	ACTIVITY PSED - MR	GAME PSED - MR	ACTIVITY PSED - MFB	GAME PSED - MR	ACTIVITY PSED - MR	ACTIVITY PSED - SC





## FOUNDATION 2

Love of Jesus  
(Our HeartSmart Actions)  
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and with all your mind. Love your neighbour as yourself



### Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: F2



[R&HE: Relationships education, relationships and sex education \(RSE\) and health education](#)

[PSHE: PSHE Association Programmes of Study](#)

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>DON'T RUB IT IN, RUB IT OUT (I am a good friend)</b>	<b>Super Friends</b> Discussing what makes a super friend  ACTIVITY PSED - MR	<b>Musical friends</b> Game to show the importance of including others  GAME PSED - MR	<b>Listening Ears</b> Game to encourage children to listen to one another  GAME PSED - MFB	<b>Soft words, Hard words</b> Thinking about the types of words we use and how they make others feel ACTIVITY PSED - MR	<b>If I met the Scrapman</b> Being kind to others even when their behaviour is unkind ACTIVITY PSED - MR	<b>Grumpy Frog Story</b> Exploring saying sorry through story  STORY PSED - MFB
<b>FAKE IS A MISTAKE (I tell the truth)</b>	<b>Boris and the Scrapman's lies</b> Children to differentiate between lies and truth.  ACTIVITY PSED - MFB	<b>Cheer up Boris!</b> Write or draw a postcard for Boris using kind and encouraging words. ACTIVITY PSED - MFB	<b>How Rabbit got his long ears</b> Story to explore the importance of telling the truth  STORY PSED - MR	<b>Hat Game</b> Pretending to be someone else is fun but being me is better  ACTIVITY PSED - SC/SA	<b>Thankful Heart</b> Circle time to think about what the children are thankful for.  CIRCLE TIME PSED - SC/SA	<b>Tell me about you</b> Sharing and celebrating differences in our homes and families SHOW & TELL PSED - SC/SA
<b>NO WAY THROUGH, ISN'T TRUE (I can do it!)</b>	<b>Boris in the kitchen</b> Considering how we can move forward from mistakes we make  DISCUSSION PSED - SC/SA	<b>I can challenge</b> Series of challenges for children to practise and complete.  ACTIVITY PSED - SC/SA	<b>Stuck!</b> Circle time to consider what to do when the children are stuck.  CIRCLE TIME PSED - SC/SA	<b>When I grow up</b> Game and discussion around what children want to do when they grow up  GAME PSED - SC/SA	<b>Magnetic Maze</b> Activity to demonstrate persevering to find a way through  ACTIVITY PSED - SC/SA	<b>Changing Caterpillars</b> Considering change through the life cycle of a caterpillar  ACTIVITY PSED - SC/SA



# FOUNDATION 1

Love of Jesus  
(Our HeartSmart Actions)  
Matthew 22: 36-40  
Love the Lord God with all your heart with all your soul  
and with all your mind. Love your neighbour as yourself!



## Dawpool CE (Aided) Primary School Relationships & Health Education (RHE) Curriculum: F1



R&HE: Relationships education, relationships and sex education (RSE) and health education

PSHE: PSHE Association Programmes of Study

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>GET HEARTSMART (Meet Boris)</b>	<b>Boris' Beginnings</b> Boris the Robot story – which voice should he listen to?  STORY PSED - MR	<b>Build-a-Boris</b> Make a robot from junk  ACTIVITY PSED - SC/SA	<b>Boris Shapes</b> Make a robot from 2D shapes  ACTIVITY PSED - SC/SA	<b>Happy and you know it</b> Song to demonstrate different emotions  ACTIVITY PSED - MFB	<b>Boris Face dough</b> Different emotions using play dough  ACTIVITY PSED - MFB	<b>Boris' Hanging Hearts</b> Heart rewards for children who are caught being kind  ACTIVITY PSED - MR
<b>DON'T FORGET TO LET LOVE IN (I am special)</b>	<b>VIP Crowns</b> Design and make a crown  ACTIVITY PSED - SC/SA	<b>Mirror, mirror</b> Describe self in mirror and draw a self-portrait.  ACTIVITY PSED - MR	<b>I am special because I am...</b> Game to encourage children to think about why they are special  GAME PSED - SC/SA	<b>I am special song</b> Children to suggest reasons they are special  CIRCLE TIME PSED - SC/SA	<b>Fingerprint tree</b> Looking at uniqueness of fingerprints  ACTIVITY PSED - SC/SA	<b>All about me ball</b> Circle time to tell the other children about yourself  CIRCLE TIME PSED - SC/SA
<b>TOO MUCH SELFIE ISN'T HEALTHY (I love others)</b>	<b>Who is special to me?</b> Who loves and cares for Boris? Who do you love and care for?  CIRCLE TIME PSED - MR	<b>My House</b> Who lives in your house?  ACTIVITY PSED - SC	<b>Catch a Smile</b> Game to encourage children to share their smiles  GAME PSED - MR	<b>Friendship web</b> Circle time to use kind/encouraging words about one another.  CIRCLE TIME PSED - MR	<b>A friend in need</b> Game about looking out for and helping friends in need.  GAME PSED - MR	<b>Bird Feeders</b> How can we love the wildlife in our garden?  ACTIVITY PSED - SC



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Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
<b>DON'T RUB IT IN, RUB IT OUT (I am a good friend)</b>	<b>We're all Friends Together</b> Thinking about what we like to do with our friends  GAME PSED - MR	<b>Sharing Island Game</b> Game to encourage sharing and co-operation  GAME PSED - MR	<b>Robots and Mechanics</b> Listening to instructions and co-operating with one another  GAME PSED - MR	<b>I am a kind friend</b> Game to help children find simple ways to be kind to each other  ACTIVITY PSED - MR	<b>I make a good friend</b> How to be a good friend  ACTIVITY PSED - MR	<b>Emoji emotions</b> Encouraging children to describe how they are feeling using emojis  CIRCLE TIME PSED - MFB
<b>FAKE IS A MISTAKE (I tell the truth)</b>	<b>Boris Has...</b> Game to demonstrate the importance of being kind and truthful  GAME PSED - SC/SA	<b>The Truth according to Arthur story</b> Talking about the importance of telling the truth  STORY PSED - MFB	<b>Sorting words</b> Sorting words into kind and unkind.  ACTIVITY PSED - MFB	<b>Animal Game – thankful to be me</b> Pretending to be something else is fun but being me is better  ACTIVITY PSED - MFB	<b>Thankful Walk</b> Walk around the school to spot things children are thankful for  ACTIVITY PSED - SC/SA	<b>In my House</b> Circle time to celebrate the different things we do with our families  CIRCLE TIME PSED - SC/SA
<b>NO WAY THROUGH, ISN'T TRUE (I can do it!)</b>	<b>Nuts and Bolts</b> Challenge the children to match the correct nuts to the correct bolts  ACTIVITY PSED - SC/SA	<b>With my...I can...</b> Describing different things the children can do with their amazing body  CIRCLE TIME PSED - SC/SA	<b>We're Going on a Bear Hunt</b> Interactive retelling of the story  ACTIVITY PSED - MFB	<b>Incy Wincy Spider</b> Learning perseverance from Incy Wincy Spider  ACTIVITY PSED - MFB	<b>Road Blocks</b> Moving cars around the mat by adhering to the road signs  ACTIVITY PSED - SC/SA	<b>Cup stack challenge</b> Challenge to see how many cups the children can stack before they collapse  ACTIVITY PSED - SC/SA

