



## PSHE

### Covid-19 Catch -Up Curriculum Overview

|                  | AUTUMN TERM 1  | AUTUMN TERM 2 | SPRING TERM 1  | SPRING TERM 2 | SUMMER TERM 1   | SUMMER TERM 2 |
|------------------|--|---------------|--|---------------|---|---------------|
| <b>NURSERY</b>   | <b>GET HEART SMART<br/>(Meet Boris)</b><br><br>Boris' Beginnings<br>Build a Boris<br>Boris Shapes<br>Happy and You Know It<br>Boris Face Dough<br>Boris Hanging Hearts                     |               | <b>DON'T FORGET TO LET LOVE IN<br/>(I am Special)</b><br><br>VIP Crowns<br>Mirror, Mirror<br>I am Special because I am...<br>I am Special Song<br>Fingerprint Tree<br>All About Me Ball                    |               | <b>TOO MUCH SELFIE ISN'T HEALTHY<br/>(I Love Others)</b><br><br>Who is Special to Me?<br>My House<br>Catch a Smile<br>Friendship Web<br>A Friend In Need<br>Bird Feeders  |               |
| <b>RECEPTION</b> | <b>GET HEART SMART<br/>(Meet Boris)</b><br><br>My Heart Smart Tool-belt<br>Becoming Boris<br>Fill Boris' Tool-box<br>How do They Feel?<br>My Heart is Full<br>Heart Hunt                   |               | <b>DON'T FORGET TO LET LOVE IN<br/>(I am Special)</b><br><br>I am Loved<br>My Favourite Things<br>My Heart<br>Twinkle, Twinkle<br>Who Am I?<br>EYFS Has Talent   |               | <b>TOO MUCH SELFIE ISN'T HEALTHY<br/>(I Love Others)</b><br><br>I Love To ...<br>Parachute Families<br>Sorting Feelings<br>How Do You Do?<br>Helpful Hearts<br>Thank You For Helping Me   |               |
| <b>YEAR 1</b>    | <b>GET HEART SMART</b><br><br>Introduction to Heart Smart<br>Power<br>Feelings Bingo<br>What Goes In, Must Come Out – Women<br>Guess Who?<br>Healthy Choices<br>Get Heart Smart Reflection |               | <b>DON'T FORGET TO LET LOVE IN</b><br><br>Don't Forget to Let Love in<br>Pants!<br>Truth or Lies<br>Would You Rather?<br>Marshmallow Test<br>Taking Care of Me<br>Don't Forget to Let Love in – Reflection |               | <b>TOO MUCH SELFIE ISN'T HEALTHY</b><br><br>Too Much Selfie Isn't Healthy<br>Who's Missing?<br>The Smart Giant in Town<br>Who's Looking After Me?<br>Teamwork – Monster's University<br>Helping Boris<br>Too Much Selfie Isn't Healthy – Reflection |               |

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| <p><b>YEAR 2</b></p> | <p><b>GET HEART SMART</b></p> <p>Get Heart Smart<br/>Power Plus<br/>Heart Decisions<br/>Bright Hearts<br/>Love Map<br/>Boris Face Plate<br/>Get Heart Smart – Reflection</p>      | <p><b>DON'T FORGET TO LET LOVE IN</b></p> <p>Don't Forget to Let Love in<br/>I am Cubes<br/>Trash or Truth<br/>Meaning of my Name<br/>Bound-in Heartbeat<br/>Don't Forget to Let Love in – Reflection</p>                                      | <p><b>TOO MUCH SELFIE ISN'T HEALTHY</b></p> <p>Too Much Selfie Isn't Healthy<br/>Spot the Difference, Be Aware<br/>Secret Kindness Agents<br/>Everyday Heroes<br/>We All Fit Together<br/>Heart Smart on the Playground<br/>Too Much Selfie Isn't Healthy – Reflection</p> | <p><b>DON'T RUB IT IN, RUB IT OUT</b></p> <p>Don't Rub It In, Rub It Out<br/>That's What Friends Are For (Shrek)<br/>Balloon Spoons<br/>Let the Ouch Out<br/>Traffic Lights<br/>Crumpled Hearts<br/>Don't Rub It In, Rub It Out – Reflection</p> | <p><b>FAKE IS A MISTAKE</b></p> <p>Fake is a Mistake<br/>Grains of Sand<br/>The Truth About Me<br/>Real is a Big Deal<br/>Nice to Meet You<br/>Sun Safe!<br/>Fake is a Mistake – Reflection</p>       | <p><b>NO WAY THROUGH, ISN'T TRUE</b></p> <p>No Way Through Isn't True<br/>Road Signs<br/>Ways to Say<br/>Rainbows From Rain<br/>Imagine a Bright Future<br/>Energy Detectives<br/>No Way Through, Isn't True – Reflection</p>   |
| <p><b>YEAR 3</b></p> | <p><b>GET HEART SMART</b></p> <p>Get Heart Smart<br/>Batteries<br/>Inside Out<br/>Guard Your Heart<br/>My Squad<br/>Full or Empty?<br/>Get Heart Smart – Reflection</p>           | <p><b>DON'T FORGET TO LET LOVE IN</b></p> <p>Don't Forget to Let Love in<br/>Wear it With Pride<br/>Love is...<br/>Moana<br/>Growing Gratitude<br/>Love Yourself<br/>Don't Forget to Let Love in – Reflection</p>                              | <p><b>TOO MUCH SELFIE ISN'T HEALTHY</b></p> <p>Too Much Selfie Isn't Healthy<br/>Flip Your Phone<br/>What's Your Emergency?<br/>Elizabeth Everest<br/>No Man is an Island<br/>Padlock Privacy<br/>Too Much Selfie Isn't Healthy – Reflection</p>                           | <p><b>DON'T RUB IT IN, RUB IT OUT</b></p> <p>Don't Rub It In, Rub It Out<br/>Magic Water<br/>Play it Out<br/>Balloon Blast<br/>Marble Jar<br/>Who Am I?<br/>Don't Rub It In, Rub It Out – Reflection</p>   | <p><b>FAKE IS A MISTAKE</b></p> <p>Fake is a Mistake<br/>Spot the Difference<br/>Shame Detectives<br/>Circle of Trust<br/>Build on Truth<br/>Allergy Allies<br/>Fake is a Mistake – Reflection</p>    | <p><b>NO WAY THROUGH, ISN'T TRUE</b></p> <p>No Way Through Isn't True<br/>Snakes and Ladders<br/>Get Back Up<br/>I Can Help!<br/>Dream Attitudes<br/>Embracing Change<br/>No Way Through Isn't True – Reflection</p>            |
| <p><b>YEAR 4</b></p> | <p><b>GET HEART SMART</b></p> <p>Get Heart Smart<br/>Word Have Power<br/>Reap What You Sow<br/>Wily Wolf<br/>Family Recipe<br/>Healthy Minds<br/>Get Heart Smart – Reflection</p> | <p><b>DON'T FORGET TO LET LOVE IN</b></p> <p>Don't Forget to Let Love in<br/>Heart to Heart<br/>Brilliant Me Ball<br/>One in a Million<br/>Don't Agree With I<br/>Don't Like Me<br/>Hands Up!<br/>Don't Forget to Let Love in – Reflection</p> | <p><b>TOO MUCH SELFIE ISN'T HEALTHY</b></p> <p>Too Much Selfie Isn't Healthy<br/>What's Missing?<br/>Guess My Feelings?<br/>Unseen Heroes<br/>Teamwork Makes the Dream Work<br/>True Smartphone<br/>Too Much Selfie Isn't Healthy – Reflection</p>                         | <p><b>DON'T RUB IT IN, RUB IT OUT</b></p> <p>Don't Rub It In, Rub It Out<br/>Saying Sorry<br/>Pass Through the Pain Barrier<br/>Good Stress, Bad Stress<br/>Boundaries<br/>Be Kind Online<br/>Don't Rub It In, Rub It Out – Reflection</p>       | <p><b>FAKE IS A MISTAKE</b></p> <p>Fake is a Mistake<br/>Human Beings Not Doings<br/>Voice of Love<br/>Speak Truth<br/>Dare to be Different<br/>Risky Business<br/>Fake is a Mistake – Reflection</p> | <p><b>NO WAY THROUGH, ISN'T TRUE</b></p> <p>No Way Through Isn't True<br/>Endurance Expedition<br/>Habits – Help or Hinder?<br/>Just Keep Swimming<br/>Dreamers<br/>Changing Me!<br/>No Way Through Isn't True – Reflection</p> |

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| <p><b>Year 5</b></p> | <p><b>GET HEART SMART</b></p> <p>Get Heart Smart<br/>Boss v Leader<br/>Lion Heart<br/>Watch What You Watch<br/>Letter of Thanks<br/>Sleep Well<br/>Get Heart Smart – Reflection</p>                 | <p><b>DON'T FORGET TO LET LOVE IN</b></p> <p>Don't Forget to Let Love in<br/>Gunner<br/>Make the Right Voice Choice<br/>Under Pressure<br/>Allocating resources Help!<br/>Don't Forget to Let Love in – Reflection</p> | <p><b>TOO MUCH SELFIE ISN'T HEALTHY</b></p> <p>Too Much Selfie Isn't Healthy<br/>When I'm feeling Lonely<br/>Read My Lips Honour<br/>Great Groups<br/>Be Aware What You Share<br/>Too Much Selfie Isn't Healthy – Reflection</p>                         | <p><b>DON'T RUB IT IN, RUB IT OUT</b></p> <p>Don't Rub It In, Rub It Out<br/>Different Perspective<br/>Nelson Mandela<br/>Emotions Don't Drive!<br/>I Did Not I am Bully Busting<br/>Don't Rub It In, Rub It Out – Reflection</p> | <p><b>FAKE IS A MISTAKE</b></p> <p>Fake is a Mistake<br/>Time to Get real<br/>No Need to Hide What's Inside<br/>Soft Shells<br/>Hearts That Welcome<br/>Decisions, Decisions!<br/>Fake is a Mistake – Reflection</p>              | <p><b>NO WAY THROUGH, ISN'T TRUE</b></p> <p>No Way Through Isn't True<br/>Egg in the Flask<br/>Success Isn't Always What You See<br/>Hope Light<br/>Period Replay<br/>What Am I?<br/>No Way Through Isn't True – Reflection</p>                                   |
| <p><b>Year 6</b></p> | <p><b>GET HEART SMART</b></p> <p>Get Heart Smart<br/>Powerful Poses<br/>Stone Trainers<br/>Secret Scenarios<br/>Tying the Knot<br/>Healthy Food, Healthy Heart<br/>Get Heart Smart – Reflection</p> | <p><b>DON'T FORGET TO LET LOVE IN</b></p> <p>Don't Forget to Let Love in<br/>What Are You Worth?<br/>People Say I am Thumb Up<br/>Gratitude Jar<br/>Signs to Spot<br/>Don't Forget to Let Love in – Reflection</p>     | <p><b>TOO MUCH SELFIE ISN'T HEALTHY</b></p> <p>Too Much Selfie Isn't Healthy<br/>All the Same, All Different<br/>Listen Up!<br/>You Go Before Me<br/>Growing Together<br/>Social Media – Good or Bad?<br/>Too Much Selfie Isn't Healthy – Reflection</p> | <p><b>DON'T RUB IT IN, RUB IT OUT</b></p> <p>Don't Rub It In, Rub It Out<br/>Work it Out<br/>Power of Forgiveness<br/>Way to Say<br/>Bit by Bit<br/>Deep Impact<br/>Don't Rub It In, Rub It Out – Reflection</p>                  | <p><b>FAKE IS A MISTAKE</b></p> <p>Fake is a Mistake<br/>This is Me!<br/>Heart Smart Self Talk<br/>Boundaries for Respect<br/>Vaccines – Facts vs Fake News!<br/>Fix It, Find out, Fit In!<br/>Fake is a Mistake – Reflection</p> | <p><b>NO WAY THROUGH, ISN'T TRUE</b></p> <p>No Way Through Isn't True<br/>The Bridge to Yet<br/>Self-Awareness<br/>Hearts Filled With Hope<br/>Where the Magic Happens<br/>Under Construction – The Teenage Brain!<br/>No Way Through Isn't True – Reflection</p> |

\*Based on the Heart Smart Scheme\*