



PSHE and Relationships & Health Education

	AUTUMN TERM 1	AUTUMN TERM 2	SPRING TERM 1	SPRING TERM 2	SUMMER TERM 1	SUMMER TERM 2
NURSERY	GET HEART SMART (Meet Boris) Boris' Beginnings Build a Boris Boris Shapes Happy and You Know It Boris Face Dough Boris Hanging Hearts	DON'T FORGET TO LET LOVE IN (I am Special) VIP Crowns Mirror, Mirror I am Special because I am... I am Special Song Fingerprint Tree All About Me Ball	TOO MUCH SELFIE ISN'T HEALTHY (I Love Others) Who is Special to Me? My House Catch a Smile Friendship Web A Friend In Need Bird Feeders	DON'T HOLD ON TO WHAT'S WRONG (I am a Good Friend) We're All Friends Together Sharing Island Game Robots and Mechanics I Am a Kind Friend I Make a Good Friend Emoji Emotions	FAKE IS A MISTAKE (I Tell the Truth) Boris Has... The Truth According to Arthur Story Sorting Words Animal Game – Thankful to be Me Thankful Walk Heart Hunt	NO WAY THROUGH, ISN'T TRUE (I Can Do It) Nuts and Bolts With My ... I Can We're Going on a Bear Hunt Incy Wincy Spider Road Blocks Cup Stack Challenge
NURSERY Relationships & Health Education Links	Personal, Social, Emotional Development (PSED): Self Confidence Self-Awareness Making Relationships Managing Feelings and Behaviour	Personal, Social, Emotional Development (PSED): Self Confidence Self-Awareness Making Relationships Managing Feelings and Behaviour	Personal, Social, Emotional Development (PSED): Self Confidence Making Relationships Managing Feelings and Behaviour	Personal, Social, Emotional Development (PSED): Making Relationships Managing Feelings and Behaviour	Personal, Social, Emotional Development (PSED): Self Confidence Self-Awareness Managing Feelings and Behaviour	Personal, Social, Emotional Development (PSED): Self Confidence Self-Awareness Managing Feelings and Behaviour

RECEPTION	GET HEART SMART (Meet Boris) My Heart Smart Tool-belt Becoming Boris Fill Boris' Tool-box How do They Feel? My Heart is Full Heart Hunt	DON'T FORGET TO LET LOVE IN (I am Special) I am Loved My Favourite Things My Heart Twinkle, Twinkle Who Am I? EYFS Has Talent	TOO MUCH SELFIE ISN'T HEALTHY (I Love Others) I Love To ... Parachute Families Sorting Feelings How Do You Do? Helpful Hearts Thank You For Helping Me	DON'T HOLD ON TO WHAT'S WRONG (I am a Good Friend) Super Friends Musical Friends Listening Ears Soft Words, Hard Words If I Meet the Scrapman Grumpy Frog Story	FAKE IS A MISTAKE (I Tell the Truth) Boris and the Scrapman's Lies Cheer Up Boris! How Rabbit Got His Long Ears Hat Game Thankful Heart Tell Me About You	NO WAY THROUGH, ISN'T TRUE (I Can Do It) Boris in the Kitchen I Can Challenge Stuck! When I Grow Up Magnetic Maze Changing Caterpillars
RECEPTION Relationships & Health Education Links	Personal, Social, Emotional Development (PSED) Self Confidence Self-Awareness Making Relationships Managing Feelings and Behaviour	Personal, Social, Emotional Development (PSED) Self Confidence Self-Awareness Making Relationships Managing Feelings and Behaviour	Personal, Social, Emotional Development (PSED) Self Confidence Making Relationships Managing Feelings and Behaviour	Personal, Social, Emotional Development (PSED) Making Relationships Managing Feelings and Behaviour	Personal, Social, Emotional Development (PSED) Managing Feelings and Behaviour Making Relationships Self Confidence Self-Awareness	Personal, Social, Emotional Development (PSED) Self Confidence Self-Awareness

YEAR 1	GET HEART SMART Get Heart Smart Power Feelings Bingo What Goes in, Must Come Out – Worms! Guess Who? Healthy Choices Get Heart Smart – Reflections	DON'T FORGET TO LET LOVE IN Don't Forget to Let Love in Pants! Truth or Lies Would you Rather? Marshmallow Test Taking Care of Me Don't Forget to Let Love in – Reflections	TOO MUCH SELFIE ISN'T HEALTHY Too Much Selfie Isn't Healthy Who's Missing? The Smart Giant in Town Who Looks After Me? Teamwork – Monsters University Helping Boris Too Much Selfie Isn't Healthy – Reflections	DON'T HOLD ON TO WHAT'S WRONG Don't Hold On To What's Wrong Goldilocks Forgiveness Fizz Chalk Faces Disappointed Robots Builders and Wreckers Don't Hold On To What's Wrong – Reflection	FAKE IS A MISTAKE Fake is a Mistake! The Best Me Don't Hide What's Inside Mask Making Telephone Whispers Smile! Fake is a Mistake – Reflection	NO WAY THROUGH, ISN'T TRUE No Way Through Isn't True Mission Impossible Belly Talk Seeds of Potential Hearts That Dream Love a Lot, Miss a Lot No Way Through, Isn't True – Reflection
Year 1 Relationships & Health Education Links	Caring Friendships Mental Wellbeing Physical Health & Fitness	Respectful Relationships Mental Wellbeing Being Safe Health & Prevention	Caring Friendships Families & People Who Care About Me Online Relationships Internet Safety and Harms	Caring Friendships Respectful Relationships Mental Wellbeing	Caring Friendships Families & People Who Care About Me Being Safe Health & Prevention	Mental Wellbeing Being Safe Respectful Relationships

YEAR 2	GET HEART SMART Get Heart Smart Power Plus Heart Decisions Bright Hearts Love Map Boris Face Plate Get Heart Smart – Reflection	DON'T FORGET TO LET LOVE IN Don't Forget to Let Love in I am Cubes Trash or Truth Meaning of my Name Bound-in Heartbeat Don't Forget to Let Love in – Reflection	TOO MUCH SELFIE ISN'T HEALTHY Too Much Selfie Isn't Healthy Spot the Difference, Be Aware Secret Kindness Agents Everyday Heroes We All Fit Together Heart Smart on the Playground, Heart Smart online Too Much Selfie Isn't Healthy – Reflection	DON'T HOLD ON TO WHAT'S WRONG Don't Hold On To What's Wrong That's What Friends Are For Balloon Spoons Let the Ouch Out! Traffic Lights Crumpled Hearts Don't Hold On To What's Wrong– Reflection	FAKE IS A MISTAKE Fake is a Mistake Grains of Sand The Truth About Me Real is a Big Deal Nice to Meet You Sun Safe! Fake is a Mistake – Reflection	NO WAY THROUGH, ISN'T TRUE No Way Through Isn't True Road Signs Ways to Say Rainbows From Rain Imagine a Bright Future Energy Detectives No Way Through, Isn't True – Reflection
Year 2 Relationships & Health Education Links	Caring Friendships Mental Wellbeing Families & People Who Care About Me Healthy Eating	Respectful Relationships Mental Wellbeing Physical Health & Fitness	Caring Friendships Respectful Relationships Being Safe Online Relationships	Caring Friendships Respectful Relationships Mental Wellbeing Being Safe	Caring Friendships Mental Wellbeing Respectful Relationships Health & Prevention	Mental Wellbeing

YEAR 3	GET HEART SMART	DON'T FORGET TO LET LOVE IN	TOO MUCH SELFIE ISN'T HEALTHY	DON'T HOLD ON TO WHAT'S WRONG	FAKE IS A MISTAKE	NO WAY THROUGH, ISN'T TRUE
	Get Heart Smart Batteries Inside Out Guard Your Heart My Squad Full or Empty? Get Heart Smart – Reflection	Don't Forget to Let Love in Wear it With Pride Love is... Moana 'I Know Who You Are' Growing Gratitude Love Yourself Don't Forget to Let Love in – Reflection	Too Much Selfie Isn't Healthy Flip Your Phone What's Your Emergency? Elizabeth Everest No Man is an Island Padlocked Privacy Too Much Selfie Isn't Healthy – Reflection	Don't Hold On To What's Wrong Magic Water Play it Out Balloon Blast Marble Jar Who Am I? Don't Hold On To What's Wrong – Reflection	Fake is a Mistake Spot the Difference Shame Detectives Circle of Trust Build on Truth Allergy Allies Fake is a Mistake – Reflection	No Way Through Isn't True Snakes and Ladders Get Back Up I Can Help! Dream Attitudes Embracing Change No Way Through Isn't True – Reflection
Year 3 Relationships & Health Education Links	Caring Friendships Mental Wellbeing Families & People Who Care About Me Physical Health & Fitness	Respectful Relationships Mental Wellbeing Caring Friendships Families & People Who Care About Me Healthy Eating	Caring Friendships Respectful Relationships Basic First Aid Online Relationships	Caring Friendships Respectful Relationships Mental Wellbeing	Caring Friendships Online Relationships Internet Safety Mental Wellbeing Being Safe Health & Prevention	Mental Wellbeing Basic First Aid

YEAR 4	GET HEART SMART Get Heart Smart Words Have Power Reap What You Sow Wily Wolf Family Recipe Healthy Minds Get Heart Smart – Reflection	DON'T FORGET TO LET LOVE IN Don't Forget to Let Love in Heart to Heart Brilliant Me Ball One in a Million Don't Agree With 'I Don't Like Me' Hands Up! Don't Forget to Let Love in – Reflection	TOO MUCH SELFIE ISN'T HEALTHY Too Much Selfie Isn't Healthy What's Missing? Guess My Feelings Unseen Heroes Teamwork Makes the Dream Work True Smartphone Too Much Selfie Isn't Healthy – Reflection	DON'T HOLD ON TO WHAT'S WRONG Don't Hold On To What's Wrong Saying Sorry Pass Through the Pain Barrier Good Stress, Bad Stress Boundaries Be Kind Online Don't Hold On To What's Wrong– Reflection	FAKE IS A MISTAKE Fake is a Mistake Human BEings Not DOings Voice of Love Speak Truth Dare to be Different Risky Business Fake is a Mistake – Reflection	NO WAY THROUGH, ISN'T TRUE No Way Through Isn't True Endurance Expedition Habits – Help or Hinder? Just Keep Swimming Dreamers Changing Me! No Way Through Isn't True – Reflection
Year 4 Relationships & Health Education Links	Caring Friendships Mental Wellbeing Respectful Relationships Being Safe Families & People Who Care About Me	Respectful Relationships Mental Wellbeing Families & People Who Care About Me Health & Prevention	Caring Friendships Mental Wellbeing Respectful Relationships Being Safe Internet Safety and Harms	Caring Friendships Respectful Relationships Mental Wellbeing Being Safe Internet Safety and Harms	Caring Friendships Respectful Relationships Families & People Who Care About Me Being Safe Drugs, Alcohol and Tobacco	Mental Wellbeing Caring Friendships

Year 5	GET HEART SMART	DON'T FORGET TO LET LOVE IN	TOO MUCH SELFIE ISN'T HEALTHY	DON'T HOLD ON TO WHAT'S WRONG	FAKE IS A MISTAKE	NO WAY THROUGH, ISN'T TRUE
	Get Heart Smart	Don't Forget to Let Love in	Too Much Selfie Isn't Healthy	Don't Hold On To What's Wrong	Fake is a Mistake	No Way Through
	Boss v Leader				Time to Get real	Egg in the Flask
	Lion Heart	Gunner	When I'm feeling Lonely	Different Perspective	No Need to Hide What's Inside	Success Isn't Always What You See
	Watch What You Watch	Make the Right Voice Choice	Read My Lips	Nelson Mandela	Soft Shells	Hope Light
	Letter of Thanks	Under Pressure	Honour	Emotions Don't Drive!	Hearts That Welcome Feedback	Period Relay
	Sleep Well	Allocating Resources	Great Groups	I Did Not I am	Decisions, Decisions!	What Am I?
	Get Heart Smart – Reflection	Help!	Be Aware What You Share	Bully Busting	Decisions, Decisions!	No Way Through Isn't True – Reflection
		Don't Forget to Let Love in – Reflection	Too Much Selfie Isn't Healthy – Reflection	Don't Hold On To What's Wrong– Reflection	Fake is a Mistake – Reflection	
Year 5	Caring Friendships	Respectful Relationships	Caring Friendships	Caring Friendships	Caring Friendships	Mental Wellbeing
Relationships & Health Education Links	Mental Wellbeing				Online Relationships	Caring Friendships
	Respectful Relationships	Mental Wellbeing	Mental Wellbeing	Respectful Relationships	Internet Safety and Harms	
	Being Safe	Caring Friendships	Online Relationships	Mental Wellbeing	Mental Wellbeing	
	Internet Safety and Harms	Families & People Who Care About Me	Respectful Relationships		Being Safe	
	Families & People Who Care About Me	Being Safe			Drugs, Alcohol and Tobacco	
	Health & Prevention					

Year 6	GET HEART SMART	DON'T FORGET TO LET LOVE IN	TOO MUCH SELFIE ISN'T HEALTHY	DON'T HOLD ON TO WHAT'S WRONG	FAKE IS A MISTAKE	NO WAY THROUGH, ISN'T TRUE
	Get Heart Smart	Don't Forget to Let Love in	Too Much Selfie Isn't Healthy	Don't Hold On To What's Wrong	Fake is a Mistake	No Way Through Isn't True
	Powerful Poses	What Are You Worth?	All the Same, All Different	Work it Out	This is Me!	The Bridge to Yet
	Stone Trainers	People Say I Am	Listen Up!	Power of Forgiveness	Heart Smart Self-Talk	Self-Awareness
	Secret Scenarios	Thumbs Up	You Go Before Me	Ways to Say	Boundaries for Respect	Hearts Filled With Hope
	Tying the Knot	Gratitude Jar	Growing Together	Bit by Bit	Vaccines – Facts vs Fake News!	Where the Magic Happens
	Healthy Food, Healthy Heart	Signs to Spot	Social Media – Good or Bad?	Deep Impact	Fix It, Find out, Fit In!	Under Construction – The Teenage Brain!
	Get Heart Smart – Reflection	Don't Forget to Let Love in – Reflection	Too Much Selfie Isn't Healthy – Reflection	Don't Hold On To What's Wrong – Reflection	Fake is a Mistake – Reflection	No Way Through Isn't True – Reflection
Year 6 Relationships & Health Education Links	Caring Friendships	Respectful Relationships	Caring Friendships	Caring Friendships	Caring Friendships	Mental Wellbeing
	Mental Wellbeing	Mental Wellbeing	Respectful Relationships	Respectful Relationships	Mental Wellbeing	Caring Friendships
	Respectful Relationships	Caring Friendships	Internet Safety	Mental Wellbeing	Being Safe	
	Being Safe	Families & People Who Care About Me		Online Relationships	Respectful Relationships	
	Families & People Who Care About Me	Health & Prevention			Health & Prevention	
	Healthy Eating				Internet Safety	

Based on the Heart Smart Scheme

*Year 6 also participate in the Guardian newspaper scheme 'Newswise'