



# Witton Church Walk

## Key Stage 1

Get Heartsmart

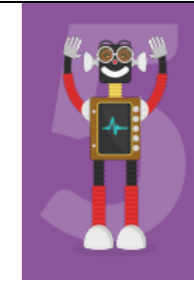
Don't forget to Let Love in!

Too Much Selfie isn't Healthy!

Don't Hold onto what's Wrong!

Fake is a Mistake!

No Way Through isn't True!



Y.1

- Reflect and understand that my choices can help or hurt my own and other people's hearts.
- Reflect and understand that I am a source of power.
- Reflect and understand some different emotions I feel.
- Explore ways I can look after my heart.
- Identify someone that I am grateful for and am beginning to think about a reason why.
- Explore what healthy choices for my mind and body look like.

- Describe myself in a positive way.
- Think about some great things about myself.
- Suggest touch that I like and touch that I don't like.
- Develop an understanding of the difference between the truth and lies.
- Reflect and understand that not everything is true.
- To understand what truth sounds like.
- Make choices based on my preferences.
- Develop an understanding that I am unique.
- Decipher the difference between spending and saving.
- Develop an understanding that I can choose to 'save' or 'spend'.
- Develop an understanding that a reward comes from saving.

- Reflect on ways to show love for others.
- Reflect and demonstrate ways to love others.
- Notice the people around me.
- Reflect on ways that I can help others.
- Reflect on ways I have been helped by others.
- Think of someone who looks after me.
- Reflect on how being looked after makes me feel.
- Suggest ways to show appreciation for others.
- Reflect and articulate ways to work as a team.
- Know some ways to keep safe online.
- Draw a picture to offer advice for keeping safe online.
- Suggest a way that I have shown love for others.

- Identify when Boris is sad.
- Understand that what I do impacts others.
- Begin to understand when I need to say sorry.
- Begin to understand that forgiveness helps my heart.
- Begin to understand when I am feeling a negative emotion eg anger, sadness, disappointment.
- Begin to understand that I can choose kind or unkind words.
- Suggest an example of a positive attribute of the kind of friend I would like to be.
- Begin to understand something I can do if I feel sad or mad.

- Suggest an amazing fact about myself.
- Explain why we don't need to lie about ourselves.
- Begin to understand that I don't need to pretend to be anything I am not - I can be myself!
- Describe what being 'see-through' means.
- Begin to understand some reasons why being 'see-through' in friendship is important.
- Suggest some ways to look after my teeth.
- Name a person I can talk to when I feel upset.
- Begin to understand that small lies can have a big impact.
- Complete the phrase "I am..." with a positive characteristic.

- Begin to understand when I feel stuck.
- Begin to choose to persevere in completing a challenge.
- Explore how I can adapt my strategy and try other things when I feel stuck.
- Begin to understand the value of having a friend's support when I feel stuck.
- Differentiate between secrets I should and shouldn't keep.
- I know what to do if someone asks me to keep a secret that makes me feel uncomfortable.
- Begin to understand that I have an impact on my class, family and community.
- Choose pictures of things I like (to create a dreamboard).
- Reflect on a person, pet or toy that I miss.
- Share a memory of that person, pet or toy.

		<ul style="list-style-type: none"> <li>• Identify different ways that I can take care of myself and some of the objects I use for this eg toothbrush.</li> <li>• Recall a kind word or action from my week.</li> </ul>	<ul style="list-style-type: none"> <li>• Reflect on how loving others makes me feel.</li> </ul>			<ul style="list-style-type: none"> <li>• Recall times where I felt stuck but found a way through!</li> </ul>
Y.2	<ul style="list-style-type: none"> <li>• Understand that the choices I make can help or hurt my own and other people's hearts.</li> <li>• Describe a way that I can use my power in a positive and negative way.</li> <li>• Begin to understand that the decisions I make can impact my reputation.</li> <li>• Begin to understand how my heart impacts my actions, words and behaviours.</li> <li>• Describe how different people's families may look.</li> <li>• Describe a way my family shows me love.</li> <li>• List a food from each of the 5 food groups.</li> <li>• Reflect on a choice I have made that has helped my heart.</li> <li>• Reflect on a choice I have made that has helped someone else's heart.</li> </ul>	<ul style="list-style-type: none"> <li>• Recall a way someone has shown love to me through kind words or actions.</li> <li>• Describe something I like about myself.</li> <li>• Identify some of my strengths.</li> <li>• Understand that I am unique.</li> <li>• Understand the difference between truth and lies.</li> <li>• Suggest my own trash and truth statement.</li> <li>• Use positive adjectives to describe myself.</li> <li>• Describe a different range of emotions.</li> <li>• Understand that thankfulness changes my attitude.</li> <li>• Find my pulse.</li> <li>• Describe how I feel after physical activity.</li> <li>• Recall a kind word or action from the week.</li> <li>• Share the best thing about me.</li> </ul>	<ul style="list-style-type: none"> <li>• Suggest a way to show love for others.</li> <li>• Suggest a way to demonstrate love to others.</li> <li>• Suggest ways to 'look out' for other people's needs and the needs of the environment around me.</li> <li>• Spot and act on opportunities to do something kind for others.</li> <li>• List the people working in my local community that look after and protect me.</li> <li>• Reflect and appreciate the important work they do.</li> <li>• List ways that we are all different.</li> <li>• List ways that we are all the same.</li> <li>• Suggest some ways to keep safe in real life.</li> <li>• Suggest some online safety rules.</li> <li>• Understand that online safety rules are similar to safety rules in real life.</li> <li>• Suggest ways they have shown love for others.</li> <li>• Describe how loving others makes me feel.</li> </ul>	<ul style="list-style-type: none"> <li>• Understand that letting the bad feelings out of my heart helps me feel happy again.</li> <li>• Understand that what I do impacts others.</li> <li>• Begin to understand when I need to say sorry.</li> <li>• Begin to understand that forgiveness helps my heart.</li> <li>• Give an example of a person, place or activity that helps my heart when I am sad.</li> <li>• Begin to understand ways to help me let go of hurt or disappointment.</li> <li>• Suggest a way I can protect myself and others from bullying.</li> <li>• Suggest something I can do if I feel sad or mad.</li> </ul>	<ul style="list-style-type: none"> <li>• Suggest a couple of amazing facts about myself.</li> <li>• Explain why we don't need to lie about ourselves.</li> <li>• Name something unique about myself.</li> <li>• Name an unkind thought that I have about myself.</li> <li>• Name a kind thought I have about myself.</li> <li>• Describe how an emotion feels.</li> <li>• Describe times when I have felt different emotions.</li> <li>• Suggest some ways to demonstrate good manners.</li> <li>• Demonstrate different ways to greet another person.</li> <li>• Describe some ways to stay safe in the sun.</li> <li>• Use positive words to describe myself and complete the phrase 'I am...'</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to understand when I feel stuck.</li> <li>• Begin to choose to persevere in completing a challenge.</li> <li>• Begin to be able to find alternative solutions to a problem.</li> <li>• Design a map with alternative routes.</li> <li>• Begin to think about different ways I can look at situations.</li> <li>• Suggest a different way I could try to overcome a challenging situation.</li> <li>• Replace worry phrases with positive "what if" phrases.</li> <li>• Identify signs of energy being used.</li> <li>• Suggest some ways to conserve energy.</li> <li>• Recall a time when I felt stuck but found a way through!</li> </ul>





# Witton Church Walk

## Lower Key Stage 2

Get Heartsmart

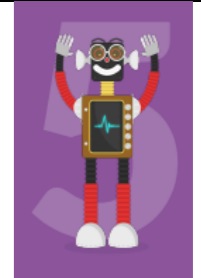
Don't forget to Let Love in!

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Y.3

- Suggest a way that I can show love to myself.
- Suggest a way that I can show love to others.
- List ways to be kind to one another.
- Describe some ways that others are 'meant to be treated'.
- Recall a memory and associate a feeling with it.
- Begin to understand that my heart needs protecting.
- List some things that my heart needs protecting from.
- List some people that I am grateful for in my life and give some reasons for why I am grateful for them.
- Identify some benefits of a healthy lifestyle.
- Identify some risks of an unhealthy lifestyle.
- Suggest some ways that I can care for my heart.

- Recall some ways that people have shown love to me through kind words or actions.
- Start to describe myself in a positive way.
- Think of words to encourage others.
- Accept encouragement from others.
- Sort words into what love is and what love isn't.
- List some things that I am grateful for.
- Explain why I am grateful for them.
- Begin to understand that some choices I make will impact my physical health.
- Recall examples of kind words or actions from the week.
- Share some amazing things about myself.

- Suggest ways to show love for others.
- Suggest ways to demonstrate loving others.
- Suggest something that I can do for another person.
- Describe how the person I helped felt.
- Describe how helping someone else made me feel.
- Explain how to respond in an emergency.
- Recognise and celebrate the impact kindness has on another person.
- Work together with others to complete a task.
- Learn how to listen well to one another and respect each other's views.
- List some information that identifies me eg name, address.
- Know why it is important to keep personal information private.
- Suggest ways I have shown love for others.
- Describe how caring for others makes me feel.

- Begin to understand what 'forgiveness' means.
- Describe how saying sorry can help a situation.
- Describe the impact of choosing to forgive or not.
- Describe a way that holding on to hurt can make us sad.
- List ways to build trust between friends.
- Reflect and identify people that I trust.
- Give an example of a stereotype.
- Suggest a couple of things I can do if I feel sad or mad.

- Suggest a couple of amazing facts about myself.
- Explain why we don't need to lie about ourselves.
- Begin to know the real me is the best me.
- Give a simple explanation of what shame is.
- Suggest appropriate and inappropriate types of touch.
- Suggest safe people to talk to if I am concerned.
- Explain why telling the truth is important to build a friendship.
- Explain what an allergy is.
- List what I have learned about why 'Fake is a Mistake'.

- Identify when I feel stuck.
- Choose to persevere when I feel stuck or in completing a challenge.
- Identify an area of my life where I am doing well.
- Describe what a setback is.
- Give an example of a setback.
- Demonstrate basic first aid skills.
- Identify a dream I have.
- List some attitudes I need to develop to achieve my dreams.
- Describe what 'change' is and give some examples in my life.
- Suggest something I can do that helps me to manage change.
- Recall a time when I felt stuck but found a way through!

	<ul style="list-style-type: none"> <li>• Suggest some ways that I can care for other people’s hearts.</li> </ul>		<ul style="list-style-type: none"> <li>• Suggest ways I have shown love for others.</li> <li>• Describe how caring for others makes me feel.</li> </ul>			
Y.4	<ul style="list-style-type: none"> <li>• Suggest several ways that I can show love to myself.</li> <li>• Suggest several ways that I can show love to others.</li> <li>• Begin to think about the consequences of the words we use.</li> <li>• Describe some consequences of using kind and unkind words.</li> <li>• Suggest some characteristics that I would like to see in my classroom.</li> <li>• Suggest some ways I can cultivate some of those characteristics.</li> <li>• Name someone that I trust and provide one reason for why I trust them.</li> <li>• List some characteristics of a healthy family life.</li> <li>• Explain what “mental wellbeing” means.</li> <li>• List something that positively affects my mental wellbeing.</li> <li>• List something that negatively affects my mental wellbeing.</li> <li>• Suggest some ways that I can care for my heart.</li> <li>• Suggest some ways that I can care for other people’s hearts.</li> </ul>	<ul style="list-style-type: none"> <li>• Recall different ways someone has shown me love through kind words or actions.</li> <li>• Describe myself in a positive way.</li> <li>• Identify some ways that I most feel love.</li> <li>• Give an example of a time when I have been loved.</li> <li>• Identify some of my strengths and achievements.</li> <li>• Record and list some unique facts and figures about me.</li> <li>• Highlight five things about my body that I am grateful for.</li> <li>• Explain why I am grateful.</li> <li>• Understand that love sometimes looks like stopping the spread of bacteria.</li> <li>• Suggest some ways that bacteria spreads.</li> <li>• Recall examples of kind words or actions from the week.</li> <li>• Share several amazing things about myself.</li> </ul>	<ul style="list-style-type: none"> <li>• Suggest ways to show love for others.</li> <li>• Demonstrate ways to love others.</li> <li>• Become more aware of my surroundings and the people around me by noticing differences.</li> <li>• Make the link about being observant and being aware of those around us.</li> <li>• Suggest how a person is feeling from their expression and body language.</li> <li>• Suggest who the unseen heroes of my community are.</li> <li>• Honour those heroes by writing a thank you note.</li> <li>• Suggest times when I need help from others.</li> <li>• Demonstrate good teamwork skills (clear communication, listening and negotiating).</li> <li>• Suggest ways to use my technology devices responsibly.</li> <li>• Suggest ways that I have shown love for others.</li> <li>• Describe how caring for others makes people feel.</li> </ul>	<ul style="list-style-type: none"> <li>• Suggest a way to fix a broken friendship.</li> <li>• Describe some benefits of forgiveness.</li> <li>• Sort scenarios into positive and negative stress.</li> <li>• Suggest ways to manage negative stress.</li> <li>• Suggest some healthy boundaries I can use both in life and online.</li> <li>• Recognise online abuse and know who to report it to.</li> <li>• Suggest positive uses of the internet.</li> <li>• List several things I can do if I feel sad, or mad.</li> </ul>	<ul style="list-style-type: none"> <li>• Explain why we don’t need to lie about ourselves.</li> <li>• List 3 great things about myself.</li> <li>• Explain that I am not what I ‘do’.</li> <li>• Identify some important voices in my life.</li> <li>• Recognise the difference between kind and unkind voices in my life.</li> <li>• Grow in courage to always tell the truth.</li> <li>• Give examples of when I have been afraid to tell the truth.</li> <li>• Explain when dares are no longer fun.</li> <li>• Explain the consequences of dares.</li> <li>• List some of the risks associated with smoking.</li> <li>• List what I have learned about why ‘Fake is a Mistake’.</li> </ul>	<ul style="list-style-type: none"> <li>• Describe a situation where I felt stuck.</li> <li>• Suggest some ways I can persevere when I feel stuck.</li> <li>• List some skills and attitudes needed to meet the challenges.</li> <li>• Identify habits I need to develop or lose in order to achieve my goals.</li> <li>• Reflect on people who encourage me.</li> <li>• Reflect on someone I can encourage.</li> <li>• Choose pictures of things that inspire me.</li> <li>• Create ‘A Dream of my Heart is...’ statement.</li> <li>• Define what puberty is.</li> <li>• Describe key physical changes that take place as puberty begins.</li> <li>• Recall a time when I felt stuck but found a way through!</li> </ul>





# Witton Church Walk

## Upper Key Stage 2

Get Heartsmart

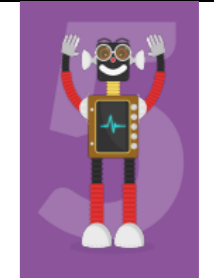
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- Y.5**
- Suggest some ways that I can care for my heart.
  - Suggest some ways that I can care for other people's hearts.
  - Understand that being bossy is about trying to control others.
  - Describe some qualities of a good leader.
  - Describe some qualities of the heart reputation I would like to have.
  - Suggest some ways to know what I should and shouldn't watch.
  - List some things I should avoid watching.
  - Explain how another person has supported or encouraged me and how that made me feel.
  - Write a thank you letter and express gratitude to someone.
  - Suggest some ways to help myself sleep well.

- Reflect on ways that people show me love through kind words or actions.
- Start to describe myself in a positive way consistently.
- Understand that I have value and purpose.
- Become aware of how the words I listen to about myself can make me feel.
- Identify some lies that I believe/listen to.
- Suggest opposing truths to those lies.
- Describe how listening to and believing lies makes me feel.
- Describe how listening to and believing truth makes me feel.
- Begin to understand and demonstrate different ways I can respond to pressured scenarios.
- Recall a significant event and person in my life.
- Identify someone to go to when I need help.

- Understand there are many different ways I can show love for others.
- Demonstrate ways to love others.
- Identify someone to go to if I feel lonely.
- Suggest things to do to avoid feeling lonely.
- List some skills needed to listen to others well.
- Suggest ways I can demonstrate honour.
- Start to understand the purpose and role of groups eg charities, raising awareness.
- Be aware what I should and shouldn't share online.
- Suggest ways that I have shown love for others.
- Describe how caring for others makes people feel.

- Describe forgiveness.
- Explain why forgiveness keeps my heart healthy.
- Describe some practical steps I could take to resolve conflict.
- Describe how different emotions feel.
- Explain why emotions are important.
- Describe some healthy ways to respond to my mistakes.
- Recognise bullying behaviours.
- Suggest ways to deal with bullying.
- List different types of negative emotion.
- Identify when I am experiencing negative emotion.
- Suggest ways that will help me when I am experiencing negative emotion.

- Explain why we don't need to lie about ourselves.
- List 5 great things about myself.
- Discuss how unrealistic images can make me feel.
- Explain some things I can do when I feel like I need to hide how I really feel.
- Give a simple description of what vulnerability is.
- Identify qualities that build trust for vulnerability.
- Explain why growing feedback is important.
- Identify the difference between 'No Entry' and 'Welcome' responses to feedback.
- List some risks associated with alcohol use in young people.
- Give some advice against drinking alcohol.
- List what I have learned about why 'Fake is a Mistake'.

- Describe situations where I feel stuck.
- Suggest ways to persevere when I feel stuck.
- Identify and share when I find a situation difficult or challenging.
- Give some examples of internal success.
- Give an example of something I would like to grow in internally to meet a goal I have.
- Name some tools that help me to live with hope.
- Explain key facts about the menstrual cycle.
- Describe ways to look after my health and wellbeing as I grow up.
- Recall a time when I felt stuck but found a way through.
- Use strategies that demonstrate 'No Way Through' isn't True!

	<ul style="list-style-type: none"> <li>List some benefits of sleeping well.</li> <li>Explain some ways that I can protect my own and other people's hearts.</li> </ul>	<ul style="list-style-type: none"> <li>Recall a way I have 'Let Love in' this week.</li> </ul>				
Y.6	<ul style="list-style-type: none"> <li>Reflect on the choices I make that can help my heart.</li> <li>Reflect on the choices I make that can hurt my heart.</li> <li>Explain how I feel differently when moving or posing in different ways.</li> <li>Create a powerful pose of my own.</li> <li>Suggest ways people can become 'hard-hearted'.</li> <li>Suggest ways to keep my heart soft and strong.</li> <li>Explain the benefits of a soft-strong heart over a hard heart.</li> <li>Explain when a secret should be kept and when it should be shared.</li> <li>Describe what a commitment is.</li> <li>Plan a healthy meal.</li> <li>Reflect on how I protect my own and other people's hearts.</li> </ul>	<ul style="list-style-type: none"> <li>Reflect on ways that people show me love through kind words or actions.</li> <li>Describe myself in a positive way consistently.</li> <li>Understand that I am valued.</li> <li>Encourage others with kind and positive words.</li> <li>Accept the encouragement given to me.</li> <li>Recall significant events and people in their lives so far.</li> <li>Recognise that every person is unique.</li> <li>List things that I am are grateful for.</li> <li>Suggest some early signs of illness.</li> <li>Recall a way that I have 'Let Love in' this week.</li> <li>Describe myself in a positive way.</li> </ul>	<ul style="list-style-type: none"> <li>Reflect on the different ways to show love for others.</li> <li>Consistently demonstrate ways to love others.</li> <li>Know there are ways we are different and ways we are the same.</li> <li>Understand that while there are some differences between us, there are more similarities.</li> <li>Listen carefully to my classmate and feedback what they have said.</li> <li>Suggest people who have benefitted from overcoming a challenge.</li> <li>Explain why I am grateful for those people.</li> <li>Suggest ways to be a good friend.</li> <li>List 3 benefits of social media.</li> <li>List 3 dangers of social media.</li> <li>Describe ways that I have shown love for others.</li> <li>Describe how caring for others makes people feel.</li> </ul>	<ul style="list-style-type: none"> <li>Demonstrate choosing forgiveness.</li> <li>Demonstrate choosing strategies to help resolve conflicts and disputes.</li> <li>Explain my point of view.</li> <li>Listen and take account of a response from another person.</li> <li>Model resolving a dispute.</li> <li>Explain some benefits of forgiveness.</li> <li>Suggest some barriers to forgiveness.</li> <li>Understand that our tone and body language communicate more than our words.</li> <li>Give examples of how a trustworthy friend behaves.</li> <li>Explain when it is ok to break a confidence.</li> <li>List some effects bullying can have.</li> <li>Explain how to get help if I or someone I know are being bullied.</li> <li>Identify when I am experiencing negative emotion.</li> <li>Suggest ways that will help me when I am experiencing negative emotion.</li> </ul>	<ul style="list-style-type: none"> <li>Present different opinions respectfully.</li> <li>Explain how to communicate the truth lovingly.</li> <li>Understand we are loved just as we are.</li> <li>Understand how to replace negative self-talk with positive self-talk.</li> <li>Define what a boundary is.</li> <li>Explain how using boundaries means we can have respectful friendships.</li> <li>Find out facts about vaccinations from credible sources.</li> <li>Suggest ways to discern if information online is credible.</li> <li>Know some physical and mental health risks associated with taking drugs.</li> <li>Suggest some ways to avoid drug taking.</li> <li>List what I have learned about why 'Fake is a Mistake'?</li> </ul>	<ul style="list-style-type: none"> <li>Describe situations where I get stuck.</li> <li>Suggest ways to persevere when I feel stuck.</li> <li>Describe the impact of changing my thinking from 'I can't do it' to 'I can't do it yet'.</li> <li>Explain the importance of practice.</li> <li>Answer the question "How am I feeling?"</li> <li>Answer the question "Why am I feeling that way?"</li> <li>Suggest ideas of needs for "What do I need?"</li> <li>Explain the effects of having hope.</li> <li>Demonstrate choosing hope.</li> <li>Describe some things that may try to keep me in my comfort zone.</li> <li>Suggest what could happen when I step outside my comfort zone, into 'Where the magic happens!'</li> <li>Apply this learning to a real-life scenario.</li> <li>Describe the changes in my brain as I go through adolescence.</li> <li>Recall a time when I felt stuck but found a way through.</li> <li>Identify strategies used to demonstrate 'No Way Through' isn't True!</li> </ul>



