

Subject	PSHE 2025-26 Heartsmart, CWP and First Aid lessons.		
Subject Leader	Mrs Pounton		
	Autumn Term	Spring Term	Summer Term
EYFS Preschool	Get Heartsmart Don't Forget to Let love in	Too much selfie isn't healthy Don't hold on to what is wrong First Aid – How to apply a plaster	Fake is a mistake 'No way through' isn't true
EYFS Reception	Get Heartsmart Don't Forget to Let love in	Too much selfie isn't healthy Don't hold on to what is wrong First Aid – How to apply a plaster. My address	Fake is a mistake 'No way through' isn't true Family and Friendship
Year 1	Get Heartsmart Don't Forget to Let love in Medicines and People who help us.	Too much selfie isn't healthy Don't hold on to what is wrong First Aid – Hazards and risks	Fake is a mistake 'No way through' isn't true Growing and Caring for Ourselves
Year 2	Get Heartsmart Don't Forget to Let love in	Too much selfie isn't healthy Don't hold on to what is wrong First Aid – Bites and stings	Fake is a mistake 'No way through' isn't true Differences
Year 3	Get Heartsmart Don't Forget to Let love in	Too much selfie isn't healthy Don't hold on to what is wrong First Aid – How to dress burns and scalds	Fake is a mistake 'No way through' isn't true Valuing Difference and Keeping Safe
Year 4	Get Heartsmart Don't Forget to Let love in	Too much selfie isn't healthy Don't hold on to what is wrong First Aid – Asthma	Fake is a mistake 'No way through' isn't true Growing Up
Year 5	Get Heartsmart Don't Forget to Let love in	Too much selfie isn't healthy Don't hold on to what is wrong First Aid – Primary survey. How to dress a bleed.	Fake is a mistake 'No way through' isn't true Puberty
Year 6	Get Heartsmart Don't Forget to Let love in	Too much selfie isn't healthy Don't hold on to what is wrong First Aid – Primary survey. How to respond when someone is choking.	Fake is a mistake 'No way through' isn't true Puberty