THE WOLDS & VALE FEDERATION

Wolds and Vale Federation PSHE/RSE KS1 - Year A (Mixed Aged Planning)

Lesson Number:	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Well Being	Transition
1.	Introduction: Setting ground rules for RSE and PSHE Lessons	Understanding My Feelings*	Communicating with adults*	Rules*	Money*	Transition Lesson*
2.	Family*	Relaxation - laughter and progressive muscle relaxation	People who help to keep us safe in our local community	Similar yet Different*	Needs and Wants*	
3.	Friendships*	What am I Like?	Road Safety	Belonging	Looking After Money	
4.	Families are all different	Ready for Bed	Safety with Medicines	Job roles in the community	Banks and Building Societies*	
5.	Other People's Feelings	Handwashing and Personal Hygiene	Making a Call to the Emergency services	Our School Environment	Jobs	
6.	Getting Along With Others*	Sun Safety	The difference between Secrets and Surprises	Our Local Environment		
7.	Friendship Problems	Allergies	Appropriate Contact*			
8.	Gender Stereotypes	People who Help Us stay Healthy	My Parts are Private*			

Wolds and Vale Federation PSHE/RSE KS1 - Year B (Mixed Aged Planning)

Lesson Number:	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Well Being	Transition
1.	Setting Ground Rules for PSHE Lessons	Understanding My Feelings	Communicating with Adults	Rules	Money	Transition
2.	Family	Steps to Success	Road Safety	Similar yet Different	Needs and Wants	
3.	Friendships	Developing a Growth Mindset	Safety at home	Caring for Others: Animals	Saving and Spending	
4.	Other People's Feelings	Being Active	Safety with Medicines	The Needs of Others	Banks and Building Societies	
5.	Getting Along with Others	Relaxation and Breathing Exercises	What to do if I get Lost	Democratic Decisions	Jobs	
6.	Friendship Problems	Healthy Diet	The Internet	School Council		
7.	Gender Stereotypes	Looking After Your Teeth	Appropriate Contact	Giving My Opinion		
8.	Change and Loss		My Private Parts are Private			