



THE WOLDS & VALE FEDERATION



Wolds and Vale Federation PSHE/RSE LKS2 - Year A (Mixed Age Planning)

Lessons in red should ideally be taught to individual year groups in separate spaces. This is due to the nature of the content.

Lesson Number:	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Well Being	Transition
1.	Introductory Lesson: Setting ground rules and signposting	My Healthy Diary	Be Kind Online	Recycling and Reusing*	spending choices*	Coping Strategies
2.	Friendship Issues and Bullying	Diet and Dental Health	Cyberbullying	Local Community Buildings and Groups*	Budgeting*	
3.	The Effects of bullying and the responsibility of the bystander	Relaxation - Stretches	Share Aware	Local Council and Democracy*	Money and Emotions*	
4.	Stereotyping - Gender*	Wonderful Me	Privacy and Secrecy	Rules	Jobs and Careers*	
5.	Stereotyping - Age/Disability*	My Superpowers	First Aid - Bites and Stings	Rights of the Child*	Gender and Careers	
6.	Healthy Friendships and boundaries	Celebrating Mistakes	Choices and Influences*	Human Rights		
7.	Learning Who to Trust	My happiness	YEAR 3 ONLY: First Aid: Emergencies and Calling for Help			
			YEAR 4 ONLY: Introducing Puberty			
8.	Respecting Differences		YEAR 3 ONLY: Road Safety			
			YEAR 4 ONLY:			
9.	Change and Loss - Bereavement*					



THE WOLDS & VALE FEDERATION



Wolds and Vale Federation PSHE/RSE LKS2 - Year B (Mixed Aged Planning)

Lessons in red should ideally be taught to individual year groups in separate spaces. This is due to the nature of the content.

Lesson Number:	Family and Relationships	Health and Wellbeing	Safety and the Changing Body	Citizenship	Economic Well Being	Transition
1.	Introductory lesson: Setting boundaries and signposting*	My Healthy Diary	Fake Emails	Recycling and Reusing*	Spending Choices*	Coping Strategies*
2.	Friendship Issues and Bullying*	Looking After Our Teeth	Internet Safety: age restrictions	Local Community Buildings and Groups*	Budgeting*	
3.	Healthy families Healthy Families	Relaxation - Visualisation	Consuming Information online	Local Council and Democracy*	Money and Emotions*	
4.	Stereotyping and Gender*	Meaning and Purpose - My role	Tobacco	Diverse Communities	Jobs and Careers*	
5.	Stereotyping - Age/Disability*	Resilience - breaking down problems	First Aid: Asthma	Rights of the child	Jobs for Me	
6.	How my behaviour affects others	Emotions	Choices and Influences*	Charity		
7.	Effective Communication to Support Relationships	Mental Health	Year 3: First Aid: Emergencies and Calling for Help Year 4: Introducing puberty Introducing Puberty			
8.	Respect and Manners		Year 3: Road safety Road Safety Year 4: Growing up			
9.	Respecting Differences					