

RSE & PSHE Year 5 Resource List

Unit > Introduction: Setting ground rules for PSHE & RSE lessons

- Ideas of things you know children learnt about in PSHE in Year 4
- Large pieces of paper each with one of the following headings: Relationships, Health and Safety

Unit > Family and relationships

- Materials for the children to use to make posters
- Labels for corners of the room

Unit > Health and wellbeing

- A large space such as a hall
- Laptops or tablets
- Devices for recording
- A 'choose your destiny' themed book
- Calculators, one or two per group
- Access to the internet, a tablet or laptop, one per group
- Sticky notes

Unit > Safety and the changing body

- Computers/laptops
- Paper
- Examples of sanitary protection
- A hoop

Unit > Citizenship

- Dice and counters

Unit > Economic wellbeing

- Nothing needed for this unit

Unit > Transition lesson

- Sticky notes