

RSE & PSHE Year 1 Resource List

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

- Paper and pens

Unit > Family and relationships

- Pictures of family members
- Materials to produce pictures
- Materials for tower building, such as newspaper and sticky tape, spaghetti and marshmallows or straws and paper clips
- A puppet or similar toy
- PE hoops or a large piece of paper with big circles drawn on

Unit > Health and wellbeing

- Book: 'Where are you Blue Kangaroo' by Emma Chichester Clark or the link provided in Lesson 1
- Book: 'Quick as a Cricket' by Audrey Wood or the link provided in Lesson 2
- Resources needed to create picture books or devices for recording videos
- A bowl of water, soap and a towel
- Access to hand-washing facilities and an adult if possible
- Glitter in a range of colours - There are environmentally-friendly forms of glitter available that are biodegradable
- Resources for children to create items for a display, poster or presentation
- Selection of food packages with allergens marked in bold

Unit > Safety and the changing body

- Photographs of people working in school if possible (optional)
- A large space such as the hall or playground
- A toy/puppet
- Any books you have available about the jobs featured in the Lesson 8 presentation

Unit > Citizenship

- Covers to go over any class rules on display in the classroom
- Books on pets (if available)
- Magazines/ catalogues with products for babies and children (optional)
- Scissors – at least one pair of pupils
- A small object to give to each child such as a lollipop stick, button or pencil

Unit > Economic wellbeing

- Pretend money (one complete set of coins per child or pair of children)
- A class puppet or soft toy
- A member of staff to come and talk to the children about their job

Unit > Transition lesson

- Nothing needed for this lesson