

HRSE – CT1

We know that we are precious in the eyes of God and should be treated with respect and care. We deepen our knowledge and understanding of how to look after our physical body.

HRSE - CT2

We understand that as we grow up our relationships change and we may wish to get married. We know that marriage can be a civil union. We also understand that marriage is a sacrament.

Religious Education

We consider what a community is, identifying who is in our community and knowing how to build up the community. This helps us to develop our understanding of the joy associated with building the Kingdom of God.

HRSE – CT3

We understand that our emotions will be affected during puberty and explore common emotions related to this period of change. We develop strategies for managing our emotions and understand how to access support.

PSHE

We can identify and name external genitalia in males and females and develop an understanding of menstruation. We know where to get advice about growing up and puberty and develop strategies for building positive relationships.

Prayer & Liturgy

The events of the death of Jesus are told in the four Gospels of the Bible. We explore the differing accounts of Jesus's death and consider what each version reveals to us

Outcomes

AT1 – Demonstrate understanding of the Sacrament of Marriage.

AT1 – Demonstrate understanding of the Sacrament of the Sick.

AT1/2 – What is a community? How should members of a community behave? Why?

AT2 – We hear in Isaiah (43:4) that we are 'precious' in God's eyes. How and why could we protect ourselves from harm? Use other examples from scripture that you have read that would add to your arguments.

AT3 – Look at the painting of 'The Crucifixion'. What beliefs do you think the artist was trying to show? How does it make you feel? Refer to the picture in your answer. You can use examples from scripture to support your argument.

Y5:4

HOW WONDERFUL
AM I?

Our
Changing
Bodies

Vocabulary

PRECIOUS - Of high value or worth.

MARRIAGE - A union of two people that creates a family tie and carries legal, social, and religious rights and responsibilities.

COMMUNITY - A group sharing a common understanding, and often the same language, law, manners, and tradition.

EMOTION - A person's internal state of being and involuntary physiological response to an object or a situation.

PUBERTY - The period during which adolescents become capable of reproduction.

GENITALIA - A person's external organs of reproduction.

MENSTRUATION - Menstruation is the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina.

HRSE – CT1 Key Knowledge 1

Value themselves as a child of God, believing life is precious and their body is God's gift to them to be treated with respect and care. (C)

HRSE – CT1 Key Knowledge 2

Recognise cause and effect in their actions and take personal responsibility. (C / P)

HRSE – CT1 Key Knowledge 3

Take increased responsibility for their safety and that of others. (P)

HRSE – Core Theme 1



Healthy Bodies

Learning Step 1

Identify why they are precious in the eyes of God and should be treated with respect and care.

Learning Step 2

Know and understand how to look after their physical body – basic hygiene including deodorant.

Learning Step 3

Understand that they are increasingly responsible for their safety – road safety.

Learning Step 4

Understand that they are increasingly responsible for their safety – stranger danger (CCE / CSE / County Lines).

Learning Step 5

Understand that they are increasingly responsible for their safety – online safety.

Isaiah 43:4

'Because you are precious in my eyes, and honoured, and I love you, I give men in return for you, peoples in exchange for your life.'

HRSE – CT2 Key Knowledge 1

That, with their family, they share responsibility for staying healthy and safe and they may be supported by other families to support well-being. (C)

HRSE – CT2 Key Knowledge 2

To know that some relationships can be harmful and who to talk to if they need support. To recognise and manage dares. (C / P)

HRSE – CT2 Key Knowledge 3

To judge what kind of physical contact is acceptable or unacceptable and how to respond. (P)

HRSE – CT2 Key Knowledge 4

Know the rituals celebrated in Church that mark life, particularly birth, marriage and death and that these are part of Christian beliefs. (F)

HRSE – CT2 Key Knowledge 5

Marriage can be a civil union, a demonstration of the free commitment made between two people who love and care for each other who want to spend their lives together and are of legal age to make the commitment. (F)

HRSE – CT2 Key Knowledge 4

That marriage in a Church is a sacrament and involves God in the loving relationship between the couple. It is based on mutual consent. (F)

HRSE – Core Theme 2

Learning Step 1

Know that marriage can be a civil union and understand the laws surrounding marriage.

Learning Step 2

Know that marriage is a sacrament and know the Rite of Marriage.

Learning Step 3

Know that there are parts of the body that are private and should only be touched with permission.



Genesis 2:24

‘Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.’

Changing Relationships

Religious Education



Community

Galatians 6:2

'Bear one another's burdens, and so fulfil the law of Christ.'

RE Key Knowledge 1

The joy and challenge of and the giving and receiving in relationships. (C)

RE Key Knowledge 2

The Sacrament of the Sick. (F / C)

Learning Step 1

Know that the Sacrament of the Sick is a channel for God's grace.

Learning Step 2

Understand the effects of the Sacrament of the sick.

Learning Step 3

Understand what makes a community (CIA2:KS2).

Learning Step 4

Identify who is in their community (CIA2:KS2).

Learning Step 5

Know how to build up the community (CIA2:KS2).

Learning Step 6

Understand the joy and challenge of building the Kingdom of God (CIA2:KS2).

HRSE – CT3 Key Knowledge 1

That being truthful includes knowing when to keep a secret, when not to agree to this and when it is right to break a confidence or break a secret. (K / P)

HRSE – CT3 Key Knowledge 2

That they are responsible for their health, taking care of their body and asserting their right to protect their body from inappropriate or unwanted contact. What positively and negatively affects their physical, mental and emotional health (including the media). (C / P / F)

HRSE – CT3 Key Knowledge 3

About what puberty involves and how their body and emotions will change as they approach and move through puberty, growing into adults. (C)

HRSE – CT3 Key Knowledge 4

To manage their personal safety. That they are responsible for managing the risks they are exposed to, pressure to behave in an unacceptable, unhealthy or risky way can come from many sources such as people they know and media. (C)

HRSE – CT3 Key Knowledge 5

To extend their vocabulary of emotion, to explain both the range and intensity of their feelings to others and recognise that they may experience conflicting emotions and when they might need to listen to their emotions and some ways to control them. (C / P)

HRSE – Core Theme 3

Philippians 4: 6

'Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be known to God.'

Changing Emotions



Learning Step 1

Know that as we grow up it is important to spend time in prayer and reflection to understand ourselves and our own character.

Learning Step 2

Know that they should report unwanted physical contact to a trusted adult and understand that sometimes it is right to break a confidence.

Learning Step 3

Know that their emotions will be affected during puberty.

Learning Step 4

Explore common emotions related to puberty and develop strategies for managing their emotions.

PSHE Key Knowledge 1

H9. That bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it. (F / P)

PSHE Key Knowledge 2

H14. How and when to seek support, including which adults to speak to in and outside school, if they are worried about their health. (P)

PSHE Key Knowledge 3

H30. To identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction. (F)

PSHE Key Knowledge 4

H31. About the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams). (F)

PSHE Key Knowledge 5

H32. About how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene. (F/P)

PSHE Key Knowledge 5

H34. About where to get more information, help and advice about growing and changing, especially about puberty. (P)

Learning Step 1

Identify and name external genitalia in males and females.

Learning Step 2

Know about menstruation, key facts about the menstrual cycle and menstrual well-being.

Learning Step 3

Know where to get advice about growing, changing and puberty.

Learning Step 4

Know what constitutes a healthy friendship.

Learning Step 5

Develop strategies for building positive friendships and managing peer influence.

PSHE

Growing Up



1 Corinthians 13:11

'When I was a child, I spoke like a child, I understood as a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways.'

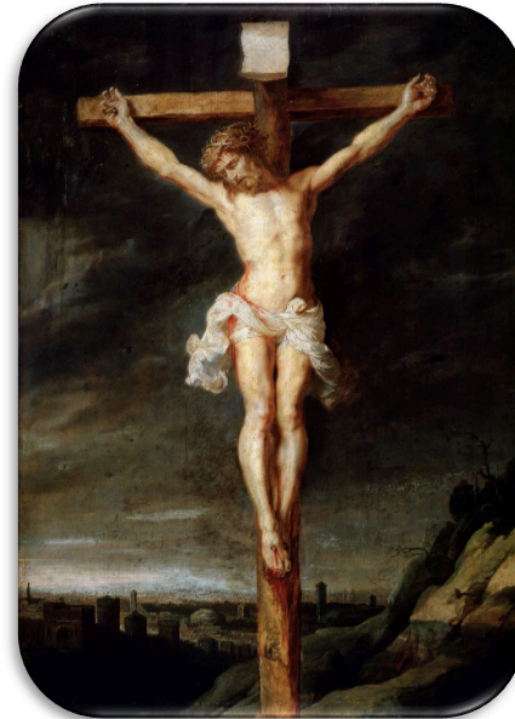
Prayer & Liturgy

P&L Key Knowledge 1

Gospel accounts of the key events in the life of Jesus. (F)

Learning Step 1

Identify similarities and differences in the Gospel accounts of Jesus' death.



The Crucifixion by Pieter Paul Rubens

Matthew 27:50

'And Jesus had cried out again with a loud voice,
and yielded up his spirit.'

The Death of Jesus

Stunning Start:

Enrichment:

Resources:

Celebration:

Planning Ideas: