

## HRSE – CT1

We know that God created us and we are precious in his eyes. We learn that differences and similarities between people can arise from gender identity and sexual orientation.

## HRSE - CT2

We deepen our knowledge and understanding of how to keep physically healthy as we grow up including sleep, hygiene and exercise routines. We know that there are parts of the body that are private.

## Religious Education

We read and understand some of the Gospel accounts of Jesus' ministry and teaching including his miracles, the washing of the disciples' feet and His Passion. We reflect on what they mean to us.

## HRSE – CT3

We know that we are protected from violence, abuse and neglect by human rights and develop an understanding of how to access support if we have fears for ourselves or others. We learn how to manage risks we are exposed to.

## PSHE

We identify and name external genitalia and internal reproductive organs in males and females. We learn about the physical and emotional changes that happen during puberty and about the process of reproduction and birth as part of the human life cycle.

## Prayer & Liturgy

We deepen our knowledge and understanding of The Eucharist by experiencing this together and analysing the structure.

## Outcomes

**AT1 – Catholics show reverence for the Blessed Sacrament in a variety of ways. Give at least three examples of liturgies / religious actions that show this and demonstrate how this reverence is shown in practice.**

**AT1 – how does prayer help us as we go through periods of change such as puberty?**

**AT3 – Catholics genuflect when they enter a church. Why do they do this? Use references from the Catechism and the teachings of the Church in your answer.**

**AT3 – Look at the picture of [...] What beliefs do you think the artist was trying to show? How does it make you feel? Refer to the picture in your answer.**

**AT3 – How do Jesus' words and actions inform our understanding of what God is like?**

**AT3 – Use what you have learned from scripture and the teachings of the Church to explain what you think happened at the Resurrection. How might views differ?**

Y6:4

HOW WONDERFUL  
AM I?

Keeping  
Yourself  
Healthy As  
You Grow Up

## Vocabulary

**INDIVIDUAL** - Relating to a single person or thing as opposed to more than one.

**GENDER IDENTITY** - A person's sense of self as a member of a particular gender.

**SEXUAL ORIENTATION** - One's tendencies of sexual attraction, considered as a whole.

**MIRACLE** - An event that appears inexplicable by the laws of nature and so is held to be supernatural in origin.

**REPRODUCTION** - The act of reproducing new individuals biologically.

**BIRTH** - The process of childbearing; the beginning of life.

**EUCCHARIST** - The substances received during this sacrament, namely the bread and wine, seen as Christ's body and blood.

### HRSE – CT1 Key Knowledge 1

Understand that they can choose to have a friendship with God. (C)

### HRSE – CT1 Key Knowledge 2

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 3

Understand that differences and similarities between people arise from a number of factors including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation and disability (See protected characteristics of the Equality Act 2010). (C)

### HRSE – CT1 Key Knowledge 4

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

### 1 Samuel 16:7

'But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.'"

# HRSE – Core Theme 1



## Being an Individual

### Learning Step 1

Identify what is precious about themselves and know that their body is a gift from God.

### Learning Step 2

Understand that differences and similarities between people can arise from gender identity and sexual orientation.

### Learning Step 3

Understand that they can choose to have a friendship with God.



### 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 be aware of different types of relationships, including those between acquaintances, friends, relatives and family. (C)

### HRSE – CT2 Key Knowledge 3

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

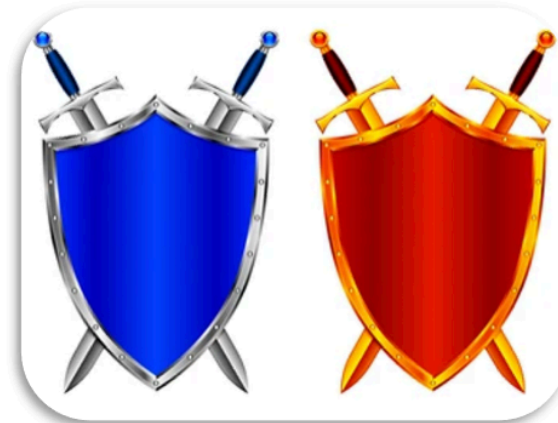
### HRSE – CT2 Key Knowledge 4

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

### Romans 12: 21

**'Do not be overcome by evil, but overcome evil with good.'**

## HRSE – Core Theme 2



## Keeping Safe

### Learning Step 1

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

### Learning Step 2

Know how to keep themselves physically healthy (sleep / hygiene / exercise).

### Learning Step 3

Be aware of different kinds of relationships that they can have and how these can change as they grow up.

# Religious Education

## Jesus

### RE Key Knowledge 1

Gospel accounts of Jesus' public ministry and teaching. (F)

### RE Key Knowledge 2

Gospel accounts of how the lives of men and women were changed by their encounters with Jesus. (F)



*Sermon on the Mount by Carl Bloch*

### John 3:16

“For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

### Learning Step 1

Know that Jesus' miracles led many to believe that he was the son of God and think about what this means for us (WTL 6:4).

### Learning Step 2

Understand why Jesus washed the disciples feet and reflect on the meaning this has for us (WTL 6:4).

### Learning Step 3

Know about the passion and death of Jesus and consider its importance to us (WTL 6:4).

### Learning Step 4

Understand and reflect on what the resurrection of Jesus means for us.

### Learning Step 5

Know some Gospel accounts of Jesus' public ministry and teaching.

### Key Text:

The Sermon on the Mount

### Key Text:

The Passion of Christ



# HRSE – Core Theme 3

## Support As We Grow Up



### 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

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 3

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 4

When, how and who to ask for help, how to resist pressure to do something dangerous, unhealthy that makes them uncomfortable, anxious or that they believe to be wrong. (P)

### HRSE – CT3 Key Knowledge 5

To know that some rights are universal, these are human rights. (C)

### HRSE – CT3 Key Knowledge 6

Understand that actions such as female genital mutilation (FGM) are abusive and a criminal breach of human rights and how to get support if they have fears for themselves or their peers. (C/ F / P)

#### Learning Step 1

Know that they have the human right to protection from violence, abuse and neglect.

#### Learning Step 2

Know how to access support if they have fears for themselves or their peers (NSPCC).

#### Learning Step 3

Know how their bodies will change during puberty (including menstrual cycle).

#### Learning Step 4

Know how to manage any risks they are exposed to (CSC / CCE / County Lines) and understand when it is right to break a confidence / secret.

#### Learning Step 5

Know that giving time to prayer and reflection allows them to grow in understanding of themselves and their character.

#### John 14:14

'If you ask me for anything in my name, I will do it.'

### PSHE – Key Knowledge 1

H26. That for some people gender identity does not correspond with their biological sex. (C)

### PSHE – Key Knowledge 2

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 3

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 4

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

H33. About the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for. (F)

### PSHE – Key Knowledge 6

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

### PSHE – Key Knowledge 5

R2. That people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different. (C)

### Genesis 1:28

'And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth."'

### Learning Step 1

Identify and name external genitalia and internal reproductive organs in males and females.

### Learning Step 2

Know about the physical and emotional changes that happen during puberty including erections and wet dreams.

### Learning Step 3

Know about the process of reproduction and birth as part of the human life cycle.

### Learning Step 4

Know about the importance of keeping personal information (including images) private when online.

### Learning Step 5

Know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this.

PSHE  
Growing Up





# Prayer & Liturgy

## The Eucharist



*Distribution of the Holy Sacrament by Raphael*

### P&L Key Knowledge 1

The structure of the Eucharist. (F)

### Learning Step 1

Know, understand and experience the structure of the Eucharist.

### 1 Corinthians 11:24

‘and when he had given thanks, he broke it and said, “This is my body, which is for you. Do this in remembrance of me”’

**Stunning Start:**

**Enrichment:**

**Resources:**

**Celebration:**

**Planning Ideas:**