

HRSE – CT1

We learn about our body and can name the main parts of our body and our senses. We know the features that are similar and different to those around us and learn to respect the differences between us.

HRSE – CT2

We know that it is unkind to bully and tease somebody because they are different to us and learn about the consequences of bullying and how to resist joining in .

Religious Education

We learn why Sunday is a special day in The Church and learn more about The Mass including the readings, the offertory and the consecration.

HRSE – CT3

We know that we need to celebrate and look after the body that God created for us. We learn about hygiene, sleep and exercise as ways to look after ourselves.

PSHE

We know that our body is special and we need to protect it from harm. We learn about what to do if we are poorly and how to react if there is an emergency.

Prayer and Liturgy

We learn about Jesus' life through the period of Lent and consider what his death and resurrection mean for us. We know that Jesus tells us about God through His actions.

Outcomes

AT1 – Why do we believe that bullying and teasing are wrong?

AT1 – Why is Sunday a special day?

AT1 – What do we remember at the Eucharist?

AT1 – Know and retell the story of the Last Supper / Easter.

AT1 – How can we look after the special body that God gave us?

AT1 – Why do we make the sign of the cross?

AT2 – Why do we (gather / pray / kneel / listen) at Mass?

AT2 – How do you know God loves you?

Y1:4 HOW WONDERFUL AM I? Human Body & Senses

Vocabulary

MASS - The principal service of The Church. One of the seven sacraments.

OFFERTORY - The part of the Eucharist service when offerings of bread and wine are placed on the altar and when any collection is taken.

CONSECRATION - To declare something holy, or otherwise make it holy.

LENT - Period of fasting and penitence before Easter, lasting from Ash Wednesday to Holy Saturday.

CRUCIFIXION - The death on the Cross of Christ.

RESURRECTION - The act of Jesus rising from the dead.

GENITALS - Collective name for the penis, testicles and vagina.

SENSES - Any of the manners by which living beings perceive the physical world: for humans sight, smell, hearing, touch, taste.

HRSE – CT1 Key Knowledge 1

Know that they are individuals and that they have gifts and abilities.
Know that their body is one of these gifts. (C)

HRSE – CT1 Key Knowledge 2

Notice the ways in which they are the same or different from other people. (P)

HRSE – CT1 Key Knowledge 3

Respect and seek to understand difference.(C)

HRSE – CT1 Key Knowledge 4

Know their responsibilities towards themselves, other people and creation.(C)



Genesis 1: 27

‘So God created man in his own image, in the image of God he created him; male and female he created them.’

Learning Step 1

Name and recognise positive / negative feelings and how they affect their bodies and how they behave.

Learning Step 2

Recall a time when they have been happy and how they felt / behaved.

Learning Step 3

Recall a time when they have been sad and how they felt / behaved (link to loss if appropriate).

Learning Step 4

Recognise how others are feeling by the behaviour they exhibit.

Learning Step 5

Identify and share information about key members of their own family.

Learning Step 6

Recognise similarities and differences between their family and others, identifying common features of family life.

HRSE – Core Theme 1

Our Wonderful Body

HRSE – CT2 Key Knowledge 1

The difference between sharing a serious incident and telling tales. (C)

HRSE – CT2 Key Knowledge 2

How their behaviour can hurt other people physically and emotionally and how other people can hurt them. For example, through causing physical distress, name calling or telling untruths. (C)

HRSE – CT2 Key Knowledge 3

To recognise unkind behaviour, either by them, towards them or others, how to respond, who to tell and what to say. (P)

HRSE – CT2 Key Knowledge 4

That teasing and bullying are unkind behaviours because they cause distress. (C)

HRSE – CT2 Key Knowledge 5

How to resist joining in with teasing or bullying if they experience or witness it. (P)

HRSE – CT2 Key Knowledge 6

Who to go to if they are unhappy about being teased or if they feel they are being bullied. (P)

HRSE – Core Theme 2 Bullying and Teasing



Learning Step 1

Know that it is unkind to bully / tease because of difference.

Learning Step 2

Know that bullying / teasing causes distress.

Learning Step 3

Know that if they are worried or unhappy about bullying / teasing they should tell a trusted adult.

Learning Step 4

Know how to resist joining in with bullying / teasing.

Ephesians 4:32

'Be kind to one another, tender-hearted, forgiving one another, just as God in Christ forgave you.'

Religious Education

The Mass

RE Key Knowledge 1

Their human qualities and gifts of those and others. (C)

RE Key Knowledge 2

The church as a 'house of God' where God's people gather with Jesus. (C)

RE Key Knowledge 3

The ways in which people pray in church. (F)

RE Key Knowledge 4

The Church's celebration of Sunday as a special day. (C)

Key Text:

The Last Supper



<https://www.togetheratonealtar.catholic.edu.au>

Learning Step 1

Understand why Sunday is a special day in the church (CCC 1343) Matthew 28: 16-20.

Learning Step 2

Know and reflect on the importance of the celebration of mass (WTL 2:4:1).

Learning Step 3

Know about the readings at mass and why we should listen to them (WTL 2:4:2).

Learning Step 4

Know that at the offertory we offer gifts to God (WTL 2:4:3).

Learning Step 5

Know and appreciate that at the consecration, the bread and wine are changed into Jesus (WTL 2:4:4).

Luke 22:19

'And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me."

HRSE – Core Theme 3

Looking After Our Body

HRSE – CT3 Key Knowledge 1

The belief that they have worth as a creation of God. (C)

HRSE – CT3 Key Knowledge 2

That their life has a purpose and to fulfil this purpose they must keep themselves safe, physically and through growing self-confidence. (C)

HRSE – CT3 Key Knowledge 3

To recognise what they like and dislike, how to make real informed choices that improve their emotional and physical health to recognise that choices can have good and not so good consequences. (C)

HRSE – CT3 Key Knowledge 4

Responsibilities for their own health which includes physical health, such as why hand washing is important, why diet and exercise matter and the importance of dental care. (C)

HRSE – CT3 Key Knowledge 5

Names for the main parts of the body (including external genitalia) and the similarities and differences between boys and girls, knowing they are equally part of God's creation. (F)

1 Corinthians 6:20

For you were bought with a price. So glorify God in your body.'

Learning Step 1

Know that they are uniquely special and created by God.

Learning Step 2

Identify what is special about themselves and share this gift with others.

Learning Step 3

Explore good / bad feelings around sharing our gifts – making ourselves vulnerable.

Learning Step 4

Know that basic hygiene is important to look after our special body.

Learning Step 5

Know that sleep and exercise are important to look after our special body.

Learning Step 6

Know that we should not keep secrets about our bodies – there is information they should share with adults.



PSHE Key Knowledge 1

H3. About how physical activity helps us to stay healthy; and ways to be physically active every day. (F)

PSHE Key Knowledge 2

H4. About why sleep is important and different ways to rest and relax. (F)

PSHE Key Knowledge 3

H9. About different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV. (F)

PSHE Key Knowledge 4

H21. To recognise what makes them special. (C)

PSHE Key Knowledge 5

H22. To recognise the ways in which we are all unique. (C)

PSHE Key Knowledge 6

H25. To name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles). (F)

Romans 12:21

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

PSHE



Protecting Our Body

Learning Step 1

Know that parts of our body (covered by underwear) are private and contact should only be made with permission.

Learning Step 2

Know how to respond if physical contact makes them feel uncomfortable and how to respond safely to adults they don't know.

Learning Step 3

Know that our body changes and grows as we get older.

Learning Step 4

Know what to do if there is an accident (including calling 999).

Learning Step 5

Know that if our body is poorly we take medicine that changes how we feel.

P&L Key Knowledge 1

Hear the story of Easter. (F)

P&L Key Knowledge 2

Experience and come to know that Jesus tells us about God his Father. (C)

P&L Key Knowledge 3

Some ways the Church celebrates major seasons of the liturgical year. (F)

Learning Step 1

Know that The Blessed Sacrament Church is a 'House of God' where we gather with Jesus.

Learning Step 2

Know that Lent is a solemn religious observance leading to Easter.

Learning Step 3

Know that Jesus tells us about God his father through his own actions (John 14:9) and this is why the readings at Mass are so important.

Learning Step 4

Know and retell the story of Easter (the death and resurrection of Jesus).

Prayer & Liturgy Learning About Jesus



The Crucified Christ with the Virgin Mary, Saints and Angels (The Mond Crucifixion) by Raphael

John 19:18

'There they crucified him, and with him two others, one on either side, and Jesus between them.'

Stunning Start:

Enrichment:

Resources:

Celebration:

Planning Ideas: