



# Y5 Pastoral Studies – Our Changing Bodies

## How Wonderful Am I? Our Changing Bodies

During puberty, our bodies change both externally and internally. This is nothing to be embarrassed about but an opportunity to celebrate the wonderful body that God gave us. Our relationships change as we grow up and with that comes emotional changes that can be challenging. We recognise that our bodies are vulnerable to illness and learn about the Sacrament of the Sick.

Vocabulary	
<b>Precious</b>	Of high value or worth
<b>Marriage</b>	A union of two people that creates a family tie and carries legal, social, and religious rights and responsibilities.
<b>Community</b>	A group sharing a common understanding, and often the same language, law, manners, and tradition.
<b>Emotion</b>	A person's internal state of being and involuntary physiological response to an object or a situation
<b>Puberty</b>	The period during which adolescents become capable of reproduction.
<b>Genitalia</b>	A person's external organs of reproduction
<b>Menstruation</b>	Menstruation is the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina.

### Key Ideas

HRSE – CT1	HRSE – CT2	Religious Education	HRSE – CT3	PSHE	Prayer & Liturgy
<b>Healthy Bodies</b>	<b>Changing Relationships</b>	<b>Community</b>	<b>Changing Emotions</b>	<b>Growing up</b>	<b>The Death of Jesus</b>
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	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	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	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	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 friendships	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
<p>healthy body + healthy mind = happy life</p>					
Isaiah 43: 4-28	Genesis 2: 24	Galatians 6: 2	Philippians 4: 6-7	1 Corinthians 13: 11	Luke 24: 1-53

# How Wonderful Am I?