

<b>Autumn Term</b>	
<b>Module 1: Unit 1: Religious Understanding</b>	
Story Sessions: Handmade with Love	Handmade with Love introduces children to the story of creation.
<b>Module 1: Unit 2: Me, My Body, My Health</b>	
Session 1: I Am Me	This session helps children learn that they are uniquely created by God and special because they are made and loved by Him. As children explore in more detail their uniqueness and what that means in real terms, this session aims to celebrate difference as well as individual gifts, talents and abilities.
Session 2: Head, Shoulders, Knees and Toes	This session helps children realise how wonderful their unique, God-given bodies are. The session also briefly discusses, in an age-appropriate way, that privates are private.
Session 3: Ready Teddy?	With the ultimate aim of looking after our God-given bodies, this interactive session involves children helping Freddy Teddy to make good, healthy lifestyle decisions, including about exercise, diet, sleep and personal hygiene.
<b>Module 1: Unit 3: Emotional Wellbeing</b>	
Session 1: I Like, You Like, We All Like	This session builds on themes of similarities and differences from Unit 2 by helping children consider what likes and dislikes they have in common.
Session 2: Good Feelings, Bad Feelings	Using pictures and short stories of Freddy Teddy and his friends experiencing different feelings, children will discuss how they are feeling, what feelings can look like and why they might be feeling them. They will also work on empathy and understanding of others, and how to help.
Session 3: Let's Get Real	This session looks at a real-life example of a challenging situation like pupils may face. Children will learn that actions have consequences; that when we make mistakes, we should say sorry and ask for forgiveness. This will lead into a basic exploration of Jesus' forgiveness for us.
<b>Module 1: Unit 4: Lifecycles</b>	
Session 1: Growing Up	This session helps children explore the natural human cycle of life, focusing on what children can remember about their development so far and what they know will happen as they get older.