

Module 1: Unit 1: Religious Understanding	
Story Sessions: Get Up!	
Module 1: Unit 2: Me, My Body, My Health	
Session 1: We Don't Have to Be the Same	Children will recognise that people are unique and that our similarities and differences should be celebrated.
Session 2: Respecting Our Bodies	Children explore the importance of respecting our bodies as a gift from God in very practical ways, such as clothing, food and physical exercise.
Session 3: What is Puberty?	In this session, children will develop a base-level understanding of what puberty is and why we go through it.
Session 4: Changing Bodies	In this session, pupils will use the correct terminology for genitalia relating to the discussion on puberty and explore some of the specific physical and emotional changes that will take place for boys and girls over the coming years.
Module 1: Unit 3: Emotional Wellbeing	
Session 1: What Am I Feeling?	Children will learn to examine their feelings, and try to understand them and what causes them.
Session 2: What Am I Looking At?	This session encourages children to see through the fake reality that is presented to them on television, in magazines and on adverts: they will compare these representations and stereotypes to their own life experiences.
Session 3: I Am Thankful	In this session, children will identify behaviour that is wrong, unacceptable, unhealthy or risky, and they will be reminded that feelings and actions are different things.
Module 1: Unit 4: Life Cycles	
Session 1: Life Cycles	In this session, pupils will explore the nature of human conception and birth. With the underpinning knowledge that we were handmade by God with our parents' help, children will go on a journey to discover how life is created in the womb.
Module 3: Unit 1: Religious Understanding	
Session 1: A Community of Love	The children will be encouraged to think about what the Holy Trinity means for them and their communities.
Session 2: What is the Church?	In this session, children will learn about the wider Church and its mission to reflect the Holy Trinity through love for others.
Module 3: Unit 2: Living in the Wider World	
Session 1: How Do I Love Others?	This session explores how we can put love into action in the communities we live in.