

Module 1: Unit 1: Religious Understanding	
Story Sessions: Calming the Storm	The children will learn that they are created by God who cares for us and wants us to put our faith in Him
Module 1: Unit 2: Me, My Body, My Health	
Session 1: Gifts and Talents	The children will learn that similarities and differences between people arise as they grow and mature and that there are many different types of family set up.
Session 2: Girls' Bodies	In this session the children learn about the physical changes that boys and girls experience during puberty.
Session 3: Boys' Bodies	As above
Session 4: Spots and Sleep	The children will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health.
Module 1: Unit 3: Emotional Wellbeing	
Session 1: Body Image	This session investigates some of the pressures pubescent young people can face from others, their own expectations and the media.
Session 2: Peculiar Feelings	The children will deepen their understanding of the range and intensity of their feelings and learn that some behaviour is wrong, unacceptable, unhealthy or risky.
Session 3: Emotional Changes	The children will learn that emotions change as they grow up.
Session 4: Seeing Stuff Online	This session explores the emotional and mental impact that videos and images of an adult nature can have on children and young people.
Module 1: Unit 4: Life Cycles	
Session 1: Making Babies	This session explores how a baby grows in the womb.
Session 2: Menstruation	The children will learn about the nature and role of menstruation in the fertility cycle, that fertility is involved in the start of life and some practical ways to manage the onset of menstruation.
Module 3: Unit 1: Religious Understanding	
Session 1: The Trinity	The children will consider how they can allow the Holy Spirit to work through them to share God's love in the world.
Session 2: Catholic Social Teaching	The children will learn how God wants us to live in society with each other.
Module 3: Unit 2: Living in the Wider World	
Session 1: Reaching Out	Children will apply the principles of Catholic Social Teaching to current issues.