

<b>AUTUMN MEDIUM TERM PLAN</b>	<b>Relationship and Sex Education</b>
<b>Module 1: Created and Loved by God</b>	<b>Year 4</b>

<p><b>Unit 1: Religious Understanding</b></p> <p><b>Session 1: Get Up</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>We are created individually by God who is Love, designed in His own image and likeness</li> <li>God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation)</li> <li>Every human life is precious from the beginning of life (conception) to natural death</li> <li>Personal and communal prayer and worship are necessary ways of growing in our relationship with God</li> </ul>		<p><b>Unit 1: Religious Understanding</b></p> <p><b>Session 2: The Sacraments</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>That in Baptism God makes us His adopted children and 'receivers' of His love.</li> <li>That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).</li> </ul>
<p><b>Unit 3: Emotional Well-being</b></p> <p><b>Session 2: What am I Looking At?</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</li> </ul>	<p><b>Unit 3: Emotional Well-being</b></p> <p><b>Session 1: What am I Feeling?</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>That emotions change as they grow up (including hormonal effects);To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action;</li> <li>What emotional well-being means;</li> <li>Positive actions help emotional well-being (beauty, art, etc. lift the spirit);</li> <li>Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest).</li> </ul>	
<p><b>Unit 3: Emotional Well-being</b></p> <p><b>Session 3: I am Thankful</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>Some behaviour is wrong, unacceptable, unhealthy and risky;</li> <li>Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.</li> </ul>		

<b>SPRING MEDIUM TERM PLAN</b>	<b>Relationship and Sex Education</b>
<b>Module 1: Created and Loved by God</b>	<b>Year 4</b>

**Unit 2: Me, My Body, My Health**

**Session 1: We don't have to be the Same**

**LO:**

- Similarities and differences between people arise as they grow and make choices, and that by living and working together ('teamwork') we create community;
- Self-confidence arises from being loved by God (not status, etc).

**Unit 2: Me, My Body, My Health**

**Session 2: Respecting our Bodies**

**LO:**

- To learn about the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.

**Unit 2: Me, My Body, My Health**

**Session 3: What is Puberty?**

**LO:**

- Learn what the term puberty means;
- Learn when they can expect puberty to take place;
- Understand that puberty is part of God's plan for our bodies.

**Unit 2: Me, My Body, My Health**

**Session 4: Changing Bodies**

**LO:**

- Learn correct naming of genitalia;
- Learn what changes will happen to boys during puberty;
- Learn what changes will happen to girls during puberty.

**Unit 2: Me, My Body, My Health**

**Session 5: Boy/Girl discussion groups**

<b>SUMMER MEDIUM TERM PLAN</b>	<b>Relationship and Sex Education</b>
<b>Module 1: Created and Loved by God</b>	<b>Year 4</b>

<p><b>Unit 1: Religious Understanding</b></p> <p><b>Session 1: Life Cycles</b></p> <p><b>LO:</b> Pupils will learn:</p> <ul style="list-style-type: none"> <li>• That they were handmade by God with the help of their parents.</li> <li>• How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception.</li> <li>• How conception and life in the womb fits into the cycle of life.</li> </ul>	<p><b>Unit 1: Religious Understanding</b></p> <p><b>Session 2: A Time for Everything</b></p> <p><b>LO:</b> Pupils will:</p> <ul style="list-style-type: none"> <li>• Understand what 'death' means</li> <li>• Learn about some feelings often connected with grief</li> <li>• Know what the Christian faith says about death and eternal life</li> <li>• Explore some ways to support themselves and others when they are grieving</li> </ul>
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