

<p><b>Unit 1: Religious Understanding</b></p> <p><b>Session 1: Calming the Storm</b></p> <p><b>LO:</b></p> <p>Children will learn that:</p> <ul style="list-style-type: none"> <li>• We were created individually by God who cares for us and wants us to put our faith in Him.</li> <li>• Physically becoming an adult is a natural phase of life.</li> <li>• Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan – and the results will be worth it!</li> </ul>	<p><b>Unit 2: Me, My Body, My Health</b></p> <p><b>Session 1: Gifts and Talents</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community;</li> <li>• Self-confidence arises from being loved by God (not status, etc).</li> </ul>	<p><b>Unit 2: Me, My Body, My Health</b></p> <p><b>Session 2: Girls' Bodies</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• That human beings are different to other animals;</li> <li>• About the unique growth and development of humans, and the changes that girls will experience during puberty;</li> <li>• About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately;</li> <li>• The need for modesty and appropriate boundaries.</li> </ul>
<p><b>Unit 2: Me, My Body, My Health</b></p> <p><b>Session 3: Boys' Bodies</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• That human beings are different in kind to other animals;</li> <li>• About the unique growth and development of humans, and the changes that boys will experience during puberty;</li> <li>• About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</li> <li>• The need for modesty and appropriate boundaries.</li> </ul>	<p><b>Unit 2: Me, My Body, My Health</b></p> <p><b>Session 4: Spots and Sleep</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• To learn how to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</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 6</b>

<p><b>Unit 3: Emotional Well-being</b></p> <p><b>Session 1: Body Image</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> <li>• That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</li> </ul>	<p><b>Unit 3: Emotional Well-being</b></p> <p><b>Session 2: Peculiar Feelings</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action.</li> <li>• That some behaviour is wrong, unacceptable, unhealthy or risky</li> </ul>
<p><b>Unit 3: Emotional Well-being</b></p> <p><b>Session 3: Emotional Changes</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• Emotions change as they grow up (including hormonal effects);</li> <li>• To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action;</li> <li>• About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</li> </ul>	<p><b>Unit 3: Emotional Well-being</b></p> <p><b>Session 4: Seeing Stuff Online</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• The difference between harmful and harmless videos and images;</li> <li>• The impact that harmful videos and images can have on young minds;</li> <li>• Ways to combat and deal with viewing harmful videos and images.</li> </ul>

<b>SUMMER MEDIUM TERM PLAN</b>	<b>Relationship and Sex Education</b>
<b>Module 1: Created and Loved by God</b>	<b>Year 6</b>

<p><b>Unit 4: Life Cycles</b></p> <p><b>Session 1: Making Babies</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• To learn how a baby grows and develops in its mother's womb.</li> </ul>	<p><b>Unit 4: Life Cycles</b></p> <p><b>Session 2: Making Babies</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• Basic scientific facts about sexual intercourse between a man and woman;</li> <li>• The physical, emotional, moral and spiritual implications of sexual intercourse;</li> <li>• The Christian viewpoint that sexual intercourse should be saved for marriage.</li> </ul>
<p><b>Unit 4: Life Cycles</b></p> <p><b>Session 3: Menstruation</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life;</li> <li>• Some practical help on how to manage the onset of menstruation.</li> </ul>	<p><b>Unit 4: Life Cycles</b></p> <p><b>Session 3: Hope beyond death</b></p> <p><b>LO:</b></p> <ul style="list-style-type: none"> <li>• What 'death' means</li> <li>• About some feelings often connected with grief</li> <li>• What the Christian faith says about death and eternal life</li> <li>• Some ways to support themselves and others when they are grieving</li> </ul>