

Module	Session Title	Session Length	Curriculum Statements
Module 1 Unit 1	Story Sessions: Get Up!	5x 15 minute over 5 days	<ul style="list-style-type: none"> • We are created individually by God who is Love, designed in His own image and likeness; • 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); • Every human life is precious from the beginning of life (conception) to natural death; • Personal and communal prayer and worship are necessary ways of growing in our relationship with God; • In Baptism God makes us His adopted children and 'receivers' of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue); • It is important to make a nightly examination of conscience.
Module 1 Unit 2	Session 1: We Don't Have to be the Same	45 minutes	<ul style="list-style-type: none"> • 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.).

	Session 2: Respecting our Bodies	45 minutes	<ul style="list-style-type: none"> 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.
	Session 3: What is Puberty?	45 minutes	<ul style="list-style-type: none"> 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.
	Session 4: Changing Bodies	45 minutes	<ul style="list-style-type: none"> Learn correct naming of genitalia; Learn what changes will happen to boys during puberty; Learn what changes will happen to girls during puberty.
	Session 5: Male/Female Discussion Groups (optional)	45 minutes	<ul style="list-style-type: none"> Groups to address questions that the children may have in light of the learning in the module. To be led by male and female members of staff.
Module 1 Unit 3	Session 1: What Am I Feeling?	45 minutes	<ul style="list-style-type: none"> 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; What emotional well-being means; Positive actions help emotional well-being (beauty, art, etc. lift the spirit); Talking to trusted people help emotional well-being (e.g. parents/carer/teacher/parish priest).

	Session 2: What Am I Looking At?	45 minutes	<ul style="list-style-type: none"> To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.
	Session 3: I Am Thankful	45 minutes	<ul style="list-style-type: none"> Some behaviour is wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.
Module 3 Unit 1	Session 1: Life Cycles	45 minutes	<ul style="list-style-type: none"> That they were handmade by God with the help of their parents. How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; How conception and life in the womb fits into the cycle of life; That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.
Module 1 Unit 4	Session 2: A Time for Everything	45 minutes	<ul style="list-style-type: none"> To understand what 'death' means To learn about some feelings often connected with grief To know what the Christian faith says about death and eternal life To explore some ways to support themselves and others when they are grieving

	Session 3: Big Changes, Little Changes (+Classroom Shorts)	40 minutes	<ul style="list-style-type: none"> • To understand that change is a part of life and that there are different kinds of change. • To learn about some feelings often associated with change. • To know that God is always with us as we change and grow. • To learn coping strategies to support themselves and others.
Module 3 Unit 1	Session 1: A Community of Love	30 minutes	<ul style="list-style-type: none"> • God is Love as shown by the Trinity - a 'communion of persons supporting each other in their self-giving relationship'; • The human family is to reflect the Holy Trinity in mutual charity and generosity.
	Session 2: What is the Church?	45 minutes	<ul style="list-style-type: none"> • That the human family is to reflect the Holy Trinity in mutual charity and generosity; • The Church family comprises of home, school and parish (which is part of the diocese).
Module 3 Unit 2	Session 1: How Do I Love Others?	50 minutes	<ul style="list-style-type: none"> • To know that God wants His Church to love and care for others. • To devise practical ways of loving and caring for others.
Module 3 Unit 2	Session 2: Money Matters (+Classroom Shorts)	40 minutes	<ul style="list-style-type: none"> • All forms of money have advantages and disadvantages. • Our attitude to money and choices about spending, saving and giving impacts on ourselves and others.

			<ul style="list-style-type: none"> • Budgeting helps to keep track of spending and saving. • Our faith guides our values and reminds us of the importance of love for God and others.
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British Values Teaching

Mutual Respect and Tolerance

- To understand the meaning of prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.
- To understand how multiculturalism and diversity play a big part in teaching us about respect.

Rule of Law

- To recognise there are human rights, that are there to protect everyone.
- To understand that living under the rule of law protects individual citizens and is essential for their wellbeing and safety.

Democracy

- To recognise how democracy ensures that laws are passed fairly for the good of all.
- To recognise that not all peoples live as part of a democratic society.

Individual Liberty

- To consider the impact that the choices people make have on ourselves and others.