



Week EYFS	Module and Unit	Session Title	Session Length
1 EYFS, Module 1, Unit 1	Children will know that: <ul style="list-style-type: none">We are created individually by God as part of His creation planWe are all God's children and are specialOur bodies were created by God and are goodWe can give thanks to God!	Story Session: Handmade With Love	5 x 15- minute sessions over 5 days
2 EYFS, Module 1, Unit 2	Session 1: I Am Me <ul style="list-style-type: none">We are each unique, with individual gifts, talents and skills.Whilst we all have similarities because we are made in God's image, difference is part of God's plan! Session 2: Heads, Shoulders, Knees and Toes <ul style="list-style-type: none">That their bodies are good and made by GodThe names of the parts of the body (not genitalia) Session 3: Ready Teddy <ul style="list-style-type: none">That our bodies are good and we need to look after themWhat constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene		15 Mins 15 Min 15 Min
3&4 EYFS, Module 1, Unit 3	Session 1: I Like, You Like, We All Like! <ul style="list-style-type: none">That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)That it is natural for us to relate to and trust one another Session 2: All The Feelings! <ul style="list-style-type: none">A language to describe their feelingsAn understanding that everyone experiences feelings, both good and badSimple strategies for managing feelings Session 3: Let's Get Real <ul style="list-style-type: none">Simple strategies for managing emotions and behaviourThat we have choices and these choices can impact how we feel and respond.We can say sorry and forgive like Jesus		15 Min 15 Min 15 Min



4 EYFS, Module 1, Unit 4	Session 1: Growing Up <ul style="list-style-type: none">• That there are natural life stages from birth to death, and what these are		15 Min
5 EYFS, Module 3, Unit 1	Session 1: God is Love <ul style="list-style-type: none">• That God is love: Father, Son and Holy Spirit• That being made in His image means being called to be loved and to love others Session 2: Loving God, Loving Others <ul style="list-style-type: none">• What a community is, and that God calls us to live in community with one another• Some Scripture illustrating the importance of living in a community• No matter how small our offerings, they are valuable to God and He can use them for His glory.		15 Min 15 Min
5 EYFS, Module 3, Unit 2	Session 1: Me, You, Us <ul style="list-style-type: none">• That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community• That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc.• That we have a duty of care for others and for the world we live in (charity work, recycling, etc.)• About what harms and what improves the world in which they live		15 Min



Year 1			
Week	Module and Unit	Session Title	Session Length
1 KS1, Module 1, Unit 1	<p>Children will know that:</p> <ul style="list-style-type: none"> We are created individually by God God wants us to talk to Him often through the day and treat Him as our best friend God has created us, His children, to know, love and serve Him We are created as a unity of body, mind and spirit: who we are matters and what we do matters We can give thanks to God in different ways 	Story Session: Let the Children Come	5 x 10-minute sessions over 5 days
2 KS1, Module 2, Unit 1	<p>Session 1: God loves you</p> <ul style="list-style-type: none"> We are part of God's family Saying sorry is important and can mend friendships Jesus cared for others and had expectations of them and how they should act We should love other people in the same way God loves us 		40 Min
3 KS1, Module 2, Unit 2	<p>Session 1: Special People</p> <ul style="list-style-type: none"> To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special The importance of nuclear and wider family The importance of being close to and trusting special people and telling them if something is troubling them <p>Session 2: Treat Others Well</p> <ul style="list-style-type: none"> How their behaviour affects other people, and that there is appropriate and inappropriate behaviour The characteristics of positive and negative relationships About different types of teasing, and that all bullying is wrong and unacceptable 		30 Min 35 Min



	<p>Session 3: ...and Say Sorry</p> <ul style="list-style-type: none"> To recognise when they have been unkind and say sorry To recognise when people are being unkind to them and others and how to respond That when we are unkind to others, we hurt God also and should say sorry to Him as well That we should forgive like Jesus forgives 		30 Min
<p>4&5 KS1, Module 2, Unit 3</p>	<p>Session 1: Being Safe</p> <ul style="list-style-type: none"> Actively participate in activities and 'Smartie the Penguin' story; Answer questions to know what is and isn't safe online; Know who they can go to to talk about anything they feel uncomfortable about, particularly online. <p>Session 2: Good and Bad Secrets</p> <ul style="list-style-type: none"> The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them How to resist pressure when feeling unsafe <p>Session 3: Physical Contact 45 minutes</p> <ul style="list-style-type: none"> To know that they are entitled to bodily privacy. That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest. <p>Session 4: Harmful Substances</p> <ul style="list-style-type: none"> Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume. <p>Session 5: Can You Help Me?</p> <ul style="list-style-type: none"> About what is and isn't an emergency That in an emergency, they (or an adult) should call 999 and ask for ambulance, police and/or fire brigade <p>Session 6: Can You Help Me?</p> <ul style="list-style-type: none"> To call 999 in an emergency and ask for ambulance, police and/or fire brigade That if they require medical help but it is not an emergency, basic First Aid should be used instead of calling 999 Some basic principles of First Aid 		<p>35 Min</p> <p>35 Min</p> <p>45 Min (or 2x25 Min)</p> <p>30 Min</p> <p>(Part 1) 35 minutes Session (Part 2)</p>



6 KS1, Module 3, Unit 1	Session 1: Three In One <ul style="list-style-type: none">• God is love: Father, Son and Holy Spirit• Being made in His image means being called to be loved and to love others Session 2: Who is My Neighbour? <ul style="list-style-type: none">• To know what a community is, and that God calls us to live in community with one another• A scripture illustrating the importance of living in community as a consequence of this• Jesus' teaching on neighbours		25 Mins 30 Mins
KS1, Module 3, Unit 2 Session	Session 1: The Communities We Live In <ul style="list-style-type: none">• That they belong to various communities such as home, school, parish, the wider local community, nation and global community• That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc.• That we have a duty of care for others and for the world we live in (charity work, recycling etc.)• About what harms and what improves the world in which we live		35 Mins



Year 2			
Week	Module and Unit	Session Title	Session Length
1 KS1, Module 1, Unit 1	Children will know that: <ul style="list-style-type: none"> We are created individually by God God wants us to talk to Him often through the day and treat Him as our best friend God has created us, His children, to know, love and serve Him We are created as a unity of body, mind and spirit: who we are matters and what we do matters We can give thanks to God in different ways 	Story Session: Let the Children Come	5 x 10-minute sessions over 5 days
2 KS1, Module 1, Unit 1	<p>Session 1: I Am Unique</p> <ul style="list-style-type: none"> Engage with teacher-led questions and paired interactions Be given the opportunity to reflect on what makes them unique through an activity called 'My Special Box' Join in with learning the chorus of the song, 'Touch Your Knees, Touch Your Toes' <p>Session 2: Girls and Boys</p> <ul style="list-style-type: none"> That our bodies are good The names of our body parts (please refer to the Module Overview for important guidance on discussing genitalia) That girls and boys have been created by God to be both similar and different, together making up the richness of the human family <p>Session 3&4: Clean and Healthy (My Body)</p> <ul style="list-style-type: none"> That our bodies are good and we need to look after them What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating The importance of sleep, rest and recreation for our health How to maintain personal hygiene 		30 Min 30-40 min 40 minutes (2 sessions)



<p>3</p> <p>KS1, Module 1, Unit 3</p>	<p>Session 1: Feelings, Likes and Dislikes</p> <ul style="list-style-type: none"> • That it is natural for us to relate to and trust one another • That we all have different ‘tastes’ (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) • A language to describe our feelings <p>Session 2: Feeling Inside Out</p> <ul style="list-style-type: none"> • Gain a basic understanding that feelings and actions are two different things, and that our good actions can ‘form’ our feelings and our character <p>Session 3: Super Susie Gets Angry</p> <ul style="list-style-type: none"> • Simple strategies for managing feelings and maintaining good behaviour • That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they make mistakes • That Jesus died on the cross so that we would be forgiven 		<p>40 Min</p> <p>30 Min</p> <p>40 Min</p>
<p>4</p> <p>KS1, Module 2, Unit 4</p>	<p>Session 1: The Cycle of Life 30 minutes</p> <ul style="list-style-type: none"> • Learn and appreciate that there are natural life stages from birth to death, and what these are 		<p>35 Min</p>
<p>5</p> <p>KS1, Module 3, Unit 1</p> <p>KS1, Module 3, Unit 2</p>	<p>Session 1: Three In One</p> <ul style="list-style-type: none"> • God is love: Father, Son and Holy Spirit • Being made in His image means being called to be loved and to love others <p>Session 2: Who is My Neighbour?</p> <ul style="list-style-type: none"> • To know what a community is, and that God calls us to live in community with one another • A scripture illustrating the importance of living in community as a consequence of this • Jesus’ teaching on neighbours <p>Session 1: The Communities We Live In</p> <ul style="list-style-type: none"> • That they belong to various communities such as home, school, parish, the wider local community, nation and global community • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc. • That we have a duty of care for others and for the world we live in (charity work, recycling etc.) • About what harms and what improves the world in which we live 		<p>25 Min</p> <p>30 Min</p> <p>35 Min</p>



Year 3			
Week	Module and Unit	Session Title	Session Length
1 LKS2, Module 1, Unit 1	<p>Children will know that:</p> <p>Sessions: Get Up!</p> <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 story <p>Session 2: The Sacraments</p> <ul style="list-style-type: none"> In Baptism God makes us His adopted children and 'receivers' of His love By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). It is important to make a nightly examination of conscience. Receiving the Sacraments helps them to develop healthy relationships with others 	<p>Story Session: Get Up!</p>	<p>5 x 15-minute sessions over 5 days</p> <p>40Mins</p>
2 LKS2, Module 2, Unit 1	<p>Story Sessions: Jesus, My Friend</p> <ul style="list-style-type: none"> That God loves, embraces, guides and forgives us; He reconciles us with Him and one another. The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness. That relationships take time and effort to sustain. 	<p>Story Sessions: Jesus, My Friend</p>	<p>5 x 15-minute sessions over 5 days</p>



LKS2, Module 2, Unit 1	<ul style="list-style-type: none">We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.		45 min
3 LKS2 Module 2, Unit 2	Session 1: Friends, Family and Others... <ul style="list-style-type: none">Ways to maintain and develop good, positive, trusting relationships and strategies to use when relationships go wrongThat there are different types of relationships including those between acquaintances, friends, family and relativesThat good friendship is when both persons enjoy each other's company and also want what is truly best for the otherThe difference between a group of friends and a 'clique'		45 Min
	Session 2: When Things Feel Bad <ul style="list-style-type: none">Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullyingLearn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond		45Min
4&5 LKS2, Module 2, Unit 3	Session 1: Sharing Online <ul style="list-style-type: none">To recognise that their increasing independence brings increased responsibility to keep themselves and others safeHow to use technology safelyThat just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and othersHow to report and get help if they encounter inappropriate materials or messages		45 Min
	Session 2: Chatting Online <ul style="list-style-type: none">How to use technology safelyThat bad language and bad behaviour are inappropriate		45 Min



	<ul style="list-style-type: none"> • That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others • How to report and get help if they encounter inappropriate materials or messages <p>Session 3: Safe In My Body</p> <ul style="list-style-type: none"> • To judge well what kind of physical contact is acceptable or unacceptable and how to respond • About different kinds of abuse, including 'abuse of private parts' • That there are different people we can trust for help, especially those who care for us, including our teachers and parish priest <p>Session 4: Drugs, Alcohol and Tobacco</p> <ul style="list-style-type: none"> • Understand the effect that a range of substances including drugs, alcohol and tobacco can have on the body. • Know that our bodies are created by God, so we should take care of them and be careful about what we consume. <p>Session 5: First Aid Heroes</p> <ul style="list-style-type: none"> • In an emergency, it is important to remain calm. • Quick reactions in an emergency can save a life. • Children can help in an emergency using their First Aid knowledge. 		<p>45 Min</p> <p>45 Min</p> <p>45 min</p>
<p>6</p> <p>LKS2, Module 3, Unit 1</p> <p>LKS2 Module3, Unit 2</p>	<p>Session 1: A Community of Love</p> <ul style="list-style-type: none"> • God is love as shown by the Holy Trinity – a communion of persons supporting each other in their self-giving relationship. • The human family reflects the Holy Trinity in mutual charity and generosity. • We are made in the image of God, which means we are made to love God and others, and be loved by God and others. <p>Session 2: What is the Church?</p> <ul style="list-style-type: none"> • The human family reflects the Holy Trinity in charity and generosity • The Church family comprises of home, school and parish (which is part of the diocese) <p>Session 1: How Do I Love Others? 50 minutes</p> <ul style="list-style-type: none"> • That God wants His Church to love and care for others. • To devise practical ways of loving and caring for others. 		<p>30 Min</p> <p>45 Min</p> <p>50 Min</p>



Year 4			
Week	Module and Unit	Session Title	Session Length
1 LKS2, Module 1, Unit 1	<p>Children will know that:</p> <p>Sessions: Get Up!</p> <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 	<p>Story Session: Get Up!</p>	<p>5 x 15-minute sessions over 5 days</p> <p>40Min</p>
2&3 LKS2, Module 1, Unit 2	<p>Session 1: We Don't Have to be the Same</p> <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) <p>Session 2: Respecting our Bodies</p> <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. <p>Session 3: What is Puberty?</p> <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. <p>Session 4: Changing Bodies</p> <ul style="list-style-type: none"> Learn correct naming of genitalia 	<p>Story Sessions: Jesus, My Friend</p>	<p>45 min</p> <p>45 min</p> <p>45 min</p> <p>45min</p>



	<ul style="list-style-type: none"> Learn what changes will happen to boys during puberty Learn what changes will happen to girls during puberty <p>Session 5: Male/Female Discussion Groups (optional)</p>		45min
4 LKS2 Module 1, Unit 3	<p>Session 1: What Am I Feeling?</p> <ul style="list-style-type: none"> That emotions change as they grow up (including hormonal effects – Version 2 only) About the range and intensity of their feelings and that ‘feelings’ are not good guides for action That feelings are neither good or bad, but information about what we are experiencing that help us consider how to act What ‘emotional well-being’ means and that positive actions and talking to trusted people enhance emotional well-being 		45 Min
	<p>Session 2: What Am I Looking At?</p> <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. That God made us and loves us as we are. 		45Min
	<p>Session 3: I Am Thankful</p> <ul style="list-style-type: none"> Some behaviour is wrong, unacceptable, unhealthy and/or risky. Thankfulness builds resilience against feelings of envy, inadequacy, and insecurity, and against pressure from peers and the media 		
5 LKS2, Module 1, Unit 4	<p>Session 1: Life Cycles</p> <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. 		45 Min



	<ul style="list-style-type: none">How conception and life in the womb fits into the cycle of life.		45 Min
LKS2 Module 3, Unit 1	<p>Session 1: A Community of Love</p> <ul style="list-style-type: none">God is love as shown by the Holy Trinity – a communion of persons supporting each other in their self-giving relationship.The human family reflects the Holy Trinity in mutual charity and generosity.We are made in the image of God, which means we are made to love God and others, and be loved by God and others. <p>Session 2: What is the Church?</p> <ul style="list-style-type: none">The human family reflects the Holy Trinity in charity and generosityThe Church family comprises of home, school and parish (which is part of the diocese)		30 Min 45 Min
LKS2 Module 3, Unit 2	<p>Session 1: How Do I Love Others?</p> <ul style="list-style-type: none">That God wants His Church to love and care for others.To devise practical ways of loving and caring for others.		50 min



Year 5			
Week	Module and Unit	Session Title	Session Length
1 UKS2, Module 1, Unit 1	<p>Children will know that:</p> <p>Sessions: Calming the Storm</p> <ul style="list-style-type: none"> We were created individually by God who cares for us and wants us to put our faith in Him. Physically becoming an adult is a natural phase of life. 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! 	<p>Story Session: Calming the Storm</p>	5 x 15-minute sessions over 5 days
2 UKS2, Module 2, Unit 1	<p>Session 1: Is God Calling You?</p> <ul style="list-style-type: none"> That God calls us to love others About ways in which we can participate in God's call for us to love others 		45 - 60 min
3 UKS2 Module 2, Unit 2	<p>Session 1: Under Pressure</p> <ul style="list-style-type: none"> Pressure comes in different forms, and what some of those different forms are There are strategies that they can adopt to resist pressure <p>Session 2: Do You Want A Piece of Cake?</p> <ul style="list-style-type: none"> Understand what consent and bodily autonomy means Discuss and reflect on different scenarios where it is right to say 'no' 		<p>45 - 60 Min</p> <p>45 – 60 Min</p>



	<p>Session 3: Self-Talk</p> <ul style="list-style-type: none"> Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions Apply this approach to personal friendships and relationships 		45 – 60 Min
<p>3,4&5 UKS2, Module 2, Unit 3</p>	<p>Session 1: Sharing Isn't Always Caring</p> <ul style="list-style-type: none"> To recognise that their increasing independence brings increased responsibility to keep themselves and others safe How to use technology safely That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others How to report and get help if they encounter inappropriate materials or messages <p>Session 2: Cyberbullying</p> <ul style="list-style-type: none"> To recognise that their increasing independence brings increased responsibility to keep themselves and others safe How to use technology safely That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others How to report and get help if they encounter inappropriate materials or messages <p>Session 3: Types of Abuse</p> <ul style="list-style-type: none"> To judge well what kind of physical contact is acceptable or unacceptable and how to respond That abuse violates the rights of children That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests <p>Session 4: Impacted Lifestyles</p>		<p>45 - 60 Min</p> <p>45 -60 Min</p> <p>45-60 Min</p> <p>45-60 Min</p>



	<ul style="list-style-type: none"> • About the effect that a range of substances including drugs, tobacco and alcohol can have on the body. • How to make good choices about substances that would have an impact on their health. • That our bodies are created by God, so we should take care of them and be careful about what we consume. <p>Session 5: Making Good Choices</p> <ul style="list-style-type: none"> • Consider how, as they get older, they may come under pressure when it comes to drugs, alcohol and tobacco • Learn that they are entitled to say “no” for all sorts of reasons, but not least in order to protect their God-given bodies <p>Session 6: Giving Assistance</p> <ul style="list-style-type: none"> • The recovery position can be used when a person is unconscious but breathing • DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance 		45-60 Min
6	<p>Session 1: The Holy Trinity</p> <ul style="list-style-type: none"> • God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity. • The Holy Spirit works through us to share God’s love and goodness with others. <p>Session 2: Catholic Social Teaching</p> <ul style="list-style-type: none"> • The principles of Catholic Social Teaching • That God formed them out of love, to know and share His love with others 		45-60 Min
UKS2 Module 3, Unit 1			45-60 Min
UKS2 Module 3, Unit 2	<p>Session 1: Reaching Out</p> <ul style="list-style-type: none"> • Apply the principles of Catholic Social Teaching to current issues. • Find ways in which they can spread God’s love in their community 		45-60 min



Year 6			
Week	Module and Unit	Session Title	Session Length
1 UKS2, Module 1, Unit 1	Children will know that: Sessions: Calming the Storm <ul style="list-style-type: none"> We were created individually by God who cares for us and wants us to put our faith in Him. Physically becoming an adult is a natural phase of life. 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! 	Story Session: Calming the Storm	5 x 15-minute sessions over 5 days
2 UKS2, Module 1, Unit 2	Session 1: Gifts and Talents <ul style="list-style-type: none"> Similarities and differences between people arise as they grow and mature By living and working together ('teamwork') we create community. There are many different types of family set up Self-confidence arises from being loved by God (not status, etc.) Session 2: Girls' Bodies <ul style="list-style-type: none"> That human beings are different to other animals About the unique growth and development of humans, and the changes that girls will experience during puberty 		45 - 60 min 45-60min



	<ul style="list-style-type: none"> About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately The need for modesty and appropriate boundaries <p>Session 3: Boys' Bodies</p> <ul style="list-style-type: none"> That human beings are different to other animals About the unique growth and development of humans, and the changes that girls will experience during puberty About the need to respect their bodies as a gift from God to be looked after well, and dressed appropriately The need for modesty and appropriate boundaries <p>Session 4: Spots and Sleep</p> <ul style="list-style-type: none"> 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. 		45-60 Min
3 UKS2 Module 1, Unit 3	<p>Session 1: Body Image</p> <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 That thankfulness builds resilience against feelings of envy, inadequacy etc, and against pressure from peers or the media <p>Session 2: Peculiar Feelings</p> <ul style="list-style-type: none"> Deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action 		45 - 60 Min 45 – 60 Min



	<ul style="list-style-type: none">Learn that some behaviour is wrong, unacceptable, unhealthy or risky <p>Session 3: Emotional Changes</p> <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 actionThat openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being.That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being. <p>Session 4: Seeing Stuff Online</p> <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 actionThat openness with trusted parents/carers/teachers when worried helps with healthy emotional well-being.That beauty, art, etc. can lift the spirit and also contribute to our sense of well-being.		45 – 60 Min
4 UKS2, Module 1, Unit 4	<p>Session 1: Making Babies (Part 1)</p> <ul style="list-style-type: none">How a baby grows and develops in its mother's wombPregnancy and childbirth are God's way of giving the gift of life: He creates new life, but entrusts parents with the job of making us <p>Session 2: Making Babies (Part 2) May be omitted or may be set as a homework task with parents.</p> <ul style="list-style-type: none">Basic scientific facts about sexual intercourse between a man and womanThe physical, emotional, moral and spiritual implications of sexual intercourseThe Christian viewpoint that sexual intercourse should be saved for marriage		45 - 60 Min 45 -60 Min



	<p>Session 3: Menstruation</p> <ul style="list-style-type: none"> About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life Some practical ways to manage the onset of menstruation 		45-60 Min
5	<p>Session 4: Build Others Up</p> <ul style="list-style-type: none"> God the Father, God the Son and God the Holy Spirit are the three persons of the Holy Trinity. The Holy Spirit works through us to share God's love and goodness with others. 		60 Min
UKS2 Module 2, Unit 2			45-60 Min
UKS2 Module 3, Unit 1	<p>Session 1: The Holy Trinity</p> <ul style="list-style-type: none"> The principles of Catholic Social Teaching That God formed them out of love, to know and share His love with others <p>Session 2: Catholic Social Teaching</p> <ul style="list-style-type: none"> Apply the principles of Catholic Social Teaching to current issues. Find ways in which they can spread God's love in their community. 		45-60 min
UKS2 Module 3, Unit 2	<p>Session 1: Reaching Out</p> <ul style="list-style-type: none"> Apply the principles of Catholic Social Teaching to current issues. Find ways in which they can spread God's love in their community. 		60 Min

