

Holy Cross
RSE Planning – Year 4
Life to the Full

TERM 5					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><u>LKS2 1.1.1 Get Up!</u> 5 x 15-minute sessions over 5 days</p> <p><u>LKS2 1.2.1 We Don't Have to Be the Same</u></p> <p>In this session, children will recognise that people are unique and that our similarities and differences should be celebrated. Pupils will also be given an opportunity to reflect on God's love as the foundation of our self-confidence.</p>	<p><u>LKS2 1.2.2 Respecting Our Bodies</u></p> <p>In this session, we explore the importance of respecting our bodies as a gift from God in very practical ways, such as clothing, food and physical exercise.</p>	<p><u>LKS2 1.2.3 What is Puberty?</u></p> <p>In this session, children will develop a base-level understanding of what puberty is and why we go through it. Children should come out of this session knowing that puberty is part of God's plan for our bodies and that they can embrace the changes with confidence.</p>	<p><u>LKS2 1.2.4 Changing Bodies</u></p> <p>In this session, pupils will use the correct terminology for genitalia relating to the discussion on puberty and explore some of the specific physical and emotional changes that will take place for boys and girls over the coming years.</p>	<p><u>LKS2 1.3.1 What Am I Feeling?</u></p> <p>This session introduces emotions and feelings as complex and changeable things that we sometimes find difficult to understand or explain - especially when hormones are involved! Children will learn to examine their feelings, and try to understand them and what causes them.</p>	<p><u>LKS2 1.3.2 What Am I Looking At?</u></p> <p>This session encourages children to see through the fake reality that is presented to them on television, in magazines and on adverts: they will compare these representations and stereotypes to their own life experiences.</p>
TERM 6					
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p><u>LKS2 1.3.3 I Am Thankful!</u></p> <p>In this session, children will identify behaviour that is wrong, unacceptable, unhealthy or risky, and they will be reminded that feelings and</p>	<p><u>LKS2 1.4.1 Life Cycles</u></p> <p>In this session, pupils will explore the miraculous nature of human conception and birth. With the underpinning knowledge that we were handmade by God with our parents'</p>	<p><u>LKS2 1.4.2 A Time for Everything</u></p> <p>Framed within the Christian understanding of eternal life, this session helps pupils to consider and communicate about death in a direct yet</p>	<p><u>LKS2 1.4.3 Big Changes, Little Changes</u></p> <p>Continuing from previous learning about change, children will reflect on their experiences of change now they are older. Further discussion on</p>	<p><u>LKS2 3.2.1 How Do I Love Others?</u></p> <p>This session explores how we can put love into action in the communities we live in. Pupils will look at how the Church has grown out of God's love for us</p>	<p><u>LKS2 3.2.3 Money Matters</u></p> <p>This session reinforces previous learning about money and explains some practicalities of managing money including different payment methods,</p>

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<p>actions are different things. They will learn that particular feelings and pressures may make us want to act inappropriately, and so they will learn how to build resilience in various ways, including choosing to be thankful.</p>	<p>help, children will go on a journey to discover how life is created in the womb.</p> <p>*Sexual intercourse is not discussed.</p>	<p>gentle way, reflect compassionately on the complexities of grief and consider ways to support themselves and others.</p>	<p>feelings around big changes will feature, and children will learn some coping strategies and explore how to prepare for new changes, including relying on the constancy of God.</p>	<p>and how it can be an example and a means of loving and caring for others.</p>	<p>budgeting and keeping track of spending and how our choices can impact on our lives and the lives of others.</p>
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