

Week	Module and Unit	Unit Title	<h2 style="text-align: center;">Year 4</h2> <p style="text-align: center;">Lessons and Objectives</p>
1	Module 1 Unit 2	Me, My Body, My Health	<u>We don't have to be the same</u> <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).
2			<u>Respecting our bodies</u> <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
3			<u>What is puberty?</u> <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.
4			<u>Changing bodies</u> <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.
5			<u>Boy/Girl Discussion Groups</u>
6	Module 1 Unit 3	Emotional Well-Being	<u>What am I Feeling?</u> <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 helps emotional well-being (eg parents/carer/teacher/parish priest).
7			<u>What am I looking at?</u> <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.
8			<u>I am Thankful</u> <ul style="list-style-type: none"> Some behaviours are wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.
9	Module 1 Unit 4	Life Cycles	<u>Life Cycles</u> <ul style="list-style-type: none"> That they were made 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.
10	Module 3 Unit 1	Religious Understanding	<u>A Community of Love</u> <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.
11			<u>What is the Church?</u> <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).
12	Module 3 Unit 2	Living in the Wider World	<u>How do I Love Others?</u> <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.