Week	Module	Unit Title	Year 3 Lessons and Objectives
1 2	Module 1 Unit 1	Religious Understanding	**Get Up** (5 x 15 minute sessions over 5 days) •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.
3			**The Sacraments** •That in Baptism God makes us His adopted children and 'receivers' of His love. •That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).
4 5	Module 2 Unit 1		**Jesus, My Friend** (5 x 15 minute sessions over 5 days) •That Jesus loves, embraces, guides, forgives and 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; •We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.
6	Module 2 Unit 2	Personal Relationships	**Friends, Family and Others** •Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; •That there are different types of relationships including those between acquaintances, friends, relatives and family; •That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; •The difference between a group of friends and a clique.
7			**When things feel bad** •Develop a greater awareness of bullying (including cyber bullying), that all bullying is wrong, and how to respond to bullying; •Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.
8	Module 2 Unit 3	Keeping Safe	**Sharing Online** •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.
9			**Chatting Online** •How to use technology safely; •That bad language and bad behaviour are inappropriate; •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.
10			**Safe in My Body** •To judge well what kind of physical contact is acceptable or unacceptable and how to respond; •That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.
11			**Drugs, Alcohol and Tobacco** •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.
12			**First Aid Heroes** •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.

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