

Week	Module and Unit	Unit Title	Year 6 Lessons and Objectives
1	Module 1 Unit 1	Religious Understanding	<p>Calming the Storm (5 x 15 minute sessions over 5 days)</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!
2	Module 1 Unit 2	Me, My Body, My Teeth	<p>Gifts and Talents</p> <ul style="list-style-type: none"> •Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; •Self-confidence arises from being loved by God (not status, etc).
3			<p>Girls' 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 treated appropriately; •The need for modesty and appropriate boundaries.
4			<p>Boys' Bodies</p> <ul style="list-style-type: none"> • (As Above)
5			<p>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.
6			<p>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 media
7	Module 1 Unit 3	Emotional Wellbeing	<p>Funny Feelings</p> <ul style="list-style-type: none"> •To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. •That some behaviour is wrong, unacceptable, unhealthy or risky.
8			<p>Emotional Changes</p> <ul style="list-style-type: none"> •To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; •About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.
9			<p>Seeing Stuff Online</p> <ul style="list-style-type: none"> •The difference between harmful and harmless videos and images; •The impact that harmful videos and images can have on young minds; •Ways to combat and deal with viewing harmful videos and images
10	Module 1 Unit 4	Life Cycles	<p>Making Babies (Part 1)</p> <ul style="list-style-type: none"> •How a baby grows and develops in its mother's womb.
11			<p>Making Babies (Part 2) <i>May be omitted</i></p> <ul style="list-style-type: none"> •Basic scientific facts about sexual intercourse between a man and woman; •The physical, emotional, moral and spiritual implications of sexual intercourse; •The Christian viewpoint that sexual intercourse should be saved for marriage.
12			<p>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 help on how to manage the onset of menstruation.