



## LKS2 – Year 3 and 4

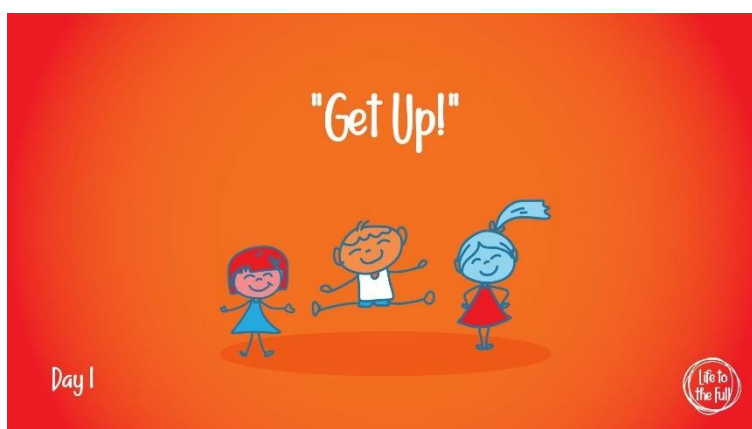
### Unit 1: Religious Understanding

Unit 1 – Religious Understanding explores the Gospel story Jairus' daughter in various creative and reflective ways. Through story and discussion, children will learn that they are designed for a purpose and how they should live in light of this. A second session unpacks the Sacraments of Baptism and Reconciliation as a foretaste of heaven and a wonderful part of our relationship with God.

Module Song

Unit Prayer: The Examen

Session 1: Get Up!



What happens in these sessions?

Over five days, children will hear and experience the Gospel story of Jesus healing Jairus' daughter. The story will be repeated in various ways, and through times of discussion, imaginative reflection and creative response, children will learn that they are created by God out of love and for love: they were designed for this purpose, which should inform how they live.

What do children learn?

- 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



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Module Song

Unit Prayer: The Examen

Session 2: The Sacraments



What happens in this session?

Building from the reflective sessions on the account of the raising of Jairus' daughter, this session unpacks the Sacraments of Baptism and Reconciliation. Children will understand that through prayer, the Sacraments and our friendships and relationships with others, we can have a foretaste of heaven.

What do children learn?

- 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)
- It is important to make a nightly examination of conscience



## Unit 2: Me, My Body, My Health

In Unit 2 – Me, My Body, My Health, children meet animated character, AJ, who will reappear throughout this scheme of work. In this Unit, children will learn to celebrate similarities and differences, and to appreciate and look after their bodies as gifts from God. Teaching also covers specific physical and emotional changes during puberty, and that growing from boys and girls to men and women is part of God's loving plan for creation.

Module Song

Unit Prayer: Thankfulness Prayers

Session 1: We Don't Have to Be the Same



What happens in this session?

This session introduces the animated characters of AJ, who will reappear throughout the Lower Key Stage Two scheme of work. Children in class will also role-play the characters of Sophie and Aidan who have questions and dilemmas for AJ. In this session, children help Sophie and Aidan learn that similarities and differences can be celebrated and can benefit a community through working together. Pupils will also be given an opportunity to reflect on God's love as the foundation of our self-confidence.

What do children learn?

- 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)



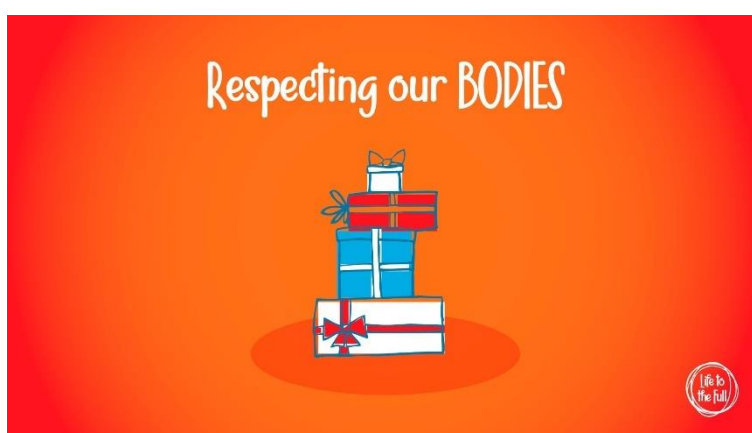
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Module Song

Unit Prayer: Thankfulness Prayers

Session 2: Respecting Our Bodies



What happens in this session?

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. Returning to the character of AJ (on screen) and Sophie and Aidan (played by pupils), we explore problems and solutions through roleplay and discussion. Children will reflect on their individual bodies as a gift from God that He wants us to look after and respect.

What do children learn?

- 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.

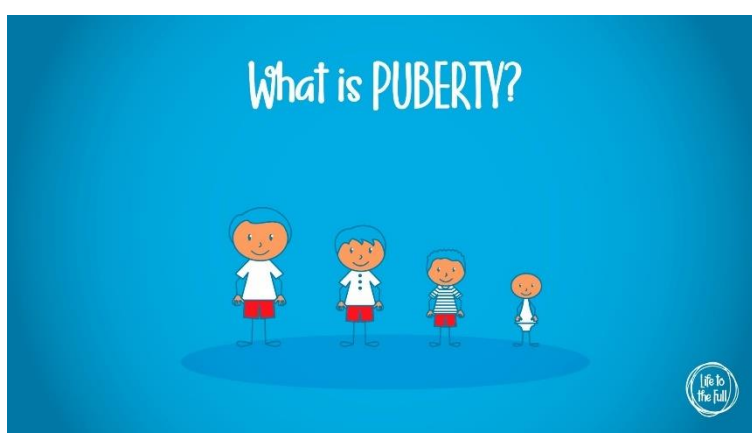
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Module Song

Unit Prayer: Thankfulness Prayers

Session 3: What is Puberty?



What happens in this session?

In this session, children will develop a base-level understanding of what puberty is and get a grasp on some of the terminology related to puberty, such as genitalia. This session is a precursor to the session which will follow called 'Changing Bodies' which will look specifically at some of the changes that boys and girls will face when they enter puberty. Through the role-play drama and presenter-led video, 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.

**Parent note: This unit is taught in Year 4, not in Year 3.**

What do children learn?

- What the term puberty means
- When they can expect puberty to take place
- That puberty is part of God's plan for our bodies



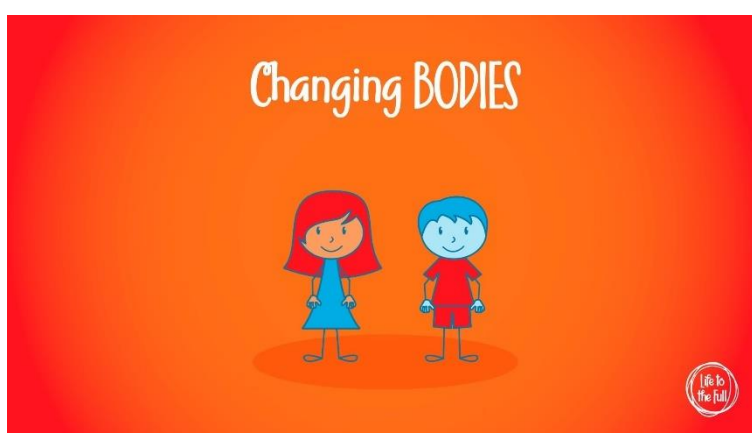
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Module Song

Unit Prayer: Thankfulness Prayers

Session 4: Changing Bodies



What happens in this session?

In the previous session, pupils looked at the word 'puberty' and learnt how puberty is part of God's plan to help us love others more. 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.

**Parent note: The naming of genitalia is taught in Year 3. Puberty is taught in Year 4.**

What do children learn?

- Correct naming of genitalia
- What changes will happen to boys during puberty
- What changes will happen to girls during puberty

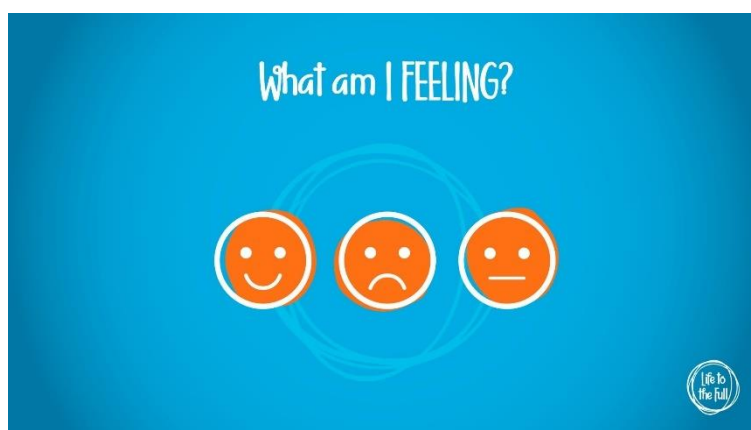
## Unit 3: Emotional Well-Being

Unit 3 – Emotional Well-Being helps children to understand the difference between feelings and actions, how to manage them and what they can do to help themselves stay emotionally healthy. In this Unit, media is discussed as a ‘fake reality’ and God’s love for us is presented as a better basis for our self-confidence. Finally, children will identify unacceptable behaviours and learn to build resilience against negative feelings by practising thankfulness.

Module Song

Unit Prayer: I Am Special

Session 1: What Am I Feeling?



What happens in this session?

This session introduces feelings and emotions as complex and changeable things that we sometimes can’t quite understand or explain, especially when hormones are involved. Children will learn to examine their feelings, to try to understand them and what causes them. They will be given some techniques to scrutinise their feelings and determine whether they are a good or bad guide for taking action. Children will also spend time reflecting on their emotional well-being, and what they can do to help themselves stay emotionally healthy.

What do children learn?

- 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
- That positive actions help emotional well-being (beauty, art, etc. lift the spirit)
- That talking to trusted people helps emotional well-being (e.g. parents/carer/teacher/parish priest etc.)



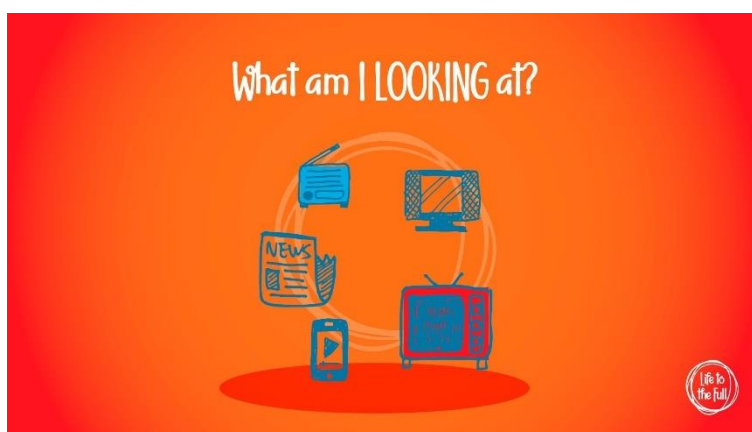
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Module Song

Unit Prayer: I Am Special

Session 2: What Am I Looking At?



What happens in this session?

Through activities and creative role play, 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. This session can be particularly useful in revealing and discussing biased gender stereotypes and how children feel about them. Children will also consider how the polished 'reality' of the media can affect how people feel about themselves.

What do children learn?

- To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.





## Unit 3: Emotional Well-Being

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Module Song

Unit Prayer: I Am Special

Session 3: I Am Thankful



What happens in this session?

In this session, children will identify behaviour that is wrong, unacceptable, unhealthy or risky, and they will be reminded that feelings and actions are different things. They will learn that particular feelings and pressures may lead us to act inappropriately, and so they will learn how to build resilience against those feelings by practising thankfulness. Children will be given an opportunity to be thankful for people and experiences in their lives.

What do children learn?

- Some behaviour is wrong, unacceptable, unhealthy and risky
- Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media



## Unit 4: Life Cycles

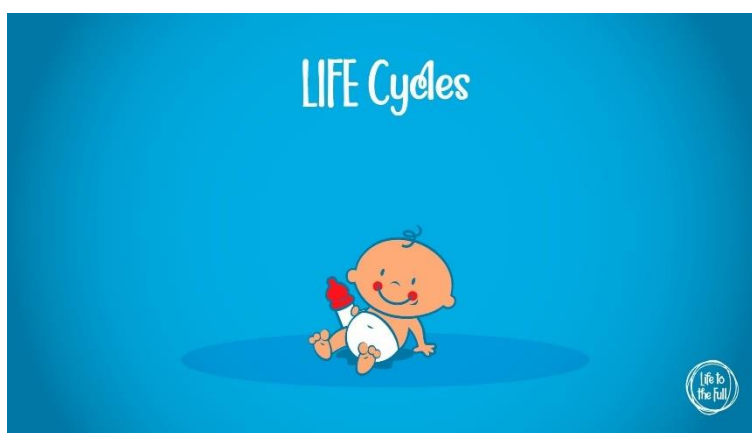
Returning to the story of Jairus' daughter from Unit 1, Unit 4 – Life Cycles explores the miraculous nature of human conception and birth and offers an opportunity for thanksgiving.

**Parent note: Sexual intercourse is not discussed in this session.**

Module Song

Unit Prayer: Thanksgiving Meditation

Session 1: Life Cycles



What happens in this session?

In this session, pupils will explore the miraculous nature of human conception and birth. Beginning with an allegorical story from Kester's Adventures which establishes that we were handmade by God with our parents help, children will then go on a journey to discover how life is created in the womb and learn the appropriate technical terms. The session will end with a thanksgiving meditation.

What do children learn?

- 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
- 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



## Unit 4: Life Cycles

Returning to the story of Jairus' daughter from Unit 1, Unit 4 – Life Cycles explores the miraculous nature of human conception and birth and offers an opportunity for thanksgiving.

Module Song

Unit Prayer: Thanksgiving Meditation

Session 2: A Time for Everything



What happens in this session?

This session discusses death and life after it. Framed within the Christian understanding of eternal life, this session helps children to consider and communicate about death in a direct yet gentle way, reflect compassionately on the complexities of grief and consider ways to support themselves and others.

What do children learn?

- Understand what 'death' means
- Learn about some feelings often connected with grief
- Know what the Christian faith says about death and eternal life
- Explore some ways to support themselves and others when they are grieving