



UKS2 – Year 5 and 6

Unit 1: Religious Understanding

Unit 1 – Religious Understanding explores the Gospel story of the ‘Calming of the Storm’ (from Matthew, Mark and Luke). Over five story sessions, children will consider experiences of change, growth and development, and the trust that they can have in the person of Jesus through times of trial and tribulation. This is the religious and spiritual foundation for the exploration throughout the rest of the work covered in Module 1: Created and Loved By God.

Module Song

Unit Prayer: The Examen

Story Sessions: Calming the Storm



What happens in these sessions?

Over five days, children will hear and experience the Gospel story of Jesus calming the storm. 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 who cares for us and wants us to put our faith in Him.

What do children learn?

- 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!



Unit 2: Me, My Body, My Health

In Unit 2 – Me, My Body, My Health, children will learn that celebrating differences between people is enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God. Genitals are also mentioned here, but not named and identified.

Module Song

Unit Prayer: Four Reflections

Session 1: Gifts and Talents



What happens in this session?

This session helps children to understand and appreciate differences and similarities between people. Children should develop a deeper awareness that our value and sense of esteem arises from being loved by God. In the first episode of the series Paradise Street, we are introduced to the four main characters and see their similarities and differences. There is friction over competition and rivalry, with the characters learning that difference – whether physical or skills based – should be celebrated as enriching to a community. One of the characters, Finn, discusses his feelings of insecurity with his Mum and she teaches him that his self-confidence should come from being loved by God.

What do children learn?

- 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.)



Unit 2: Me, My Body, My Health

In Unit 2 – Me, My Body, My Health, children will learn that celebrating differences between people is enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God.

Module Song

Unit Prayer: Four Reflections

Session 2: Girls' Bodies



What happens in this session?

This episode of Paradise Street starts with a lesson in class talking about the physical changes that boys and girls experience in puberty and the children respond with different levels of embarrassment and confusion. The film then focuses on the girls' perspective with the character of Leyla. Through the film, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for girls through puberty.

What do children learn?

- 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



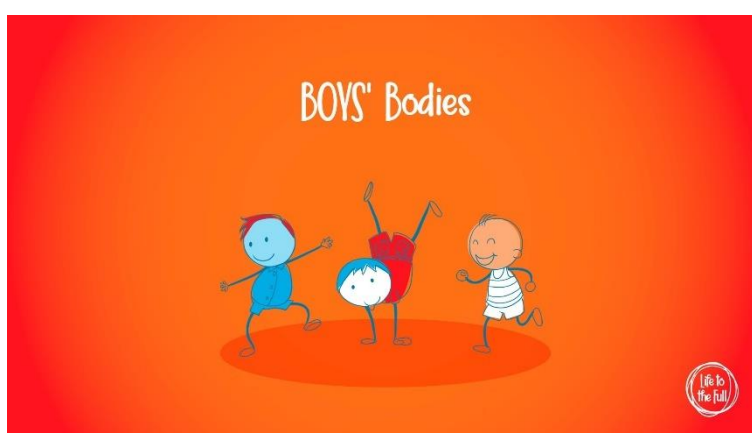
Unit 2: Me, My Body, My Health

In Unit 2 – Me, My Body, My Health, children will learn that celebrating differences between people is enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God.

Module Song

Unit Prayer: Four Reflections

Session 3: Boys' Bodies



What happens in this session?

This episode of Paradise Street starts with a lesson in class talking about the physical changes in puberty, and the children respond with different levels of embarrassment and confusion. The film then focuses on the boys' perspective through the characters of Finn and Marcus. Through the drama, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for boys during puberty.

What do children learn?

- That human beings are different to other animals
- About the unique growth and development of humans, and the changes that boys 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



Unit 2: Me, My Body, My Health

In Unit 2 – Me, My Body, My Health, children will learn that celebrating differences between people is enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God.

Module Song

Unit Prayer: Four Reflections

Session 4: Spots and Sleep



What happens in this session?

This session discusses how children can respect their bodies as gifts from God by looking after them appropriately. They will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health.

What do children learn?

- 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.

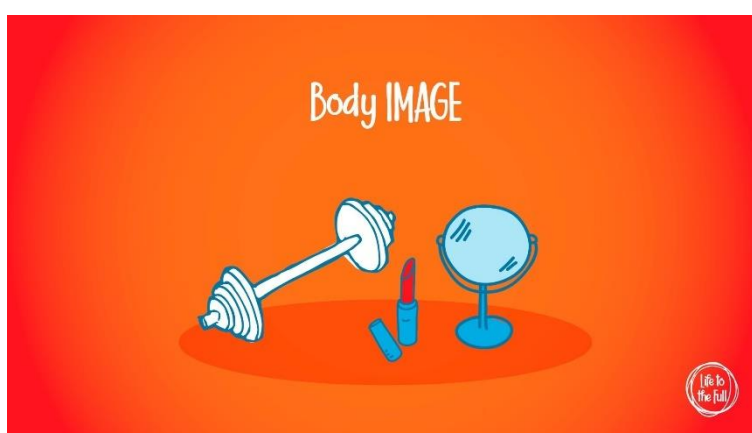
Unit 3: Emotional Well-Being

Continuing through the Paradise Street series, Unit 3 – Emotional Well-Being helps children learn about pressures that they may experience from themselves, others and the media. Children will develop ideas on how to build resilience through thankfulness, use simplified CBT techniques to manage their thoughts, feelings and actions and cope with new or difficult feelings such as romance and rage.

Module Song

Unit Prayer: Four Reflections

Session 1: Body Image



What happens in this session?

This film investigates some of the pressures pubescent young people can face from others, their own expectations and the media. Leyla feels pressure to look grown up after her Mum shares a photo of her on social media with a caption 'My Baby', and Finn feels weak and inadequate and so tries to build muscle too quickly. Through exploring these and other pressures that they may experience, children will develop ideas on how to build resilience through thankfulness.

What do children learn?

- 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.



Unit 3: Emotional Well-Being

Continuing through the Paradise Street series, Unit 3 – Emotional Well-Being helps children learn about pressures that they may experience from themselves, others and the media. Children will develop ideas on how to build resilience through thankfulness, use simplified CBT techniques to manage their thoughts, feelings and actions and cope with new or difficult feelings such as romance and rage.

Module Song

Unit Prayer: Four Reflections

Session 2: Peculiar Feelings



What happens in this session?

In this session, pupils will observe and discuss how people behave and react to their feelings and emotions, and how these feelings can change quickly. Marcus imitates inappropriate behaviours that he sees at home from his Mum's boyfriend. He learns that some behaviours are always wrong, no matter what feelings accompany them, and learns that he has to take responsibility for his actions. Siobhan and Leyla fall victim to miscommunication which ruptures their friendship.

What do children learn?

- 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



Unit 3: Emotional Well-Being

Continuing through the Paradise Street series, Unit 3 – Emotional Well-Being helps children learn about pressures that they may experience from themselves, others and the media. Children will develop ideas on how to build resilience through thankfulness, use simplified CBT techniques to manage their thoughts, feelings and actions and cope with new or difficult feelings such as romance and rage.

Module Song

Unit Prayer: Four Reflections

Session 3: Emotional Changes



What happens in this session?

In this episode of Paradise Street, Leyla has a crush on an older boy and gets a bit carried away. Meanwhile, following recent events in Marcus' personal life, Miss Nichols gives him a creative outlet to soothe the powerful emotions he has been experiencing. This session provides plenty of opportunity for discussion and reflection, including how to deal with feelings that can feel uncontrollable. Pupils will develop a greater understanding of things that help their emotional well-being. At the end of this session, pupils should be given information about pastoral facilities within the school that they can use if they are not feeling emotionally well.

What do children learn?

- 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
- 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



Unit 3: Emotional Well-Being

Continuing through the Paradise Street series, Unit 3 – Emotional Well-Being helps children learn about pressures that they may experience from themselves, others and the media. Children will develop ideas on how to build resilience through thankfulness, use simplified CBT techniques to manage their thoughts, feelings and actions and cope with new or difficult feelings such as romance and rage.

Module Song

Unit Prayer: Four Reflections

Session 4: Seeing Stuff Online



What happens in this session?

This session explores the emotional and mental impact that videos/ images of an adult nature can have on young people, particularly pornography. In the episode of Paradise Street, we explore the relationship that the characters have with their phone and online devices. Leyla and Siobhan rave about a vlogger they have discovered, whilst Finn secretly discovers a pornographic website. Initially shocked and by what he has seen, he becomes more and more drawn to it. When his Dad discovers what Finn has been looking at, he sits down with him for a chat to explain the effect that these videos and images will have on his young brain.

What do children learn?

- 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



Unit 4: Life Cycles

In Unit 4 – Life Cycles children will learn about God’s design for creating new life through a more nuanced understanding of menstruation, fertility, conception, fetal development in the womb and childbirth.

Module Song

Unit Prayer: Three Reflections

Session 1: Making Babies (Part 1)



What happens in this session?

This session explores how a baby grows in the womb, building and developing the teaching at Lower Key Stage Two. In the episode of Paradise Street, Finn learns that his Mum is going to have a baby. He discusses it with his friends, who don’t know much about where babies come from. Finn learns from his Mum about how the miraculous process of human life is conceived and developed in the womb. Finn also has his worries alleviated about being ‘replaced’ or not loved so much when the new baby comes along.

Parent note: This session doesn’t discuss intercourse. However, it does address the scientific process of conception, and how babies are born.

What do children learn?

- How a baby grows and develops in its mother’s womb



Unit 4: Life Cycles

In Unit 4 – Life Cycles children will learn about God’s design for creating new life through a more nuanced understanding of menstruation, fertility, conception, fetal development in the womb and childbirth.

Module Song

Unit Prayer: Three Reflections

Session 2: Making Babies (Part 2)



What happens in this session?

Previously in Paradise Street, Finn and Leyla asked questions about how babies are made and they learned about the different stages of life in the womb. At the end of the episode, Finn disarms his Dad with the question, “How did your sperm actually get inside Mum’s body?” In this session, pupils will learn some key information and facts about sexual intercourse; the teaching is underpinned with the religious understanding that sexual intercourse is intended for married couples and has been designed by God.

Parent note: This session discusses sexual intimacy, which is not part of the statutory curriculum. Therefore, this session is not taught at Holy Cross.

What do children learn?

- 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



Unit 4: Life Cycles

In Unit 4 – Life Cycles children will learn about God’s design for creating new life through a more nuanced understanding of menstruation, fertility, conception, fetal development in the womb and childbirth.

Module Song

Unit Prayer: Three Reflections

Session 3: Menstruation



What happens in this session?

In this session, we see that Siobhan gets her first period and doesn’t know quite what to do. She is sad that her Mum, who died a number of years ago, isn’t there to show her the ropes, but she is helped by her teacher and her Dad to become confident going forwards. Through this session, pupils will learn about how girls manage their periods, and understand some of their possible side effects. They will learn why periods happen; that fertility is necessary to bring a child into the world; and how periods are part of God’s plan for creation.

What do children learn?

- 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



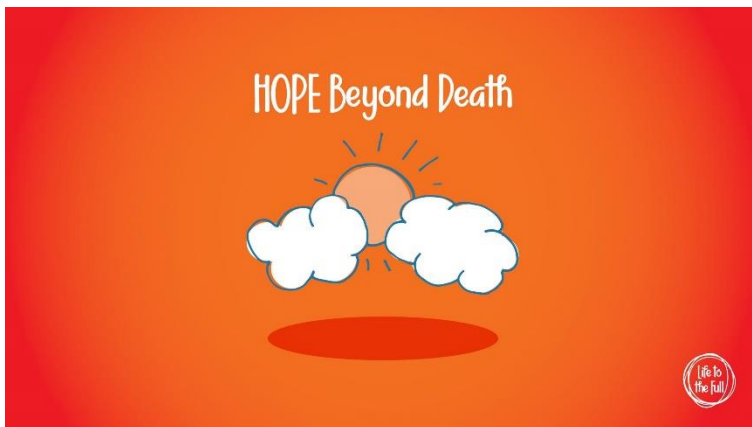
Unit 4: Life Cycles

In Unit 4 – Life Cycles children will learn about God’s design for creating new life through a more nuanced understanding of menstruation, fertility, conception, fetal development in the womb and childbirth.

Module Song

Unit Prayer: Three Reflections

Session 4: Hope Beyond Death



What happens in this session?

Throughout the video series ‘Paradise Street’, children have seen Siobhan and her Dad navigating life following the death of their Mum/wife. A look back over their experiences is the springboard for this session’s discussion of death and grief. 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?

- What ‘death’ means
- About some feelings often connected with grief
- What the Christian faith says about death and eternal life
- Some ways to support themselves and others when they are grieving