

KS1 – Year 1 and 2

Unit 1: Religious Understanding

Unit 1 – Religious Understanding introduces children to the story from the Gospel of Matthew, when Jesus welcomed all of the little children to come to Him. The five-story sessions encourage children to understand that they are created by God out of love and for love. Children will revisit this Gospel story at the end of this Module.

Module Song

Unit prayer: Morning, Afternoon and Night prayers

Story Sessions: Let the Children Come



What happens in the sessions?

Over five days, children will hear and experience the Gospel story of Jesus welcoming little children to Him in spite of others telling them to stay away. 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.

What do children learn?

- We are created individually by God
- God wants us to talk to Him often through the day and treat Him as our best friend
- God has created us, His children, to know, love and serve Him in this life and forever – this is our purpose and goal and will bring us true happiness
- We are created as a unity of body, mind and spirit: who we are matters and what we do matters
- We can give thanks to God in different ways



Unit 2: Me, My Body, My Health

Building on this knowledge, Unit 2 – Me, My Body, My Health encourages children to celebrate similarities and differences between people, including our God-given bodies and the things they enable us to do! Teaching also includes maintaining personal hygiene and the physical differences between boys and girls.

Module Song

Unit prayer: Me, My Body, My Health

Session 1: I Am Unique



What happens in the session?

This session builds on the Unit 1 Gospel reflections on Jesus welcoming little children to Him, helping pupils to remember that they're all special because they are made and loved by God. Children will be encouraged to notice similarities and celebrate differences between fictional people and each other as things that make us unique and special.

What do children learn?

- That we are all unique, with individual gifts, talents and skills.



Unit 2: Me, My Body, My Health

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Module Song

Unit prayer: Me, My Body, My Health

Session 2: Girls and Boys



What happens in the session?

This session is all about celebrating our God-given bodies and the things they enable us to do! In an age-appropriate way, children will be encouraged to notice similarities and celebrate differences between girls and boys on physical, emotional and spiritual levels.

Parent note: This lesson, teaching the names of external body parts (genitalia), is taught in Year 3.

What do children learn?

- Our bodies are good
- The names of the parts of our bodies (not genitalia).
- Girls and boys have been created by God to be both similar and different – these differences are physical, emotional and spiritual and together make up the richness of the human family



Unit 2: Me, My Body, My Health

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Module Song

Unit prayer: Me, My Body, My Health

Session 3: Clean and Healthy (My Body)



What happens in the session?

Building from the last session where we learned that our bodies are good, this session teaches children how to take care of their bodies. Children will meet Super Susie and help teach her how to take care of herself. They will finish learning 'God Made Me, God Made You' and remember that their bodies are a special gift from God that they need to look after!

What do children learn?

- Our bodies are good and we need to look after them
- What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating
- The importance of sleep, rest and recreation for our health
- How to maintain personal hygiene

Unit 3: Emotional Well-Being

Over the three sessions of Unit 3 – Emotional Well-Being, children will meet presenters Jayden and Josie and fictional character Super Susie. They will help children to understand and articulate their own changing feelings and how other people's feelings might differ from theirs. Children will learn how they can manage their feelings and about the consequences of their actions.

Module Song

Unit prayer: Thank You for Our Feelings

Session 1: Feelings, Likes and Dislikes



What happens in the sessions?

In this session, children will watch a video where our two film presenters, Zoe and Joey, are trying to understand the feelings inside their heads. Children will realise that we all have different feelings at different times, and different likes and dislikes too. Children will take part in activities to help them understand and articulate their own feelings and how other people's feelings might differ from theirs.

What do children learn?

- That it is natural for us to relate to and trust one another
- That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)



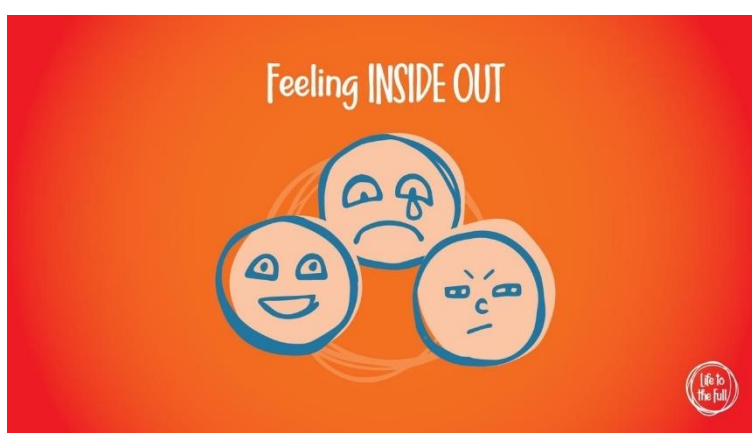
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Module Song

Unit prayer: Thank You for Our Feelings

Session 2: Feeling Inside Out



What happens in the sessions?

In this session, children will watch a video where our two film presenters, Zoe and Joey, are trying to understand the feelings inside their heads. Children will realise that we all have different feelings at different times, and different likes and dislikes too. Children will take part in activities to help them understand and articulate their own feelings and how other people's feelings might differ from theirs.

What do children learn?

- Children will have a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character.



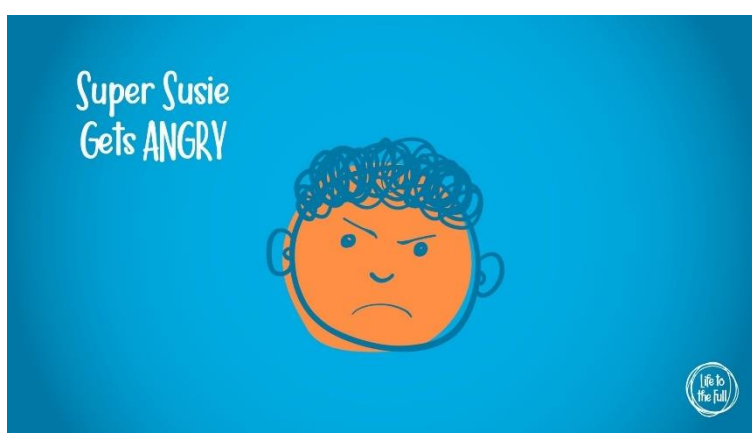
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Module Song

Unit prayer: Thank You for Our Feelings

Session 3: Super Susie Gets Angry



What happens in the sessions?

Using knowledge gained over previous sessions, children will take up the mantle of the expert and help Super Susie through experiencing strong feelings for the first time. Children will reinforce previous learning by helping Susie through discussion and/or role-play. They will learn more about the consequences of choices and what to do when it all goes wrong.

What do children learn?

- Simple strategies for managing feelings and for good behaviour
- That choices have consequences: that when we make mistakes we are called to receive forgiveness and to forgive others when they do
- Jesus died on the cross so that we would be forgiven



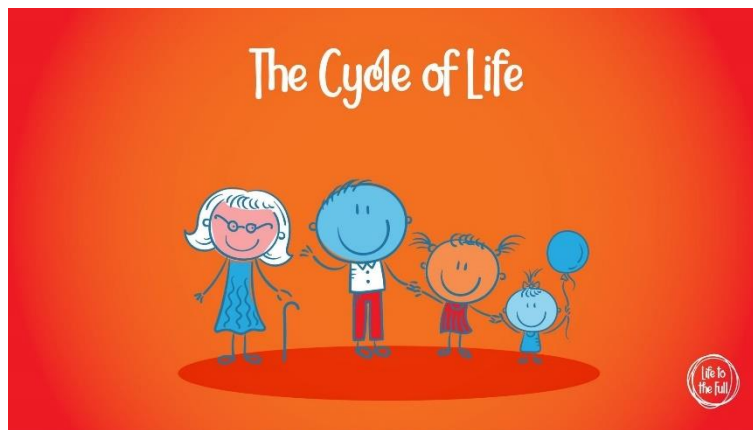
Unit 4: Life Cycles

Unit 4 – Life Cycles returns to the Gospel story from Unit 1, to show that God created us to follow the cycle of life and He loves us at every stage. Children will learn about the specifics of the human life cycle, including the end of life.

Module Song

Unit prayer: Body Prayers

Session 1: The Cycle of Life



What happens in the session?

The session starts by referring back to the account of Jesus welcoming the little children used in Unit 1 of this Module, to show that God created us to follow the cycle of life and He loves us at every stage. We are created to grow, change and learn, not least about the love of God and how we can share it with others. There can be joy in every stage of life! The session then moves to looking at the specifics of the human life cycle, and children will be encouraged to celebrate how they have already changed and grown.

What do children learn?

- Children will know and appreciate that there are natural life stages from birth to death, and what these are.



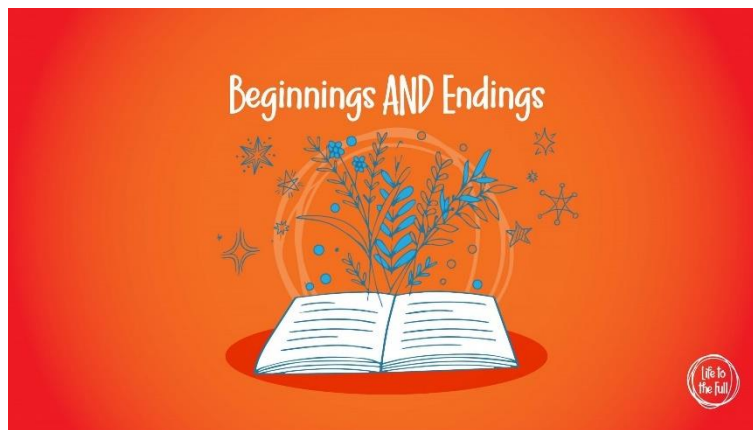
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Module Song

Unit prayer: Body Prayers

Session 2: Beginning and Endings



What happens in this session?

This session introduces the beginning and ending points of the human life cycle: birth and death, the latter of which is the main focus of the session. Framed within the Christian understanding of eternal life, pupils will learn to consider and communicate about death in a direct yet gentle way, understand some of the feelings experienced when a person dies (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