

**ST.HUGH'S CATHOLIC PRIMARY – Life to the Full**  
**Year 4**

KEY KNOWLEDGE AND SKILLS		KEY VOCABULARY
<b><u>Module 1 Unit 1 - RELIGIOUS UNDERSTANDING</u></b> <b><u>Get Up!</u></b> <ul style="list-style-type: none"> <li>We are created individually by God who is Love, designed in His own image and likeness</li> <li>God made each of us with a specific purpose (vocation)</li> <li>Every human life is precious from the beginning of life (conception) to natural death</li> <li>Personal and communal prayer and worship are ways of growing in our relationship with God</li> </ul>		God Jesus faith dead alive love eternal new life heaven sin forgive precious conception individual renewed make a difference Jairus synagogue
<b>Assessment</b>	<ul style="list-style-type: none"> <li>All children will understand that they are created by God who loves them.</li> <li>Most children will understand that God designed them with a purpose: to be loved, to love and to make a difference.</li> <li>Some children will demonstrate a more nuanced understanding of the Gospel and a clear sense of their personal journey of faith.</li> </ul>	
<b><u>Module 1 Unit 2 - ME, MY BODY, MY HEALTH</u></b> <b><u>We don't have to be the same.</u></b> <ul style="list-style-type: none"> <li>Similarities and differences between people arise as they grow and make choices, and that by living and working together – teamwork – we create community</li> </ul>		similarities differences unique skills talents confident self-confidence changeable teamwork community beloved Child of God

<ul style="list-style-type: none"> <li>Self-confidence arises from being loved by God (not status, etc)</li> </ul> <p><b>Respecting our bodies.</b></p> <ul style="list-style-type: none"> <li>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.</li> </ul> <p><b>What is Puberty?</b></p> <ul style="list-style-type: none"> <li>Learn what the term 'puberty' means.</li> <li>Learn when they can expect puberty to take place.</li> <li>Understand that puberty is part of God's plan for our bodies.</li> </ul> <p><b>Changing bodies.</b></p> <ul style="list-style-type: none"> <li>Learn correct naming of genitalia</li> <li>Learn what changes will happen to boys during puberty</li> <li>Learn what changes will happen to girls during puberty</li> </ul>	<p>body gift dis/respect special safe healthy in/appropriate balanced diet exercise sensible God Holy Spirit choice responsibility</p> <p>puberty childhood adulthood milestone timeline physical growth development body changes emotions gradual past future Child of God</p> <p>puberty childhood adulthood private parts genitalia penis testicles scrotum vulva vagina breasts hips pubic hair muscles spots sweat hormones mood swings periods blood</p>
<p><b>Assessment</b></p>	<p><b><u>We don't have to be the same</u></b></p> <ul style="list-style-type: none"> <li>All children will understand that our similarities and differences should be celebrated.</li> <li>Most children will understand that we should find our self-confidence in God, who loves us and calls us His children.</li> <li>Some children will demonstrate a more nuanced understanding of why being different can feel difficult, and show resilience when considering how reasons for confidence might be changeable.</li> </ul> <p><b><u>Respecting Our Bodies</u></b></p> <ul style="list-style-type: none"> <li>All children will understand some basic ways of taking care of their bodies.</li> </ul>

	<ul style="list-style-type: none"> <li>• Most children will understand that our bodies are a gift from God and how to respect them in various ways through what we wear, eat and do.</li> <li>• Some children will demonstrate a more nuanced understanding of how we should respect our bodies as temples of the Holy Spirit and show prior knowledge of ways in which we can look after ourselves.</li> </ul> <p><b><u>What is Puberty?</u></b></p> <ul style="list-style-type: none"> <li>• All children will understand what the term puberty means.</li> <li>• Most children will understand that ‘puberty’ is part of God’s plan for our bodies, and when they can expect it to take place.</li> <li>• Some children will confidently identify key moments of change and growth in their lives so far, and demonstrate maturity and/or prior knowledge about puberty.</li> </ul> <p><b><u>Changing bodies</u></b></p> <ul style="list-style-type: none"> <li>• All children will have a basic understanding of what to expect during puberty.</li> <li>• Most children will have an understanding of what to expect during puberty, and be able to correctly name genitalia.</li> <li>• Some children will demonstrate particular maturity in dealing with these topics, and confidently show a deeper understanding about their own upcoming journey of puberty and God’s role in it.</li> </ul>
<p><b><u>Module 1 Unit 3 – EMOTIONAL WELLBEING</u></b></p> <p><b>What I’m feeling</b></p> <ul style="list-style-type: none"> <li>• That emotions change as they grow up</li> <li>• About the range and intensity of their feelings and that ‘feelings’ are not good guides for action</li> <li>• That feelings are neither good or bad, but information about what we are experiencing that help us consider how to act</li> </ul>	<p>feelings emotions information experience reaction fear anger joy sadness boredom tiredness contentment uncomfortable masking emotional well-being action</p>

<p><b>What I am looking at</b></p> <ul style="list-style-type: none"> <li>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>That God made us and loves us as we are.</li> </ul> <p><b>Being thankful</b></p> <ul style="list-style-type: none"> <li>Some behaviour is wrong, unacceptable, unhealthy and/or risky.</li> <li>Thankfulness builds resilience against feelings of envy, inadequacy, and insecurity, and against pressure from peers and the media</li> </ul>	<p>media radio television newspapers magazines video games internet advertising influence social media truth reality stereotypes resilience self- confidence Facebook Snapchat TikTok Twitter Instagram</p> <p>OK un/acceptable un/healthy risky resilience thankfulness feelings actions In/appropriate peer pressure influence information choices wider context</p>
<p><b>Assessment</b></p>	<p><b><u>What I'm Feeling</u></b></p> <ul style="list-style-type: none"> <li>All children will learn that we each experience a range of feelings, but these are not always good guides for action.</li> <li>Most children will understand the concept of 'emotional well-being' and how we can take positive actions to enhance this.</li> <li>Some children will demonstrate a clearer understanding that feelings are neither good nor bad, but information about what we are experiencing that help us consider how to act.</li> </ul> <p><b>What I am looking at</b></p> <ul style="list-style-type: none"> <li>All children will understand what is meant by 'the media'.</li> <li>Most children will understand that images in the media do not always reflect reality and can affect how people feel about themselves.</li> <li>Some children will demonstrate a deeper emotional awareness of the impact the media/social media can have on thoughts, feelings and choices, and how knowing we are made and loved by God can help us withstand this pressure.</li> </ul> <p><b>Being Thankful</b></p> <ul style="list-style-type: none"> <li>All children will learn that some behaviour is wrong, unacceptable, unhealthy and/or risky.</li> </ul>

	<ul style="list-style-type: none"> <li>• Most children will understand that feelings are not always good guides for action, and that resilience helps us to consider our feelings within a wider context in order to make good choices and choose thankfulness.</li> <li>• Some children will demonstrate deeper emotional understanding when discussing the feelings of themselves and others</li> </ul>
<p><b><u>Module 1 Unit 4 - LIFE CYCLES</u></b></p> <p><b>Life cycles</b></p> <ul style="list-style-type: none"> <li>• That they were handmade by God with the help of their parents.</li> <li>• How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception.</li> <li>• How conception and life in the womb fits into the cycle of life.</li> </ul> <p><b>A time for everything</b></p> <ul style="list-style-type: none"> <li>• Understand what 'death' means</li> <li>• Learn about some feelings often connected with grief</li> <li>• Know what the Christian faith says about death and eternal life</li> <li>• Explore some ways to support themselves and others when they are grieving</li> </ul> <p><b>Changes</b></p> <ul style="list-style-type: none"> <li>• Understand that change is a part of life and that there are different kinds of change.</li> <li>• Learn about some feelings often associated with change.</li> <li>• Know that God is always with us as we change and grow.</li> <li>• Learn coping strategies to support themselves and others.</li> </ul>	<p>life before birth childhood puberty adulthood womb egg sperm Fallopian tube fertilised conception implantation embryo foetus umbilical cord birth</p> <p>birth life childhood puberty adulthood death grief dying breathing heart life cycle heaven loss sad grumpy angry confused hard to concentrate lonely shocked puzzled</p> <p>change grow expected unexpected exciting worrying growing up moving on transition manage feelings emotions God's love constant support coping strategies</p>
<b>Assessment</b>	<p><b>Life cycles</b></p> <ul style="list-style-type: none"> <li>• All children will learn that they were made by God with the help of their parents.</li> <li>• Most children will understand how a baby grows and develops in its mother's womb and be able to name many of the stages of this.</li> <li>• Some children will demonstrate a greater appreciation for the miracle that is conception and how this contributes to their own uniqueness.</li> </ul> <p><b>A time for everything</b></p> <ul style="list-style-type: none"> <li>• All children will understand what death is.</li> </ul>

	<ul style="list-style-type: none"> <li>• Most children will demonstrate an understanding of what the Christian faith says about death and eternal life.</li> <li>• Some children will demonstrate resilience and empathy when discussing grief, and show an emerging personal belief about life beyond death</li> </ul> <p><b>Changes</b></p> <ul style="list-style-type: none"> <li>• All children will be able to identify different changes and know some of the emotions associated with change.</li> <li>• Most children will be able to empathise with different emotions associated with change and identify simple coping strategies.</li> <li>• Some children will demonstrate an understanding that faith in God can help and support them during times of change.</li> </ul>
<p><b><u>Module 3 Unit 2 – LIVING IN THE WIDER WORLD</u></b></p> <p><b>How do I love others?</b></p> <ul style="list-style-type: none"> <li>• That God wants His Church to love and care for others.</li> <li>• To devise practical ways of loving and caring for others.</li> </ul> <p><b>Money Matters</b></p> <ul style="list-style-type: none"> <li>• All forms of money have advantages and disadvantages.</li> <li>• Our attitude to money and choices about spending, saving and giving impacts on ourselves and others.</li> <li>• Budgeting helps to keep track of spending and saving.</li> <li>• Our faith guides our values and reminds us of the importance of love for God and others.</li> </ul>	<p>Church care love noticed respected included recognised appreciated secure not alone charity caritas generous love Emmaus homeless companions injustice prayer</p> <p>money cash bank card credit card wants needs value for money spend save give attitudes values expectations priorities faith budget receipts tracking honesty thoughtfulness wisdom God's love</p>
<b>Assessment</b>	<p><b>How do I love others?</b></p> <ul style="list-style-type: none"> <li>• All children will be able to recognise actions which make them feel loved or cared for.</li> <li>• Most children will be able to devise practical ways of loving and caring for others.</li> <li>• Some children will demonstrate a more nuanced understanding of how the way we feel loved and cared for can help us know how to love and care for others, and the role of God's plan for the Church as part of this.</li> </ul> <p><b>Money Matters</b></p> <ul style="list-style-type: none"> <li>• All children will understand some choices about managing money and some advantages and disadvantages of different payment methods.</li> <li>• Most children will have a more developed understanding of budgeting and understand that our choices around spending, saving and giving are linked to our attitudes.</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Some children will demonstrate an understanding of how our faith guides our attitudes and how God calls us to make responsible choices with money</li></ul> |
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