

HRSE Module 1 – Year 5

Introduction to the topic:

In this module, we explore that we are created and loved by God. We are made in His image and likeness and value ourselves when it comes to personal relationships.

Key Knowledge and Learning

*How to deal with friction over the gifts and talents that we possess.
Appreciate the need to celebrate the achievements of others to enrich our community.*

Become more aware of self-value and self-confidence.

Explore the physical changes that take place during puberty.

Recognise our body as a gift from God.

Good choices regarding rest, sleep, exercise, hygiene and diet will have a positive impact on our health.

Investigate the pressure that others can put on us.

Develop ideas of how to build resilience.

Be aware that some behaviours are wrong and that we have a responsibility to make the right decisions.

Explore emotional changes and feelings as we grow up.

Explore how a baby grows in the womb.

Learn why menstruation is necessary and how the cycle works.

