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| **Year 5**  **Aim: to show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God’s presence in our daily lives.**  Key Words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, vulva, cervix, womb, period.  Key Skills: Respecting, adapting, relating, developing, considering, supporting, deciding, accepting, helping | | |
| **Social and Emotional** | **Physical** | **Spiritual** |
| LI: to show knowledge and understanding of emotional relationship changes as we grow and develop. | LI: to show knowledge and understanding of the physical changes. | LI: to celebrate the joy of growing physically and spiritually. |
| **Activities:**   1. List some social and emotional changes and how these might present themselves within friendships. Pupils may include some of the following- easily embarrassed, need for privacy, mood swings up or down, seeking independence, risk taking behaviour etc. 2. Consider how to recognise and report feelings of being unsafe; feeling threatened; feeling anxious due to the way you are being treated. 3. Design an A5 pamphlet with information on how to seek for help or advice for yourself or others? Include strategies that could be used to help someone when they are feeling low or not confident, promoting positive mental positive health and well being.   **Prayer:**  Lord, make me an instrument of your peace;  Where there is hatred; let me sow love;  Where there is injury, pardon;  Where there is doubt, faith;  Where there is despair, hope;  Where there is darkness;  Where there is sadness, light;  O Divine Master, grant that I may not be so much to seek to be consoled as to console;  To be understood as to understand;  To be loved as to love.  For it is in loving that we receive;  it is in pardoning that we are pardoned;  and it is in dying that we are born to eternal life.  **Sing**: Take my Hands. | **Activities:**   1. Discuss the physical changes that take place during puberty. Discuss how it is normal for children to go through these changes at different times. 2. Recognise that sexual development is a natural part of human growth and that physical change from child to adult means the ability and potential to become a mother or a father. 3. Discuss how, as well as physical changes, emotions may change and/or become more intense as they grow and move through puberty. Discuss how these changes can positively and negatively affect physical, emotional & mental health. 4. As our bodies change there is pressure from outside including social media to look and feel a certain way. This can include images in the media that do not always reflect reality.   How can we deal with these external pressures and who can we talk to if we are unsure or do not understand the changes that are happening.  **Prayer:**  Loving Father and Creator of all, we thank you for the beauty, dignity and gift of human life. Help us to respect and treasure its sadness from the moment of conception until its natural end. Amen.  **Sing**: Take my Hands. | **Activities:**  Parental love; Romantic love; Affectionate love; Selfless love and Sexual love. Each of these forms of human love should be respectful with the awareness that the choices we make in our relationships can have positive, neutral and negative consequences. We should be aware of how we feel if we are in a relationship that threatens our physical and emotional well-being and where and who we can go to if we need to seek support.  Changes to relationships can, and often do, happen in life, such as loss, separation, divorce and bereavement. These changes can affect the way we feel about those we love and the emotions that will accompany these changes.   1. Create a table showing each aspect of love and say why it is important. Debate the beauty and joy of each and the challenges they may pose e.g. Gospel values, societal values, and peer pressure, sexual behaviour, and gender, acceptance of mental and physical well-being biologically determined. 2. Create a piece of artwork that depicts yourself in the flourishing image of God that He created you to be. Surround yourself with the people in your life who will/have support/ed you on this journey/adventure.   **Prayer:**  Christ has no body now but yours  No hands, no feet on earth, but yours  Yours are the eyes through which He looks  With compassion on this world  Yours are the feet with which He walks  To do good  Yours are the hands  With which He blesses all the world  Yours are the hands  Yours are the feet  Yours are the eyes  You are His body  Christ has no body now but yours  Christ has no body now but yours  No hands, no feet on earth, but yours  Yours are the eyes through which He looks  With compassion on this world  Christ has no body now on earth but yours  **Sing**: The Prayer of St Teresa of Avila |