St Robert 's Catholic Primary School. PSHE **Knowledge Organiser- Autumn 2**
Religious Understanding/ Me, My Body, My Health

What should I already know?	What will I know at the end of the Unit?
• 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 • That we are unique, with individual gifts, talents and skills • That our bodies are good • The names of the parts of our bodies • That girls and boys have been created by God to be both similar and different and together make up the richness of the human family • That our bodies are good and we need to look after them	• We are created individually by God who is Love, designed in His own image and likeness • God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose (vocation) • Every human life is precious from the beginning of life (conception) to natural death • Personal and communal prayer and worship are necessary ways of growing in our relationship with God • In Baptism God makes us His adopted children and 'receivers' of His love • By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue) • It is important to make a nightly examination of conscience • Receiving the Sacraments helps them to develop healthy relationships with others • Similarities and differences between people arise as they grow



Session 1: Get Up!

Over five days, children will hear and experience the Gospel story of Jesus healing Jairus' daughter. 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: they were designed for this purpose, which should inform how they live.



Session 1: We Don't Have To Be The Same

In this session, children will recognise that people are unique and that our similarities and differences should be celebrated. Pupils will also be given an opportunity to reflect on God's love as the foundation of our self-confidence. In this session, we meet for the first time the animated character of AJ and the characters Sophie and Aidan, who will be played by different pupils in each session. They enable pupils to engage with the topics through drama exercises such as hot-seating and roleplay.



Building on the reflective sessions on the account of the raising of Jairus' daughter, this session unpacks the Sacraments of Baptism and Reconciliation. Children will understand that through prayer, the Sacraments and our friendships and relationships with others, we can have a foretaste of heaven.



Session 2: Respecting Our Bodies

In this session, we explore the importance of respecting our bodies as a gift from God in very practical ways, such as clothing, food and physical exercise. Returning to the character of AJ (on screen) and Sophie and Aidan (played by pupils), children will explore problems and solutions through roleplay and discussion. Children will reflect on their bodies as a gift from God that He wants us to look after and respect.

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Key Vocabulary

new life, heaven, sin, forgive, precious, individual, synagogue

make a difference

Sacrament, Reconciliation, Baptism, water, white clothing

candle, love, sorry, oils, forgive, purpose

similarities, differences, unique, skills, talents, self-confidence, changeable

teamwork, community, Respecting Our Bodies,

gift, dis/respect, special, safe, healthy, in/appropriate, exercise

sensible, Holy Spirit, responsibility

Links to Careers



firefighter



nurse



doctor



vet



Everyone is special
Human Dignity