

What we should know at the end of the unit

That our emotional well-being is important and what we can do to stay emotionally healthy
 That images in the media do not always reflect reality and can affect how people feel about themselves

What we are going to learn (LOs)

How to recognise emotions and feelings and how these can change
 About how hormonal changes in puberty can affect control of our emotions
 That God made us and loves us as we are- and how to resist pressure to become someone or something different

Key vocabulary

emotions

experience

reaction

discomfort

contentment

masking

emotional well-being

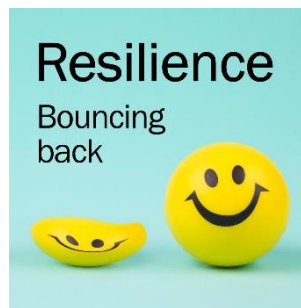
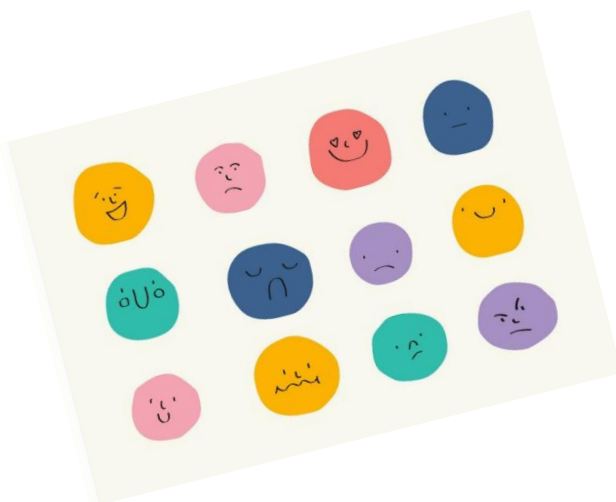
hormones

chemicals

social media

stereotypes

resilience



Key Skills and Knowledge

How to recognise what I am feeling and that that my emotions can change

That some feelings, while neither good nor bad, should not guide my actions

To know how taking positive actions and talking to people I trust can improve my emotional well-being

Know that the media offers representations and stereotypes of people but that these are not real



Year 4 PSHE Summer Module 3 units 1 and 2 A community of love; What is the Church? How do I love others?

What we should know at the end of the unit
 That God is love as shown by the Holy Trinity
 The human family reflects the Holy Trinity in mutual charity and generosity.
 That the Church has a mission to reflect the Holy Trinity through love for others


What we are going to learn (LOs)
 That we are made in the image of God, which means we are made to love God and others, and be loved by God and others.
 What this means for how we should live
 About the principles of Catholic Social Teaching

Key vocabulary .
Holy Trinity
community of love
mystery of faith
three persons
merciful
wise
generous

Glory Be

Glory be to the Father,
 and to the Son,
 and to the Holy Spirit,
 as it was in the beginning,
 is now, and ever
 shall be, world
 without end.

Amen.




Key Skills and Knowledge	
That the Holy Trinity is God in three persons: God the Father, God the Son and God the Holy Spirit	That we are made in God's image, so we too can be like him, i.e. merciful, loving, wise, gentle...
To recognise the Church as a community of people who believe in Jesus	How, as part of the Church family, we are called to love others and God loves us

