

Welcome to St. Alban's



Year 4

RSE and multiplication check meeting

Holy Spirit, enlighten the Church at this time,
especially all the cardinals you call to take part in
the conclave.

Grant them wisdom and holiness so that all may
cooperate with your inspiration and guidance to
elect the next Vicar of Christ, your chosen
servant. Through Christ our Lord.

Amen.

Department of Catholic Education and Formation
Catholic Bishops' Conference of England and Wales

Relationship and Sex Education in Catholic Schools

From September 2020, Relationship and Sex Education became statutory in all Secondary Schools in England and Relationship Education becomes statutory in all Primary Schools in England.

The structure of this model curriculum.

This model curriculum covers EYFS, KS1 and KS2 and is based on three core themes within which there will be broad overlap. It is adaptable to the age and ability of the pupils.

The three themes are:

- **Created and loved by God (this explores the individual)**

The Christian imperative to love self, made in the image and likeness of God, shows an understanding of the importance of valuing and understanding oneself as the basis for personal relationships.

- **Created to love others (this explores an individual's relationships with others)**

God is love. We are created out of love and for love. The command to love is the basis of all Christian morality.

- **Created to live in community – local, national & global (this explores the individual's relationships with the wider world)**

Human beings are relational by nature and live in the wider community. Through our exchange with others, our mutual service and through dialogue, we attempt to proclaim and extend the Kingdom of God for the good of individuals and the good of society.



Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
LKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Get Up!	Session 1 We Don't Have to Be the Same	Session 1 What Am I Feeling?	Session 1 Life Cycles	Story Sessions Jesus, My Friend	Session 1 Family, Friends and Others...	Session 1 Sharing Online	Session 1 Safe in My Body Classroom Shorts	Session 1 A Community of Love	Session 1 How Do I Love Others?
	Session 2 The Sacraments	Session 2 Respecting Our Bodies	Session 2 What Am I Looking at?	Session 2 A Time for Everything		Session 2 When Things Feel Bad	Session 2 Chatting Online Classroom Shorts	Session 2 Drugs, Alcohol and Tobacco	Session 2 What is the Church?	Session 2 Working Together Classroom Shorts
		Session 3 What is Puberty?	Session 3 I am Thankful	Session 3 Big Changes, Little Changes Classroom Shorts				Session 3 First Aid Heroes		Session 3 Money Matters Classroom Shorts
		Session 4 Changing Bodies						Session 4 Rights and Responsibilities Classroom Shorts		
		Session 5 Male/ Female Discussion Groups (optional)								

Module 1: Created and Loved by God	
Unit 1: Religious Understanding	
Story Sessions: Get Up! NEW for 2020 replacing Kester's Adventures*	
Unit 2: Me, my body, my health	
Session 1: We Don't Have To Be The Same	
Session 2: Respecting Our Bodies	
Session 3: What Is Puberty? (recommended for Year 4+)	
Session 4: Changing Bodies (recommended for Year 4+)	
Session 5: Discussion Groups (recommended for Year 4+)	
Unit 3: Emotional well-being	
Session 1: What Am I Feeling?	
Session 2: What Am I Looking At?	
Session 3: I Am Thankful	
Unit 4: Life cycles	
Session 1: Life Cycles	

**Module 2:
Created to Love Others**

Unit 1: Religious Understanding

Story Sessions: Jesus, My Friend

Unit 2: Personal Relationships

Session 1: Friends, Family & Others

Session 2: When Things Feel Bad

Unit 3: Keeping Safe

Session 1: Sharing Online

Session 2: Chatting Online

Session 3: Safe In My Body

Session 4: Drugs, Alcohol & Tobacco **NEW for 2020**

Session 5: First Aid Heroes **NEW for 2020**

**Module 3:
Created to Live in Community**

Unit 1: Religious Understanding

Session 1: A Community of Love **UPDATED for 2020**

Session 2: What is the Church?

Unit 2: Living in the Wider World

Session 1: How Do I Love Others?

Session 1: What is puberty?

Lesson outcomes

- Learn what the term puberty means.
- Learn when they can expect puberty to take place.
- Understand that puberty is part of God's plan for our bodies.

Success criteria

- Be able to describe puberty as the process of change children go through to become adults
- Take part in activities and discussions.

Play film: AJ Presents... What is puberty?

AJ introduces the following sketch, to be played by two pupils.

Sophie: Hi Aidan

Aidan: Hi Sophie

Sophie: So, have you heard of the word 'puberty'?

Aidan: I've heard of it but I'm not sure if I know what it means.

Sophie: Me neither.

Aidan: My older brother once told me that it is the time between being a child and becoming an adult.

Sophie: Yes, I've heard that as well. But it sounds scary.

Aidan: Why?

Sophie: Well there's lots of changes that happen. My mum looks very different to me.

Aidan: Yes, and my dad looks very different to me.

Sophie: I'd just like to stay as I am.

Aidan: Me too.

Sophie: AJ, we've decided, we don't want to go through puberty.

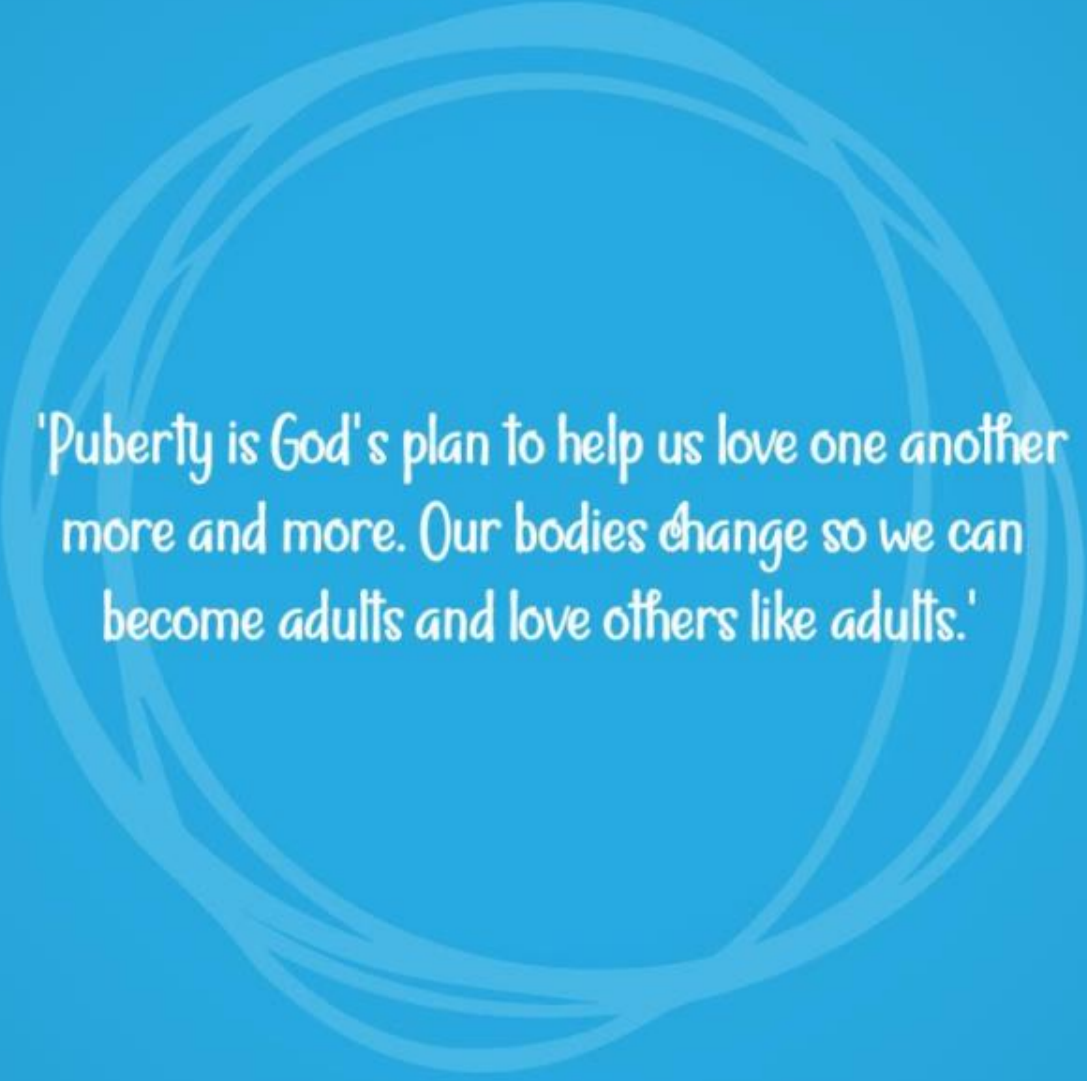
Aidan: Can we just stay as we are?

Sophie: Thanks!

Resume film: : AJ Presents... What is puberty?

Direct teaching

- Puberty is part of God's plan.
- Discuss how it feels.
- The next session looks into the changes in more detail.



'Puberty is God's plan to help us love one another more and more. Our bodies change so we can become adults and love others like adults.'

Session 2: changing bodies

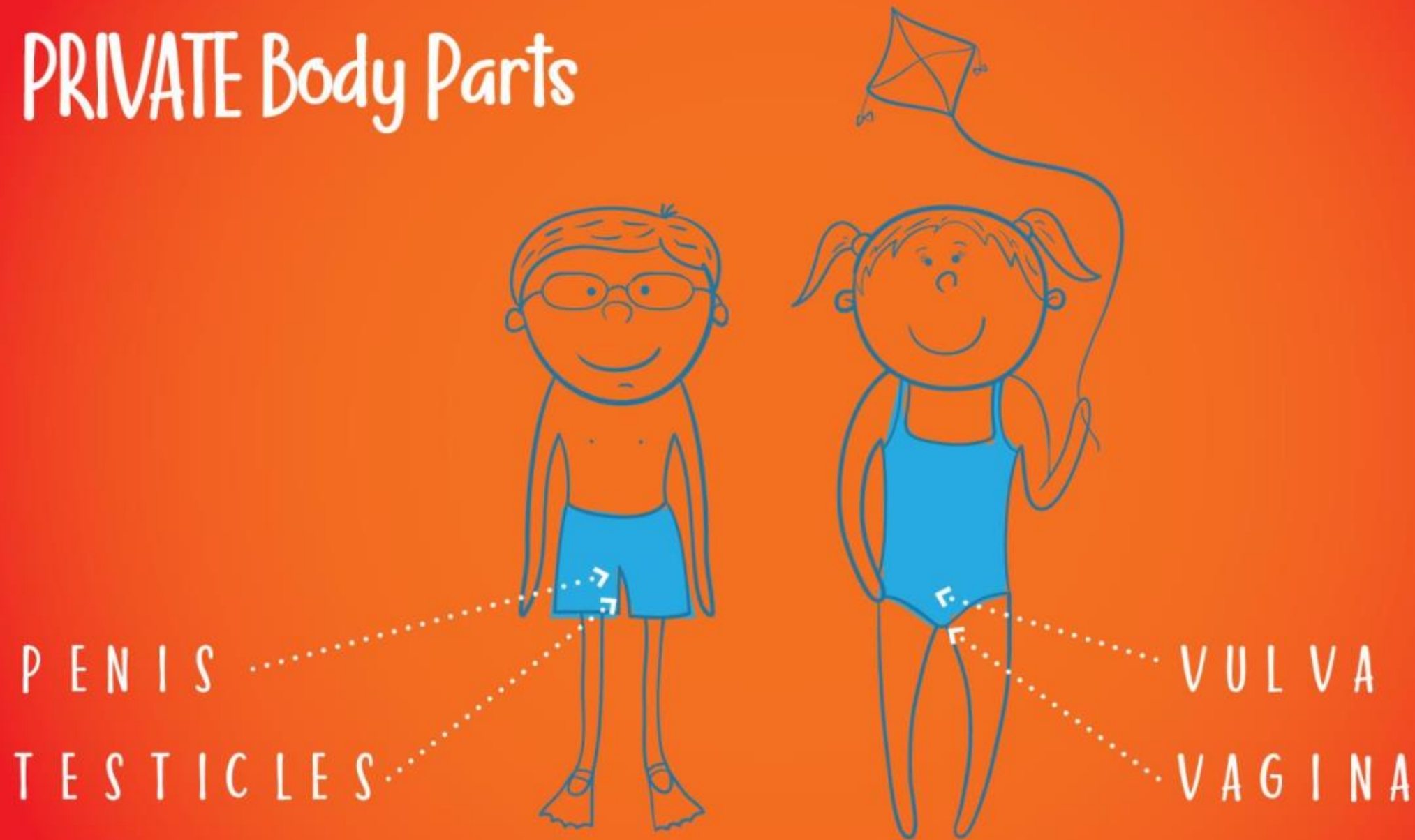
Learning objectives

- Learn correct naming of genitalia
- Learn what changes will happen to boys during puberty
- Learn what changes will happen to girls during puberty

Success criteria

- Engage with the films and role plays.
- Demonstrate correct naming of genitalia.
- Answer questions and ask any more questions they have

PRIVATE Body Parts



Changes in BOYS



- Voice gets deeper
- Get taller, bigger, more muscular
- Pubic hair around penis and testicles
- Penis and testicles will grow larger
- Hair will grow on the face and underarms
- Might get spots and sweat more
- Changes in hormones leading to mood swings

Changes in GIRLS



- Breasts and hips will get bigger
- Grow taller
- Pubic hair will start to grow under arms and between legs
- Start having periods
- Might get spots and sweat more
- Hair on legs might get darker and some girls might grow hair on upper lip
- Changes in hormones leading to mood swings

Puberty CHANGES

	Boys only	Girls only	Both
Start having periods			
Voice gets deeper			
Hips get wider			
Get bigger, more muscular			
Grow pubic hair			
Penis and testicles grow larger			
Might get spots and sweat more			
Grow taller			
Changes in hormones leading to mood swings			
Hair on legs might get darker and might grow hair on upper lip			
Hair will grow on the face and underarms			
Breasts get bigger			
God loves them every day, and that never changes			

Session 3: Life cycles

Learning objectives

- That they were handmade by God with the help of their parents.
- How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception.
- How conception and life in the womb fits into the cycle of life.

Success criteria

- Be able to discuss the stages of life before birth
- Have a better knowledge of technical terms related to life before birth
- Engage in a time of prayerful reflection



We have been LOVINGLY made by GOD
with our PARENTS' help.

Consolidation worksheet

What is the special name for the mum's tummy where babies begin life and grow?	W _ _ _
Which part of the mum creates a new life?	_ _ G
Which part of the dad creates a new life?	S _ _ _ M
The sperm swims down the F _ LL _ P _ _ N TUB _ looking for the egg.	F _ LL _ P _ _ N TUB _
When the sperm and egg become one thing, we say that it has become...	_ _ FERTILISED
When an egg has been fertilised, a new life begins! This is the moment of...	C _ _ _ _ _ PTION
After conception, the fertilised egg settles down and finds a home in the womb where it will be safe. This is called...	IM _ _ A _ TATION
When it is less than 8 weeks ago, the fertilised egg is called an...	E _ B _ YO
When it is more than 8 weeks ago, the embryo is called a...	_ _ OETUS
The mum feeds the baby through the...	U _ _ ILICAL C _ _ D
The baby grows in the mum's womb for...	_ _ MONTHS
God created every one of us inside our mum's womb. For this, we should say T _ _ _ _ Y _ _ to God!	T _ _ _ _ Y _ _

Session 4: Safe in my body

Learning Objectives

- To judge well what kind of physical contact is acceptable or unacceptable and how to respond
- That there are different people we can trust for help, especially those who care for us, including our teachers and parish priest

Success criteria

- Children will be able to describe examples and characteristics of the three types of abuse taught in this session
- Children will be able to describe what is appropriate and inappropriate physical contact
- Children will be able to say who the people are that they can trust and turn to if they feel unsafe.

Sometimes children might NOT feel SAFE

Abuse

Any action, or failure to act,
by another person – adult or child –
that causes significant harm to a child.



PHYSICAL Abuse



- Physical abuse is when a child is deliberately hurt, causing injuries such as bruises, broken bones, burns or cuts.
- It includes punching, beating, kicking, biting, shaking, throwing, hitting, choking and burning.
- Sometimes we have accidents and hurt ourselves or other people by mistake. But physical abuse is done **on purpose**.
- There's no excuse for the physical abuse of a child. It can cause serious, and often long-lasting, harm.

EMOTIONAL Abuse

- **Emotional abuse is when someone treats a child in a way that affects their emotional well-being.**
- Emotional abuse can involve deliberately trying to scare or humiliate a child or isolating or ignoring them.
- It can include constant criticising, threatening with physical harm, ignoring, rejecting, blaming, shaming, manipulating, isolating, humiliating etc.
- There's no excuse for the emotional abuse of a child. It can cause serious, and often long-lasting, emotional harm.

Abuse of PRIVATE parts

- Is when a child is being made, asked or rewarded for doing anything with their bodies that frightens or worries them - or being made to do this to someone else
- Can involve touching, kissing, or being made to show private parts of their body (ones that would normally be under a swimming costume)- or being made to do this to another person
- Can also involve non-touching activities, such as being shown inappropriate films or pictures in books, magazines, on TV, mobile phones or online
- There's no excuse for the abuse of private parts of a child. It can cause serious, and often long-lasting, emotional harm.

✓ ACCEPTABLE Physical Touch

- ✓ Playing a sport such as rugby or football where you are likely to touch another player whilst playing
- ✓ A sports coach politely and carefully correcting technique
- ✓ A doctor examining private parts for medical reasons (remember a trusted adult can be present!)
- ✓ A parent or carer holding your hand to cross the road, and giving you hugs when you want them

<https://www.tentenresources.co.uk/parent-portal/>

To access the Parent Portal please follow the link above, you will need the following login credentials for our school:

School Username: st-alban-b14

School Password: cathedral-city

Year 4 Multiplication check

Government website

The multiplication tables check (MTC) is statutory for all year 4 pupils registered at state-funded maintained schools, special schools or academies (including free schools) in England.

The purpose of the MTC is to determine whether pupils can recall their times tables fluently, which is essential for future success in mathematics. It will help schools to identify pupils who have not yet mastered their times tables, so that additional support can be provided.

What is the check?

It is an on-screen check consisting of 25 times table questions. Your child will be able to answer 3 practice questions before taking the actual check. They will then have 6 seconds to answer each question. On average, the check should take no longer than 5 minutes to complete.

Administering the check

Schools must administer the MTC to all eligible year 4 pupils between Monday 2nd June and Friday 13th June 2025.

Schools must provide a reason for any pupils who are not able to participate in the check within the MTC service.

Schools have unlimited access to a 'try it out' area from 28th April. They can use this to make sure pupils have the necessary support required to access the check. This includes opportunities for pupils to familiarise themselves with the check application and try out any access arrangements that may be required.

Feedback

There is no pass mark for the check.

You child's score will be shared in their end of year report- on the report and the separate government score sheet will be attached.

Supporting your child at
home

Times Table Practice Booklet A

10 Times Table

Name: _____

Class: _____

Facts in this booklet:

$$2 \times 10 = 20$$

$$3 \times 10 = 30$$

$$4 \times 10 = 40$$

$$5 \times 10 = 50$$

$$6 \times 10 = 60$$

$$7 \times 10 = 70$$

$$8 \times 10 = 80$$

$$9 \times 10 = 90$$

$$10 \times 10 = 100$$

$$11 \times 10 = 110$$

$$12 \times 10 = 120$$



1		2	
$3 \times 10 =$	$6 \times 10 =$	$5 \times 10 =$	$10 \times 10 =$
$30 \div 10 =$	$50 \div 10 =$	$3 \times 10 =$	$10 \times 2 =$
$12 \times 10 =$	$9 \times 10 =$	$10 \times 12 =$	$60 \div 10 =$
$10 \times 3 =$	$10 \times 10 =$	$100 \div 10 =$	$4 \times 10 =$
$10 \times 4 =$	$40 \div 10 =$	$7 \times 10 =$	$10 \times 5 =$
$10 \times 11 =$	$10 \times 12 =$	$9 \times 10 =$	$12 \times 10 =$
$11 \times 10 =$	$10 \times 2 =$	$10 \times 9 =$	$50 \div 10 =$
$3 \times 10 =$	$2 \times 10 =$	$10 \times 11 =$	$10 \times 10 =$
$80 \div 10 =$	$100 \div 10 =$	$10 \times 2 =$	$10 \times 4 =$
$10 \times 2 =$	$10 \times 9 =$	$30 \div 10 =$	$110 \div 10 =$
$10 \times 4 =$	$5 \times 10 =$	$10 \times 10 =$	$10 \times 7 =$
$10 \times 5 =$	$70 \div 10 =$	$80 \div 10 =$	$10 \times 8 =$
$60 \div 10 =$	$8 \times 10 =$	$2 \times 10 =$	$9 \times 10 =$
$10 \times 7 =$	$10 \times 12 =$	$3 \times 10 =$	$10 \times 6 =$
$6 \times 10 =$	$10 \times 10 =$	$7 \times 10 =$	$80 \div 10 =$
$10 \times 7 =$	$110 \div 10 =$	$6 \times 10 =$	$11 \times 10 =$
$9 \times 10 =$	$7 \times 10 =$	$40 \div 10 =$	$90 \div 10 =$
$80 \div 10 =$	$12 \times 10 =$	$10 \times 3 =$	$2 \times 10 =$
$10 \times 10 =$	$20 \div 10 =$	$8 \times 10 =$	$10 \times 11 =$
$4 \times 10 =$	$10 \times 5 =$	$10 \times 4 =$	$10 \times 5 =$



JAMMING

Take it easy



GIG

Perform once a month



GARAGE

Complete your heatmap



STUDIO

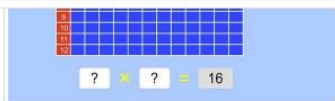
Get a rock status



SOUNDCHECK

Beat the clock

Topmarks



Test your knowledge of times tables up to 12 times. You can work through different levels to build up your skills.



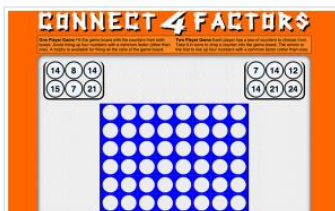
Maths Fishing

Practise your multiplication skills. The game not only covers times tables but also doubles, squared and cubed numbers.



Tommy's Trek

An arcade style times tables game. This fun game includes times tables up to 12.



Connect 4 Factors

A challenging one or two player puzzle based on the Connect 4 game. You really have to think about your factors. Are you up to the challenge?



Funky Mummy

Funky Mummy is a number facts game. Practise quick recall of addition, subtraction and multiplication facts.



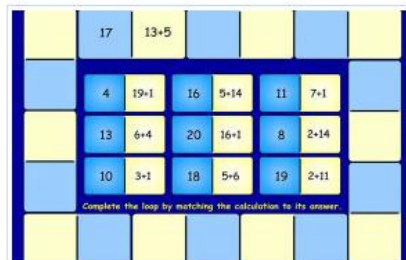
Super Maths Bowling Multiplication

Can you achieve a strike? The quicker and more accurate you are in answering your times tables, the easier it will be to aim your bowling ball at the pins.



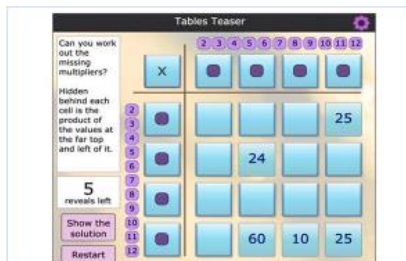
Fishy Times Tables

A clever interactive which demonstrates times tables up to 10×10 . It is useful for showing the commutative law of multiplication which means you can multiply numbers in any order and the answer is the same.



Loop Cards

Fantastic for improving your mental maths. Complete the loop against the clock. All types of calculations. You play the game similar to dominoes.



Tables Teaser

Can you work out which number goes in each row and column heading to make the interactive tables grid work? It is quite a challenge!

Hit the Button

Press **Esc** to exit full screen



Square
Numbers

Division
Facts

Halves

Times
Tables

Doubles

Number
Bonds

Home

×

Times Tables

Tables up to 12

Tables up to 10

Hit the Answer

▶ Mixed

▶ × 2

▶ × 3

▶ × 4

▶ × 5

▶ × 6

▶ × 7

▶ × 8

▶ × 9

▶ × 10

▶ × 11

▶ × 12

Hit the Question

▶ Mixed

▶ × 2

▶ × 3

▶ × 4

▶ × 5

▶ × 6

▶ × 7

▶ × 8

▶ × 9

▶ × 10

▶ × 11

▶ × 12

Top marks

Menu

×

10 × 12

36

48

24

12

72

96

60

84

144

108

132

120

●

●

Times Tables up to 12

Hit the Answer 12 × Table

Timer: 0:48

Score: 4/4

Top marks

4

TIMES

TABLE

SONG

ROSE
BRUNO
MARS



APT.

7 x tables

Funny voices

Practice counting in 7s. Try it in lots of funny ways:

- A high voice
- A low voice
- A squeaky voice
- As if you are a speaking dog!

11 x tables

Play catch.

Every time you catch count on the next multiple of 11.

If you drop the ball or count the wrong multiple, start again from the beginning.

12 x tables

Bean bag throw

Stand in the middle with the 12 x tables answers all around you.

Adult: ask a 12x table question

Child: throw the beanbag on the answer.

[illegible]