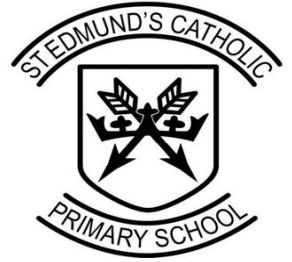


## St Edmund's Life to the Plus Full RSE and PSHE Programme Pathway(2-year cycle over 3 terms)



This Programme Pathway delivers the full programme over 3 terms every year. This means that the full learning stages are run twice (e.g. the full KS1 programme is run with Year 1 and then repeated with Year 2) **except for some lessons in Year 4, 5 and 6. This is Ten Ten's recommended pathway which also meets the statutory requirements and rigour for RSE/RSHE.**

### Why repeat the programme?

- Children change and grow; their level of engagement will increase as they develop their social, moral, cultural and spiritual awareness and understanding.
- The learning will be embedded as children build upon what they have previously learned – a truly spiral curriculum.

### Adaptations

This Programme Pathway ensure that we plan lessons carefully by ensuring that the content is age- appropriate and that it is differentiated from previous learning. Please use the Suggested Extended Activities which will be particularly helpful to deliver original sessions using the resources provided in the programme.

### Note:

- **For each Unit**, please allow 15 minutes at the start and 15 minutes at the end to complete the **Assessment Activities**.
- Please allocate additional time for **guided prayers** and **song time**.
- Suggestions for further follow-up activities and sessions are provided for each session.
- See each individual session page on the website for suggested Extended Activities.
- Please allow space within each half-term for occasional sessions to run across two lessons. Each half-term usually contains about 4 lessons, so there is space to do this

## Reception

Term	Module and Unit	Session Title	Session Length
Autumn II	EYFS, Module 1, Unit 1	Story Sessions: Handmade With Love	5 x 5-10 minute sessions over 5 days
Spring I	EYFS, Module 1, Unit 2	Session 1: I Am Me	20 minutes
		Session 2: Heads, Shoulders, Knees and Toes	20 minutes
		Session 3: Ready Teddy?	20 minutes
Spring II	EYFS, Module 1, Unit 3	Session 1: I Like, You Like, We All Like!	20 minutes
		Session 2: All The Feelings!	20 minutes
		Session 3: Let's Get Real	20 minutes
Summer I	EYFS, Module 1, Unit 4	Session 1: Growing Up	20 minutes
		Session 2: New People, New Places + Classroom Shorts	20 minutes
Summer I or II	EYFS, Module 3, Unit 1	Session 1: God is Love	20 minutes
		Session 2: Loving God, Loving Others	20 minutes
	EYFS, Module 3, Unit 2	Session 1: Me, You, Us	20 minutes
		Session 2: When I Grow Up... + Classroom Shorts	20 minutes
		Session 3: 'Money Doesn't Grow On Trees' + Classroom Shorts	20 minutes

# KS1

## Year 1

Term	Module and Unit	Session Title	Session Length
Autumn II	KS1, Module 1, Unit 1	Story Sessions: <i>Let the Children Come</i>	5 x 10-minute sessions over 5 days
	KS1, Module 2, Unit 1	Session 1: <i>God Loves You</i>	40 minutes
Spring I	KS1, Module 2, Unit 2	Session 1: <i>Special People</i>	30 minutes
		Session 2: <i>Treat Others Well...</i>	35 minutes
		Session 3: <i>...and Say Sorry</i>	30 minutes
Spring II	KS1, Module 2, Unit 4	Session 1: <i>Good and Bad Secrets</i>	35 minutes
		Session 2: <i>Physical Contact</i>	40 minutes (or 2 x 25 minutes)
		Session 3: <i>Harmful Substances</i>	30 minutes
		Session 4: <i>Can You Help Me? (Part 1)</i>	35 minutes
		Session 5: <i>Can You Help Me? (Part 2)</i>	35 minutes
Summer I or II	KS1, Module 3, Unit 1	Session 1: <i>Three In One</i>	25 minutes
		Session 2: <i>Who is My Neighbour?</i>	30 minutes
	KS1, Module 3, Unit 2	Session 1: <i>The Communities We Live In</i>	35 minutes
		Session 2: <i>Who Will I Be? + Classroom Shorts</i>	30 minutes

## Year 2

Term	Module and Unit	Session Title	Session Length
Autumn II	KS1, Module 1, Unit 1	Story Sessions: <i>Let the Children Come</i>	5 x 10-minute sessions over 5 days
Spring I	KS1, Module 1, Unit 2	Session 1: <i>I Am Unique</i>	30 minutes
		Session 2: <i>Girls and Boys</i>	30-40 minutes
		Session 3&4: <i>Clean and Healthy (My Body)</i>	75 minutes (to be split over two sessions)
Spring II	KS1 Module 1, Unit 3	Session 1: <i>Feelings, Likes and Dislikes</i>	40 minutes
		Session 2: <i>Feeling Inside Out</i>	30 minutes
		Session 3: <i>Super Susie Gets Angry</i>	40 minutes
Summer I	KS1 Module 1 Unit 4	Session 1: <i>The Cycle of Life</i>	30 minutes
		Session 2: <i>Beginnings and Endings</i>	40 minutes
		Session 3: <i>Change Is All Around + Classroom Shorts</i>	40 minutes
	KS1, Module 2, Unit 3	Session 1: <i>Real Life Online</i>	40 minutes
		Session 2: <i>Rules To Help Us</i>	35 minutes
Summer I or II	KS1, Module 3, Unit 1	Session 1: <i>Three In One</i>	25 minutes
		Session 2: <i>Who is My Neighbour?</i>	30 minutes
	KS1, Module 3, Unit 2	Session 1: <i>The Communities We Live In</i>	35 minutes
		Session 3: <i>Needs and Wants + Classroom Shorts</i>	30 minutes

# LKS2

## Year 3

Term	Module and Unit	Session Title	Session Length
Autumn II	LKS2 Module 1, Unit 1	Story Sessions: <b>Get Up!</b>	5 x 15-minute sessions over 5 days
		Session 2: <b>The Sacraments</b>	40 minutes
	LKS2 Module 2, Unit 1	Story Sessions: <b>Jesus, My Friend</b>	4 x 15-minute sessions over 4 days
Spring I	LKS2 Module 2, Unit 2	Session 1: <b>Family, Friends and Others...</b>	45 minutes
		Session 2: <b>When Things Feel Bad</b>	45 minutes
	LKS2 Module 2, Unit 3	Session 1: <b>Sharing Online</b>	35 minutes
		Session 2: <b>Chatting Online + Classroom Shorts</b>	35 minutes
Spring II	LKS2 Module 2, Unit 4	Session 1: <b>Safe In My Body + Classroom Shorts</b>	45 minutes
		Session 2: <b>Drugs, Alcohol and Tobacco</b>	45 minutes
		Session 3: <b>First Aid Heroes</b>	45 minutes
		Session 4: <b>Rights and Responsibilities + Classroom Shorts</b>	40 minutes
Summer I or II	LKS2 Module 3, Unit 1	Session 1: <b>A Community of Love</b>	40 minutes
		Session 2: <b>What is the Church?</b>	35 minutes
	LKS2 Module 3, Unit 2	Session 1: <b>How Do I Love Others?</b>	45 minutes
		Session 2: <b>Working Together + Classroom Shorts</b>	40 minutes

## Year 4

Term	Module and Unit	Session Title	Session Length
Autumn II	LKS2 Module 1, Unit 1	Story Sessions: <b>Get Up!</b>	5 x 15-minute sessions over 5 days
Spring I	LKS2 Module 1, Unit 2	Session 1: <b>We Don't Have to be the Same</b>	40 minutes
		Session 2: <b>Respecting our Bodies</b>	40 minutes
		Session 3: <b>What is Puberty?</b>	40 minutes
		Session 4: <b>Changing Bodies</b>	40 minutes
		Session 5: <b>Male/Female Discussion Groups (optional)</b>	45 minutes
Spring II	LKS2 Module 1, Unit 3	Session 1: <b>What Am I Feeling?</b>	40 minutes
		Session 2: <b>What Am I Looking At?</b>	35 minutes
		Session 3: <b>I Am Thankful</b>	40 minutes
Summer I	LKS2 Module 1, Unit 4	Session 1: <b>Life Cycles</b>	40 minutes
		Session 2: <b>A Time For Everything</b>	45 minutes
		Session 3: <b>Big Changes, Little Changes + Classroom Shorts</b>	40 minutes
Summer I or II	LKS2 Module 3, Unit 1	Session 1: <b>A Community of Love</b>	40 minutes
		Session 2: <b>What is the Church?</b>	35 minutes
	LKS2 Module 3, Unit 2	Session 1: <b>How Do I Love Others?</b>	45 minutes
		Session 3: <b>Money Matters + Classroom Shorts</b>	40 minutes

# UKS2

## Year 5

Term	Module and Unit	Session Title	Session Length
Autumn II	UKS2 Module 1, Unit 1	Story Sessions: <i>Calming the Storm</i>	5 x 15-minute sessions over 5 days
	UKS2 Module 2, Unit 1	Session 1: <i>God Is Calling You</i>	60 minutes
Spring I	UKS2 Module 2, Unit 2	Session 1: <i>Under Pressure</i>	60 minutes
		Session 2: <i>Do You Want A Piece of Cake?</i>	60 minutes
		Session 3: <i>Self-Talk</i>	60 minutes
	UKS2 Module 2, Unit 3	Session 1: <i>Sharing Isn't Always Caring</i>	60 minutes
		Session 2: <i>Cyberbullying + Classroom Shorts</i>	60 minutes
Spring II	UKS2 Module 2, Unit 4	Session 1: <i>Types of Abuse + Classroom Shorts</i>	60-90 minutes
		Session 2: <i>Impacted Lifestyles + Classroom Shorts</i>	60 minutes
		Session 3: <i>Making Good Choices</i>	60 minutes
		Session 4: <i>Giving Assistance</i>	60 minutes
Summer I or II	UKS2 Module 3, Unit 1	Session 1: <i>The Holy Trinity</i>	60 minutes
		Session 2: <i>Catholic Social Teaching</i>	60 minutes
	UKS2 Module 3, Unit 2	Session 1: <i>Reaching Out</i>	60 minutes
		Session 2: <i>The World of Work + Classroom Shorts</i>	60 minutes

## Year 6

Term	Module and Unit	Session Title	Session Length
Autumn II	UKS2 Module 1, Unit 1	Story Sessions: <b>Calming the Storm</b>	5 x 15-minute sessions over 5 days
	UKS2 Module 1, Unit 2	Session 1: <b>Gifts and Talents</b>	60 minutes
		Session 2: <b>Girls' Bodies</b>	60 minutes
		Session 3: <b>Boys' Bodies</b>	60 minutes
		Session 4: <b>Spots and Sleep</b>	60 minutes
Spring I	UKS2 Module 1, Unit 3	Session 1: <b>Body Image</b>	60 minutes
		Session 2: <b>Peculiar Feelings</b>	60 minutes
		Session 3: <b>Emotional Changes</b>	60 minutes
		Session 4: <b>Seeing Stuff Online</b>	60 minutes
Spring II	UKS2 Module 1, Unit 4	Session 1: <b>Making Babies (Part 1)</b>	60 minutes
		Session 2: <b>Making Babies (Part 2)</b> May be omitted or may be set as a homework task with parents.	60 minutes
		Session 3: <b>Menstruation</b>	60 minutes
		Session 4: <b>Hope Beyond Death</b>	60 minutes
		Session 5: <b>Coping with Change + Classroom Shorts</b>	60 minutes
Summer I or II	UKS2 Module 2, Unit 2	Session 4: <b>Build Others Up + Classroom Shorts</b>	60 minutes
	UKS2 Module 3, Unit 1	Session 1: <b>The Holy Trinity</b>	60 minutes
		Session 2: <b>Catholic Social Teaching</b>	60 minutes

UKS2 Module 3, Unit 2	Session 1: <b>Reaching Out</b>	60 minutes
	Session 3: <b>Money and Me + Classroom Shorts</b>	60 minutes

## Life to the Full Plus - Program Content and Structure

The programme adopts a spiral curriculum approach so that as pupils go through the programme year-after-year, the learning will develop and grow, with each stage building on the last.

The content and vocabulary taught in the program is appropriate to the age and stage of the individual pupil.

In Life to the Full, we will be following a three-stage structure which is repeated across three different learning stages:

- Early Years Foundation Stage is aimed at Nursery and Reception
- Key Stage One is aimed at Years 1 and 2
- Lower Key Stage Two is aimed at Years 3 and 4
- Upper Key Stage Two is aimed at Years 5 and 6

Within each learning stage, there are three modules which are based on the Model Catholic RSE Curriculum:

- Created and Loved by God
- Created to Love Others
- Created to Live in Community

Each Module is then broken down into Units of Work.

Module 1	Created and Loved by God
Units	Religious Understanding Me, My Body, My HealthEmotional Well- Being Life Cycles
Module 2	Created to Love Others
Units	Religious UnderstandingPersonal Relationship Life online Keeping Safe
Module 3	Created to Live in Community
Units	Religious Understanding Living in the Wider World

## **Module One: Created and Loved by God**

Module One: Created and Loved by God explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.

In these sessions, we explore:

**Early Years Foundation Stage** – our uniqueness in real terms, including celebrating difference and individual gifts, talents and abilities, looking after and using our bodies (including vocabulary around this topic), the necessity of when and how to say sorry in relationships, a basic exploration of Jesus's forgiveness and growing up as God's plan for us.

**Key Stage One** – that we are uniquely made by a loving God, that we have differences and similarities (including physical differences between boys and girls), key information about staying physically healthy, understanding feelings and emotions, including strong feelings such as anger, and the cycle of life from birth to old age.

**Lower Key Stage Two** – understanding differences, respecting our bodies, **puberty and changing bodies (recommended for Year 4+)**, strategies to support emotional wellbeing including practicing thankfulness, and the development of pupils understanding of life before birth.

**Upper Key Stage Two** – appreciation of physical and emotional differences, a more complex understanding of physical changes in girls and boys bodies, body image, strong emotional feelings, the impact of the internet and social media on emotional well-being, a more nuanced and scientific understanding of life in the womb **and how babies are made**, and **menstruation**.

**Life to the Full Plus** Content in Module One focuses on a variety of transitions and times of change. From EYFS, where the session helps pupils to recall changes that came with starting school and identify changes to come, through to UKS2, where children will explore their feelings about moving to secondary school and what strategies will help them through this transition, with a particular focus on resilience and gratitude. They will learn that

God's unchanging love means that they can cope with change, meet new people and feel safe in new environments.

## **Module Two: Created to Love Others**

Module Two: Created to Love Others explores the individual's relationship with others.

Building on the understanding that we have been created out of love and for love, this unit explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing healthy relationships and keeping safe both online and in our daily lives.

This religious understanding is then applied to real-world situations relevant to the age and stage of the children:

**Early Years Foundation Stage** – In Unit 2 'Personal Relationships', children will expand their vocabulary by applying names to different family/friend relationships, consider positive/negative behaviour in relationships and learn to look to Jesus as their role model for a good friend. They will learn to resolve conflict and the importance of asking for forgiveness when necessary.

In the Unit 3 'Life Online', Freddy Teddy learns to use a new device, serving as an introduction for children to the internet and how we use it. This draws on both positives and negatives of internet use, moving into children learning some basic rules to help them stay safe online.

While in Unit 4, 'Keeping Safe', children learn about practical ways to stay safe inside and out, including medicine safety and people who help us in emergencies (a session that can be linked to the 'People Who Help Us' topic in EYFS).

**Key Stage One** – In the Unit 'Personal Relationships', children are taught to identify the Special People in their lives who they love and can trust, how to cope with various social situations and dilemmas, and the importance of saying sorry and forgiveness within relationships.

In the Unit 3 'Life Online', helps children to understand that just like we can feel joy and feel upset in the different places we go physically, we can feel joy and feel upset in the different places we go to digitally too. Focus is given to the importance of feeling safe on the inside, especially when using the

internet. Through activities and the story of Smartie the Penguin, children will learn to recognise safe and unsafe situations online, and begin to develop an understanding that not everything presented to them online is true.

While in Unit 4 'Keeping Safe' by incorporating the 'Smartie the Penguin' resources from Childnet, children explore the difference between good and bad secrets, and teaching on physical boundaries (incorporating the PANTS resource the NSPCC). Children also learn about the effects of harmful substances (including alcohol and tobacco), some basic First Aid and what makes a 999 emergency and what they should do if in an emergency situation.

## **Lower Key Stage Two**

The Unit 2 'Personal Relationships' sessions here help children to develop a more complex appreciation of different family structures and there are activities and strategies to help them develop healthy relationships with family and friends; here, they are also taught simplified CBT techniques for managing thoughts, feelings and actions.

Once again for Unit 3, 'Life Online', incorporates some of the excellent NSPCC Share Aware resources, with children learning how quickly things can be shared around the world online. Focus is also given to online chatting and cyberbullying, and how to report and get help if children encounter inappropriate messages or material. Sessions explore the steps children need to take to stay safe online.

For Unit 4 'Keeping Safe' children will receive teaching on bullying and abuse through a series of animated stories. Children will also learn in greater depth about the effects of drugs, alcohol and tobacco and how to make good choices concerning these as they get older. The final session of the module explores in more detail what to do in emergency situations.

## Upper Key Stage Two

The sessions for UKS2 in Unit 2 'Personal Relationships' aims to equip children with strategies for more complex experiences of relationships and conflict. This covers how to respond to spoken and unspoken pressure, the concept of consent and further teaching on how our thoughts and feelings have an impact on how we act. The concept of fairness is introduced, where pupils will consider what bullying, prejudice and discrimination are.

Unit 3, 'Life Online' builds on the NSPCC Share Aware resources used in Lower Key Stage Two, equipping children to make safe and sensible decisions about what online content they should/shouldn't share, cyberbullying and how to report and get help if they encounter inappropriate messages or material.

In Unit 4 'Keeping Safe', considers safety in the real world beginning with the four types of abuse: sexual, physical, emotional and neglect. Children will learn how to spot each type of abuse and who they can go to for help. The final three sessions in this module explore how drugs, alcohol and tobacco can negatively affect people's lifestyles and the body's natural functioning, discuss how to make good choices even in pressured situations, and teach essential First Aid such as DR ABC and the recovery position.

Life to the Full Plus Content in Module Two In Module 2 Unit 2, Personal Relationships, there are some Classroom Short videos available to LTTF Plus subscribers linked to the 'Build Others Up' session, covering topics such as prejudice and discrimination, sexual attraction and gender stereotypes.

In Unit 3, Life Online there are some Classroom Short videos for LTTF Plus subscribers. In the LKS2 video Critical Thinking, child presenters will deliver teaching about targeted marketing, and real life scenarios will be explored, while the UKS2 video Content Consumer explore the ideas further about why and how we should think critically about the content we consume in the media and online.

In Unit 4, Keeping Safe, as well as a number of brilliant new Classroom Short videos for LKS2 and UKS2, we have a session for LKS2 session, Rights and Responsibilities, that identifies legal rights, discuss scenarios where these are compromised, and offers opportunities for pupils to consider how their own responsibilities relate to rights. The session will celebrate diversity and how we all play a part in the Body of Christ.

## **Module Three: Created to Live in Community**

Finally, Module Three: Created to Live in Community explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.

In the first Unit, Religious Understanding, the story sessions help children to develop a concept of the Trinity.

In subsequent Unit 2 sessions, we apply this religious understanding to real-world situations, such as the community we live in, and through exploring the work of charities which work for the Common Good.

**Life to the Full Plus** Content in Module Three For each Key Stage in Module 3 Unit 2 we have 2 Life to the Full Plus sessions and associated Classroom Short videos.

The first **LTF Plus** session for each Key Stage looks at the topic of **Careers**. From EYFS where the session helps pupils to identify different types of jobs and roles in the community and they will learn how work contributes to a sense of fulfilment and, with thanksgiving to God, identify some of their strengths, gifts and talents, the spiral curriculum expands on this theme through to UKS2 where the session considers many aspects of the world of work: getting and changing jobs, gender stereotypes, unemployment and more. Pupils will understand how learning in school contributes to future careers and learning opportunities outside of school.

The second **LTF Plus** for each Key Stage looks at the topic of **Money**. The EYFS session introduces the topic of money: what it is, where it comes from and how we can use it.

Children will discover that money doesn't define our value – God does. As the spiral curriculum progresses, children will explore the choices we have with our money and begin to understand that it is important to look after our money and be responsible. Pupils will reflect on how our values and attitudes impact our decisions around money and through budgeting activities and discussions, will discuss the pros and cons of different payment methods and money tracking techniques and highlighting some risks. They will consider why some people have more than others, developing awareness of fairness and justice. Knowing God's call to live generously, pupils will also explore tithing and giving.

