## PROGRAMME – Life to the Full

## Ten Ten Resources | Catholic / Christian resources

This programme delivers a fully-integrated and holistic programme in Relationship Education that truly enables children to ‘live life to the full’ (John 10:10).

The structure of ‘Life to the Full' is basedon ‘A Model Catholic RSE Curriculum’ by the CatholicEducation Service, which was highlighted as a work of good practice by the Department of Education and is the basis for the school’s curriculum for RSE.

‘Life to the full’ includes an entire platform of creative resources that are designed to engage, inform and inspire children, parents and staff. This includes interactive video content, story-based activities and original worship music, all whilst employing a wide range of teaching tools and an accompanying programme of classroom prayers.

Programme Structure

‘Life to the Full’ follows a four-stage structure which is repeated across four different learning stages:

* Early Years Foundation Stage is aimed at Preschool 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.

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|  | Module 1 |  | Created and Loved by God |
|  |  |  |  |
|  |  |  | Religious Understanding |
|  | Units |  | Me, My Body, My Health |
|  |  | Emotional Well-being |
|  |  |  |
|  |  |  | Life Cycles |
|  | Module 2 |  | Created to Love Others |
|  |  |  |  |
|  | Units |  | Religious Understanding |
|  |  | Personal Relationships |
|  |  |  | Keeping Safe |
|  | Module 3 |  | Created to Live in Community |
|  |  |  |  |
|  | Units |  | Religious Understanding |
|  |  | Living in the Wider World |
|  |  |  |

Within each Unit there are a number of planned sessions which are to be led in the classroom.

Programme Content

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

**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.

At the start of each learning stage in Module One, are a series of short Story Sessions to be completed on consecutive days

throughout the week.

Story

Sessions

Each learning stage focuses on a different Gospel story, which is repeated in various ways over the week, giving rise to times of discussion, imaginative reflection and creative response, for example, in Key Stage One children will hear and reflect on the story of Jesus telling the little children to come to Him and through imaginative reflection will put themselves into the story to experience Jesus’ call personally. In Upper Key Stage Two, the story is that of Jesus calming the storm, and is used to reflect on how whatever might come their way through puberty and beyond, Jesus is with them and will help them.

All of these Story Sessions communicate and help children know

more deeply the key idea that we were created by God out of love and for love. Building on this religious understanding of the

meaning and purpose of our bodies, children are then taken through a variety of age-appropriate sessions which explore body and health issues.

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, respectingour 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 emotionaldifferences, a more complex understanding of physical changes in girl and boys bodies, body image, strong emotional feelings, the impact of the internet and social media on emotional well-being (including teaching on pornography), a more nuanced and scientific understanding of life in the womb and how babies are made, and menstruation.

There are 11 sessions in Module 1 of Upper Key Stage Two which are structured around a TV drama series, Paradise Street.

The

Paradise

Street

sessions

Paradise Street is an original drama series for Upper Key Stage Two which follows the story of 4 friends – Finn, Leyla, Marcus and Siobhan

– who have different personal and social experiences related to growing up and puberty. Each episode lasts about 10 minutes and is followed by a time of teacher-led discussion with the pupils. Each session also includes an episode of ‘Delving Deeper into Paradise

Street’ in which two fun presenters explore the issues in the drama and provide some teaching for pupils (which also acts as guidance and support for teachers). Each concludes with a time of personal writing in a Module 1 Workbook which will help the pupils to digest and personalise the teaching.

**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 Module explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing heathy relationships and keeping safe.

Gospel

Stories

At the start of each learning stage, we begin with a session based on a key Gospel story which provides the religious foundation for the teaching that will follow. For example, through an imaginative retelling of the Prodigal Son, children deepen their understanding of the concept of sin and the importance of forgiveness in relationships.

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

**Early Years Foundation Stage –** In the Unit ‘PersonalRelationships’, 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 ‘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’, childrenare 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 ‘Keeping Safe’, we explore the risks of being online by incorporating the ‘Smartie the Penguin’ resources from Childnet, 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 sessions here help children todevelop 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 the ‘Keeping Safe’ unit, we have incorporated some excellent NSPCC resources, as well as 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 the ‘PersonalRelationships’ module aim to equip children with strategies for more complex experiences of relationships and conflict; this includes sessions that help children to identify and understand how to respond to spoken and unspoken pressure, the concept of consent and some practical demonstrations of this, and further teaching on how our thoughts and feelings have an impact on how we act.

Over the first three sessions in the Unit ‘Keeping Safe’, the programme explores the risks of sharing and chatting online at a level more appropriate to Years 5 and 6, and a more complex understanding of different forms of abuse.

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

Drugs, Alcohol and Tobacco

The final two\* sessions in Unit 3 at each learning stage concern age appropriate teaching about drugs, alcohol and tobacco and First Aid. Through teaching from the eccentric, animated character Dr Datfa, as well as role play, discussions and activities, children will be equipped with facts and figures to help them make good choices – all underpinned by the religious understanding that we are created to love God and love others, so we should look out and care for one another and the bodies we have been given.

\*Three sessions in Upper Key Stage Two

**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 sessions help children to develop a concept of the Trinity at a level appropriate for their learning stage.

In subsequent 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.