



## PSHE Curriculum: Intent

At St Mary's we want to foster children's understanding and value how they fit into and contribute to the world. By using the programme 'Living Life to the Full' by **Ten Ten**, we aim to deliver a fully-integrated and holistic programme that truly enables children to 'live life to the full' (John 10:10). A whole-school Catholic approach, which holds children at its heart means engaging yet relevant lessons are delivered allowing children to advance their emotional awareness, concentration, focus and self-regulation. Children will grow into **compassionate** and **eloquent** students knowing how they fit into God's Creation.



## PSHE Curriculum: Implementation

At St. Mary's we use *Life to the Full* which is based on 'A Model Catholic RSE Curriculum' by the Catholic Education Service, which was highlighted as a work of good practice by the Department of Education. Therefore, we have a good foundation for a programme that will be fit for purpose for our children. In *Life to the Full*, we follow a four-stage structure which is repeated and developed 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.

### Key Features:

- 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.
- Teachers have access to detailed lesson plans and resources.
- Online Parent Portal, so parents can engage with the teaching and deepen the experience for their children
- CPD Package for teachers and governors and the Teacher's Hub which includes informative articles on RSHE and the *Life to the Full* programme.



Relationship & Health Education  
for Catholic primary schools

## PSHE Curriculum: Impact

- Each Unit of work also has an Assessment Activity associated with it.
- Every session plan includes a section called Age and Stage Differentiation. This offers specific suggestions of how to level up or level down the content according to the needs of your pupils, as well as various extension options.
- Children's work will be recorded, where necessary, in a Class Journal along with relevant assessment.
- EYFS and Year One will use a Floor book to record their Class Journey.

## Programme Structure:

Each Module is then broken down into Units of Work. 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.

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

**SEND/ALN Differentiation** For all Key Stages, notes for SEND/ALN Differentiation can be found at the bottom of all Session Notes, as well as in the drop-down menu on each session page. These notes highlight content from the session to be aware of and think about in a different way, key points to ensure understanding, and suggestions on how to offer options and so increase accessibility.

### Progression of Knowledge and Skills

**Progress Markers** In addition to Learning Objectives and Success criteria, we provide a way to measure individual children's progress, within an '**All children will... Most children will... Some children will...**' framework. These will help identify children who might need additional support, as well as those who are working at a deeper level. Progress Markers are included within individual Session Notes, but are also collated on the **Progression of Knowledge and Skills** documents.

### 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.

### 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 healthy relationships and keeping safe both online and in our daily lives.

### 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 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.

### Assessment

We have assigned one simple Assessment Activity to each Unit of sessions. The activities take into account the Learning Objectives of the sessions within the unit and provide before and after evidence that learning has taken place.

How? Quite simply, you run the activity **BEFORE** you undertake the lessons, and then you run the activity again **AFTER** the series of lessons to assess whether learning has taken place. You will be given simple criteria to assess successful learning.

# Unit Overview:

<https://www.tentenresources.co.uk/programmes/life-to-the-full-primary/page/pathway-3/>

## Nursery & Reception:

## Years 1 & 2:

Term	Module and Unit	Session Title	Session Length
Autumn II	EYFS, Module 1, Unit 1	Story Sessions: <b>Handmade With Love</b>	5 x 5-10 minute sessions over 5 days
	EYFS, Module 1, Unit 2	Session 1: <b>I Am Me</b>	20 minutes
		Session 2: <b>Heads, Shoulders, Knees and Toes</b>	20 minutes
Session 3: <b>Ready Teddy?</b>		20 minutes	
Spring I	EYFS, Module 1, Unit 3	Session 1: <b>I Like, You Like, We All Like!</b>	20 minutes
		Session 2: <b>All The Feelings!</b>	20 minutes
		Session 3: <b>Let's Get Real</b>	20 minutes
	EYFS, Module 1, Unit 4	Session 1: <b>Growing Up</b>	20 minutes
Spring II and Summer I	EYFS, Module 2, Unit 1	Session 1: <b>Role Model</b>	2 x 15-minute sessions
	EYFS, Module 2, Unit 2	Session 1: <b>Who's Who?</b>	20 minutes
		Session 2: <b>You've Got A Friend in Me</b>	20 minutes
		Session 3: <b>Forever Friends</b>	20 minutes
	EYFS, Module 2, Unit 3	Session 1: <b>What is the Internet?</b>	20 minutes
		Session 2: <b>Playing Online</b>	20 minutes
Summer I	EYFS, Module 2, Unit 4	Session 1: <b>Safe Inside and Out</b>	20 minutes
		Session 2: <b>My Body, My Rules</b>	20 minutes
		Session 3: <b>Feeling Poorly</b>	20 minutes
		Session 4: <b>People Who Help Us</b>	20 minutes
Summer II	EYFS, Module 3, Unit 1	Session 1: <b>God is Love</b>	20 minutes
		Session 2: <b>Loving God, Loving Others</b>	20 minutes
	EYFS, Module 3, Unit 2	Session 1: <b>Me, You, Us</b>	20 minutes

Term	Module and Unit	Session Title	Session Length
Autumn II	KS1, Module 1, Unit 1	Story Sessions: <b>Let the Children Come</b>	5 x 10-minute sessions over 5 days
	KS1, Module 1, Unit 2	Session 1: <b>I Am Unique</b>	30 minutes
		Session 2: <b>Girls and Boys</b>	30-40 minutes
Session 3&4: <b>Clean and Healthy (My Body)</b>		75 minutes (to be split over two sessions)	
Spring I	KS1 Module 1, Unit 3	Session 1: <b>Feelings, Likes and Dislikes</b>	40 minutes
		Session 2: <b>Feeling Inside Out</b>	30 minutes
		Session 3: <b>Super Susie Gets Angry</b>	40 minutes
	KS1 Module 1 Unit 4	Session 1: <b>The Cycle of Life</b>	30 minutes
Session 2: <b>Beginnings and Endings</b>		40 minutes	
Spring II	KS1, Module 2, Unit 1	Session 1: <b>God Loves You</b>	40 minutes
	KS1, Module 2, Unit 2	Session 1: <b>Special People</b>	40 minutes
		Session 2: <b>Treat Others Well...</b>	35 minutes
		Session 3: <b>...and Say Sorry</b>	30 minutes
	KS1, Module 2, Unit 3	Session 1: <b>Real Life Online</b>	40 minutes
		Session 2: <b>Rules To Help Us</b>	35 minutes
Summer I	KS1, Module 2, Unit 4	Session 1: <b>Good and Bad Secrets</b>	35 minutes
		Session 2: <b>Physical Contact</b>	40 minutes (or 2 x 25 minutes)
		Session 3: <b>Harmful Substances</b>	30 minutes
		Session 4: <b>Can You Help Me? (Part 1)</b>	35 minutes
		Session 5: <b>Can You Help Me? (Part 2)</b>	35 minutes
Summer II	KS1, Module 3, Unit 1	Session 1: <b>Three In One</b>	25 minutes
		Session 2: <b>Who is My Neighbour?</b>	30 minutes
	KS1, Module 3, Unit 2	Session 1: <b>The Communities We Live In</b>	35 minutes



## Years 3 & 4:

Term	Module and Unit	Session Title	Session Length
<b>Autumn II</b>	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 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> Year 4 only	40 minutes
		Session 5: <b>Male/Female Discussion Groups (optional)</b> Year 4 only	45 minutes
<b>Spring I</b>	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
	LKS2 Module 1, Unit 4	Session 1: <b>Life Cycles</b>	40 minutes
		Session 2: <b>A Time For Everything</b>	45 minutes
<b>Spring II</b>	LKS2 Module 2, Unit 1	Story Sessions: <b>Jesus, My Friend</b>	4 x 15-minute sessions over 4 days
		Session 1: <b>Family, Friends and Others...</b>	45 minutes
	LKS2 Module 2, Unit 2	Session 2: <b>When Things Feel Bad</b>	45 minutes
		LKS2 Module 2, Unit 3	Session 1: <b>Sharing Online</b>
	Session 2: <b>Chatting Online</b>		35 minutes
	<b>Summer I</b>	LKS2 Module 2, Unit 4	Session 1: <b>Safe In My Body</b>
Session 2: <b>Drugs, Alcohol and Tobacco</b>			45 minutes
Session 3: <b>First Aid Heroes</b>			45 minutes
<b>Summer II</b>	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

## Years 5 & 6:

Term	Module and Unit	Session Title	Session Length
<b>Autumn II</b>	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
<b>Spring I</b>	UKS2 Module 1, Unit 3	Session 4: <b>Spots and Sleep</b>	60 minutes
		Session 1: <b>Body Image</b>	60 minutes
		Session 2: <b>Peculiar Feelings</b>	60 minutes
		Session 3: <b>Emotional Changes</b>	60 minutes
<b>Spring II</b>	UKS2 Module 1, Unit 4	Session 4: <b>Seeing Stuff Online</b>	60 minutes
		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
<b>Summer I</b>	UKS2 Module 1, Unit 4	Session 4: <b>Hope Beyond Death</b>	60 minutes
	UKS2 Module 2, Unit 1	Session 1: <b>God Is Calling You</b>	60 minutes
	UKS2 Module 2, Unit 2	Session 1: <b>Under Pressure</b>	60 minutes
		Session 2: <b>Do You Want A Piece of Cake?</b>	60 minutes
		Session 3: <b>Self-Talk</b>	60 minutes
Session 4: <b>Build Others Up</b> Year 6 only	60 minutes		
<b>Summer II</b>	UKS2 Module 2, Unit 3	Session 4: <b>Build Others Up</b> Year 6 only	60 minutes
		Session 1: <b>Sharing Isn't Always Caring</b>	60 minutes
	UKS2 Module 2, Unit 4	Session 2: <b>Cyberbullying</b>	60 minutes
		Session 1: <b>Types of Abuse</b>	60-90 minutes
<b>Summer II</b>	UKS2 Module 3, Unit 1	Session 2: <b>Impacted Lifestyles</b>	60 minutes
		Session 3: <b>Making Good Choices</b>	60 minutes
	UKS2 Module 3, Unit 2	Session 4: <b>Giving Assistance</b>	60 minutes
<b>Summer II</b>	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

**Appendix I: See Life to the Full Progression of Skills.**