



Relationships and Health Education Whole School Overview



At St Mary’s we completed an online consultation with parents and have adopted the Ten Ten Life to the Full plus scheme. This scheme allows teachers to implement all of the statutory elements of the RHE curriculum and also the PSHE elements that support the mental health and wellbeing of our children. The additional elements are organised into two strands, the first strand is sessions, on the topics of transitions, rights and responsibilities, money and careers. The second strand is Classroom Shorts, short, snappy videos which complement but stand independent from the sessions. Life to the Full plus is much more than a series of lessons. It is an entire platform of creative resources that will engage, inform and inspire our children. It includes interactive video content, story-based activities, employing a wide range of teaching tools, original worship music and an accompanying programme of classroom prayers.

Programme Structure of 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 RHE 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
Units	Religious Understanding Me, My Body, My Health Emotional Well-being Life Cycles
Module 2	Created to Love Others
Units	Religious Understanding Personal Relationships Life Online Keeping Safe
Module 3	Created to Live in Community
Units	Religious Understanding Living in the Wider World

Programme Content

The programme adopts a spiral curriculum approach so that as children go 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 Gospel Story Sessions to be completed on consecutive days throughout the week.

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, respecting our bodies, puberty and changing bodies (Year 4+), strategies to support emotional wellbeing including practising 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 girl and boys' bodies, body image, strong emotional feelings, the impact of the internet and social media on emotional wellbeing (including teaching on seeing images online i.e. pornography), a more nuanced and scientific understanding of life in the womb and menstruation. There are 11 sessions in Module 1 of Upper Key Stage Two which are structured around a TV drama series, Paradise Street.

Life to the Full Plus Content in Module One-The LTF Plus content for Module 1 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 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.

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. 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 Go to Contents Life to the Full and Life to the Full Plus Programme Coordinator Manual Last updated: 29 August 2023 9 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 Unit 2 '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 Go to Contents Life to the Full and Life to the Full Plus Programme Coordinator Manual Last updated: 29 August 2023 11 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 LTF Plus subscribers linked to the ‘Build Others Up’ session, covering topics such as prejudice and discrimination, sexual attraction and gender stereotypes. Please note that, for schools in England, three of these videos are linked to Key Decision #7. In Unit 3, Life Online there are some Classroom Short videos for LTF 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 Consumers 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

Module Three 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. 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.

The TenTen Life to the Full Plus curriculum is intended to be a partnership between home, school and church. This programme is intended enhance the work that parents do in their role as the child's first educator and support those partnerships.