**RSE - Life to the Full - Program Content and Structure**

The programme adopts a spiral curriculum approach so that as your child goes 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 child.

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

* 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 |
| Units | Religious Understanding  Me, My Body, My Health  Emotional Well-Being  Life Cycles |
| Module 2 | Created to Love Others |
| Units | Religious Understanding  Personal Relationship  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:

**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 girl 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.

**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 heathy relationships and keeping safe.

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

**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 ‘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).

**Lower Key Stage Two** – The 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 Cognitive Behavioral Therapy (CBT) techniques for managing thoughts, feelings and actions.

Once again, for the ‘Keeping Safe’ unit, there are some excellent NSPCC resources, as well as teaching on bullying and abuse through a series of animated stories.

**Upper Key Stage Two** – The sessions for UKS2 in the ‘Personal Relationships’ 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.

**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 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.

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| **Core Module** | **Created and Loved by God** | | | |  | **Created to Love Others** | | **Created to Live in Community** | |
| **Topic** | **Religious**  **Understanding** | **Me, my body, my health** | **Emotional Wellbeing** | **Life Cycles** | **Religious**  **Understa nding** | **Personal Relationships** | **Keeping Safe** | **Religious**  **Understanding** | **Living in the Wider**  **World** |
| **Key Stage**  **One**  **(Year 1 and Year 2)** | **Story Sessions:**  Handmade  With Love  (Kester’s  Adventures)  **Year 2** | **Session 1:** I am Unique  **Year 2** | **Session 1:**  Feelings – Likes and Dislikes  **Year 2** | **Session 1:**  The Cycle of Life  **Year 2** | **Session 1:**  God  Loves  You  **Year 1** | **Session 1:** Special People  **Year 1** | **Session 1:** Being Safe  **Year 1** | **Session 1:** Trinity  House  **Year 1** | **Session 1:**  The  Communities We  Live In  **Year 2** |
| **Session 2:** Girls and Boys  **Year 2** | **Session 2:**  Feelings – Inside and Out  **Year 2** | **Session 2:** Treat Others Well  **Year 1** | **Session 2: Year 1**  Good Secrets and Bad Secrets | **Session 2:**  Who Is My  Neighbour?  **Year 1** |
| **Session 3:** Clean and Healthy  **Year 2** | **Session 3:** Super Susie Gets Angry  **Year 2** | **Session 3:** …and Say Sorry  **Year 1** | **Session 3:** Physical Contact  **Year 1** |
| **Lower Key**  **Stage Two**  **(Year 3 and Year 4)** | **Story Sessions:**  Designed for a Purpose  (Kester’s  Adventures)  **Year 4** | **Session 1:**  We Don’t Have To Be The Same  **Year 4** | **Session 1:** What Am I Feeling?  **Year 4** | **Session 1:**  Life  Cycles  **Year 4** | **Story Sessions:**  Jesus,  My  Friend  **Year 3** | **Session 1:**  Friends, Family and Others  **Year 3** | **Session 1:** Sharing Online  **Year 3** | **Session 1:** Trinity  House  **Year 3/4** | **Session 1:**  How Do I  Love  Others?  **Year 4** |
| **Session 2:** Respecting Our Bodies  **Year 4** | **Session 2:** What Am I Looking At?  **Year 4** | **Session 2:**  When Things Feel Bad  **Year 3** | **Session 2:** Chatting Online  **Year 3** |
| **Session 3:** What Is Puberty?  **Year 4** | **Session 3:** I Am Thankful  **Year 4** | **Session 3:**  When Things Change  **Year 3** | **Session 3:** Physical Contact  **Year 3** | **Session 2:**  What Is The Church?  **Year 3** |
| **Session 1:** Sacraments | **Session 4:** Changing Bodies  **Year 4** |
| **Upper Key**  **Stage Two**  **(Year 5 and Year 6)** | **Story Sessions:**  Made to Grow  (Kester’s  Adventures)  **Year 6** | **Session 1:** Gifts and Talents  **Year 6** | **Session 1:** Body Image  **Year 6** | **Session 1:**  Making Babies  (part 1)  **Year 6** | **Session 1:**  Is God  Calling You?  **Year 5** | **Session 1:** Under Pressure  **Year 5** | **Session 1:** Sharing Online  **Year 5** | **Session 1:** Trinity  House  **Year 5/6** | **Session 1:**  Reaching Out  **Year 6** |
| **Session 2:** Girls Bodies  **Year 5** | **Session 2:** Peculiar Feelings  **Year 6** | **Session 2:** Do You Want A Piece Of Cake?  **Year 5** | **Session 2:** Chatting Online  **Year 5** |
| **Session 3:** Boys Bodies  **Year 5** | **Session 3:** Emotional Changes  **Year 6** | **Session 3:**  Menstruation  **Year 5** | **Session 3:** Self Talk  **Year 5** | **Session 3:** Physical Contact  **Year 5** | **Session 2:**  Catholic  Social  Teaching  **Year 5** |
| **Session 4:** Spots and Sleep  **Year 6** | **Session 4:** Seeing Stuff Online  **Year 6** |  |