

St Antony's Catholic Primary School



Life to the Full Plus Curriculum Overview For RSHE/PSHE

Intent:

At St Antony's Catholic Primary School, we deliver a fully-integrated and holistic programme in RSHE/PSHE that truly enables our children to **'live life to the full'** through their **personal and spiritual journey with Christ**. We live, teach and learn through our God given gifts, talents, virtues and values which ensures and confirms our belief that we are all **'Wonderfully Made'** (Psalm 139). We make links to Catholic Social Teaching and its 9 principles as well as to British Values and the 5 protected characteristics of age, gender, disability, race and religion/belief, ensuring we are a fully inclusive school.

We are 'possibilities' thinking school, which underpins the high expectations that we have of all our children no matter what their academic abilities are. All are inspired to aspire to the highest levels while recognizing that they are responsible for their own learning. We want every child to learn to respect, believe and achieve and understand the importance of working hard while striving to be good citizens of their communities both in school, at home and in the wider world as they get older. We encourage all to strive for excellence in all they do. We will respect and support one another, embrace diversity and celebrate each other's talents and successes through a curriculum which underpins and develops these core values.

We have adopted Life to the Full Plus by Ten Ten Resources- an award-winning Catholic educational organization that is well-respected and very experienced in this field of work. Life to the Full Plus has been approved by our diocese, school governing body and parents. Additionally, Ten Ten have entered into a partnership with the Catholic Education Service and the Department for Education to provide training for teachers in Catholic schools on the subject of the new statutory curriculum as well as the non-statutory features, making this a fully integrated programme of study for our school.

Following the guidance of the Bishops Conference of England and Wales and in line with the DFE (and the Welsh Assembly Government) R(S)HE will be firmly embedded in the PSHE framework as it is focused on **nurturing human wholeness** and is integral to the physical, spiritual, emotional, moral, social and intellectual development of pupils. It is centred on **Christ's vision of being human as 'Good News' because we always have Him by our side, to guard and guide us while navigating the challenges and risks involved in being human**. This precept is to be taught, understood and appreciated by all pupils. All RHE/PSHE will be in accordance with the Church's moral teaching. It will

emphasise the central importance of marriage and the family whilst acknowledging that all pupils have a fundamental right to have their life respected whatever household they come from. It will also prepare pupils for life in modern Britain.

Our approach to the content to be covered delivers the full programme over 3 terms every year through a spiral/strand curriculum. 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) for RSHE and progression throughout the year groups in the PSHE non-statutory curriculum add-ons which are linked to the RSHE topics being taught. Children change and grow; their level of engagement will increase as they develop their social, moral, cultural and spiritual awareness and understanding. Through conscious repetition and adaptive teaching, progression through the skills and knowledge will be consolidated. Learning will be embedded as children repeatedly build upon what they have previously learned with constant addition depth and breadth. Professional judgement can be applied by the RE Lead and staff to determine if children are not quite ready for some aspects of the content to be covered as topics will be repeated over time and cohorts. Conversely, accelerated progress can be made if a cohort has surpassed a stage of learning. Similarly, particular focus can be given to certain topics if we feel that special emphasis is needed based on the school's context and community needs. Children will be taught:

- to know how to be healthy both emotionally and physically
- how to manage their academic, personal and social lives in a positive way
- what it means to be fully human living in right relationships with self and others
- be enabled to make moral decisions in conscience.
- understand the fundamental building blocks and characteristics of positive friendships, family relationships, and relationships with other children
- understand families and the people of who care for them
- have caring friendships,
- have respectful relationships,
- **have the skills, knowledge and understanding to be safe members of their communities and society (including online safety)**

Implementation:

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

MODULE 1: Created and Loved by God

MODULE 2 :Created to Love Others

MODULE 3: Created to Live in Community

Each module is broken down into Units of Work which teachers will either teach in one stand-alone lesson every week or over a few shorter sessions depending on the unit of work and key stage-EYFS will be taught in a more thematic approach linked to all relevant areas of learning. We follow a prescribed pathway with the programme overviews (as is outlined below) which links directly to the session pages on the TEN TEN website.

Parents are regularly updated with 'key content' through Parents' Workshops, messages, overviews and outlines sent on Class Dojo and School Ping to parents at home, usually, where particularly sensitive topics that are to be taught. This allows an opportunity for parents and carers to discuss any concerns they may have with their child's teacher, the subject RE/RSHE subject lead or SLT (if needed)-largely to allay fears or misconceptions parents may have surrounding what is being taught.

Impact:

The impact of RSHE/PSCHE teaching at St Antony's will ensure our children will...

- embrace the challenges of creating a happy and successful adult life
- have the knowledge that will enable them to make informed decisions about their wellbeing, health and relationships
- build their self-efficacy
- be able to put their knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts
- develop resilience, to know how and when to ask for help, and to know where to access support
- have a deep understanding and uphold the Christian beliefs in the unique dignity of the human person made in the image and likeness of God
- will reflect God's beauty and understand they share in God's divine creativity

Teaching

One stand-alone lesson is taught once a week. Our chosen Programme Pathway requires class teachers to plan lessons a little more carefully by ensuring that the content is age appropriate. It is differentiated from previous learning the year before within key stages as set out in the programme pathway and curriculum map for each module. Teachers plan well in advance to allow for consultation with the co-ordinator and the senior leadership team around key decisions within the curriculum as well as parent consultation/communication as directed by the needs of each cohort.

Assessment

There is one Assessment Activity for each Unit of sessions within each module. 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. The activity is completed before the first lesson of each unit of lessons, and then it is revisited the again after the series of lessons to assess the learning that has taken place. This is an opportunity for open discussion with children and their teachers about how they have progressed and built on prior learning.

Formative

All children are actively involved in AFL through prescribed and planned assessment tasks completed at the beginning and end of each unit of work for each module throughout the year within the Ten Ten curriculum.

Aims, objectives and learning outcomes are discussed with the children in each lesson as well as checked via questioning at the beginning, middle and end of each unit. The children get verbal feedback (no marking) on their performance enabling them to self-assess their performance, knowledge and understanding in relation to the agreed criteria.

Summative

All children are assessed using the Ten Ten assessment activity worksheets and children's ability to complete these independently or in small groups or with staff scaffolding. This allows teachers to keep track of children's learning as well as differentiate and build upon prior learning- diminishing gaps in understanding and learning. Teachers are aware of the of the skills and knowledge which pupils need to have for their year group to assess how well they have learned in relation to each learning objective throughout the year.

CPD

We subscribe to the CPD package provided by TenTen which both includes trainers from TEN TEN coming in to conduct insets/staff meetings as well as on-line training for staff who are new to the programme as well as providing general CPD from 'Deep Dives' to government updates. These sessions cover content that is relevant to everything we subscribe to including 'Collective Worship' and is regularly updated.

In addition to our Life to the Full Plus programme, we have a variety of support programmes and interventions throughout the year to enhance our PSHE provision of the school, these include:

- **Visits by the NHS dental nurses particularly for the EYFS and KS1 pupils' dental health tracking**
- **Visits from the Childhood Obesity Prevention Programme for pupils from EYFS to year 6**
- **Visits from the fire service and community police**
- **Partnership with the LA with mental health and wellbeing teams working with parents staff and children weekly**
- **Bikeability Training**
- **Travel Safety training with TFL**
- **Junior Citizen Event**
- **Online Safety workshops**
- **Drugs and alcohol workshops for our KS2 pupils**
- **Stranger Danger Sessions with Tate and Lyle annually**

To help children and parents navigate the difficult times that we continue to find ourselves in, there are lots of resources, video links and websites in the 'Wellbeing' section of the school website to help you and your children manage any anxiety that you may be feeling.

KEY STAGE	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
	Unit 1 Religious Understanding	Unit 2 Me, My Body, My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understandin g	Unit 2 Living in the Wider World
EYFS Topics	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Handmade With Love	Session 1 I Am Me Session 2 Heads, Shoulders, Knees and Toes Session 3 Ready Teddy?	Session 1 I Like, You Like, We All Like! Session 2 All the Feelings! Session 3 Let's Get Real	Session 1 Growing Up Session 2 New People, New Places Classroom Shorts	Session 1 Role Model Session 3 Forever Friends	Session 1 Who's Who? Session 2 You've Got A Friend In Me Session 3	Session 1 What is the Internet? Session 2 Playing Online	Session 1 Safe Inside and Out Session 2 My Body, My Rules Session 3 Feeling Poorly Session 4 People Who Help Us	Session 1 God is Love Session 2 Loving God, Loving Others Session 3 'Money Doesn't Grow On Trees'	Session 1 Me, You, Us Session 2 When I Grow Up... Classroom Shorts Session 3 Classroom Shorts

**Key
Stage
1**

Unit Prayer &
Assessment
Activity

Story
Sessions
Let the
Children Come

Unit Prayer
&
Assessment
Activity

Session 1
I am Unique

Session 2
Girls and
Boys

Session 3
Clean and
Healthy (My
Body)

Unit Prayer
&
Assessment
Activity

Session 1
Feelings,
Likes and
Dislikes

Session 2
Feeling
Inside Out

Session 3
Super Susie
Gets Angry

Unit Prayer
&
Assessment
Activity

Session 1
The Cycle of
Life

Session 2:
Beginnings
and Endings

Session 3:
Change Is
All Around

Classroom
Shorts

Unit Prayer &
Assessment
Activity

Session 1
God Loves
You

Unit Prayer
&
Assessment
Activity

Session 1
Special
People

Session 2
Treat Others
Well...

Session 3
...and Say
Sorry

Unit Prayer &
Assessment
Activity

Session 1
Real Life
Online

Session 2
Rules To
Help Us

Unit Prayer &
Assessment
Activity

Session 1
Good and Bad
Secrets

Session 2
Physical
Contact

Session 3
Harmful
Substances

Session 4
Can You Help
Me? (Part 1)

Session 5
Can You Help
Me? (Part 2)

Unit Prayer
&
Assessment
Activity

Session 1
Three In One

Session 2
Who is My
Neighbour?

Unit Prayer
&
Assessment
Activity

Session 1
The
Communities
We Live In

Session 2
Who Will I
Be?

Classroom
Shorts

Session 3
Needs and
Wants

Classroom
Shorts

**Lower
Key
Stage
2**

**Unit Prayer &
Assessment
Activity**

Story
Sessions
Get Up!

Session 2
The
Sacraments

**Unit Prayer
&
Assessment
Activity**

Session 1
We Don't
Have to Be
the Same

Session 2
Respecting
Our Bodies

Session 3
What is
Puberty?

Session 4
Changing
Bodies

Session 5
Male/Female
Discussion
Groups
(optional)

**Unit
Prayer &
Assessment
Activity**

Session 1
What Am I
Feeling?

Session 2
What Am I
Looking at?

Session 3
I am
Thankful

**Unit Prayer
&
Assessment
Activity**

Session 1
Life Cycles

Session 2
A Time for
Everything

Session 3
Big
Changes,
Little
Changes

Classroom
Shorts

**Unit Prayer
& Assessment
Activity**

Story
Sessions
Jesus, My
Friend

**Unit Prayer
&
Assessment
Activity**

Session 1
Friends,
Family and
Others...

Session 2
When Things
Feel Bad

**Unit Prayer
&
Assessment
Activity**

Session 1
Sharing
Online

Session 2
Chatting
Online

Classroom
Shorts

**Unit Prayer &
Assessment
Activity**

Session 1
Safe in My
Body

Classroom
Shorts

Session 2
Drugs, Alcohol
and Tobacco

Session 3
First Aid
Heroes

Session 4
Rights and
Responsibilities

Classroom
Shorts

**Unit Prayer
&
Assessment
Activity**

Session 1
A
Community
of Love

Session 2
What is the
Church?

**Unit Prayer
&
Assessment
Activity**

Session 1
How Do I
Love
Others?

Session 2
Working
Together

Classroom
Shorts

Session 3
Money
Matters

Classroom
Shorts

**Upper
Key
Stage
2**

Unit Prayer & Assessment Activity

Story Sessions
Calming the Storm

Unit Prayer & Assessment Activity

Session 1
Gifts and Talents

Unit Prayer & Assessment Activity

Session 1
Body Image

Unit Prayer & Assessment Activity

Session 1
Making Babies (Part 1)

Unit Prayer & Assessment Activity

Session 1
God Is Calling You

Unit Prayer & Assessment Activity

Session 1
Under Pressure

Unit Prayer & Assessment Activity

Session 1
Sharing Isn't Always Caring

Unit Prayer & Assessment Activity

Session 1
Types of Abuse
Classroom Shorts

Unit Prayer & Assessment Activity

Session 1
The Holy Trinity

Unit Prayer & Assessment Activity

Session 1
Reaching Out

Session 2
Girls' Bodies

Session 2
Peculiar Feelings

Session 2
Making Babies (Part 2)

Session 2
Do You Want A Piece of Cake?

Session 2
Cyberbullying
Classroom Shorts

Session 2
Impacted Lifestyles
Classroom Shorts

Session 2
Catholic Social Teaching

Session 2
The World of Work
Classroom Shorts

Session 3
Boys' Bodies

Session 3
Emotional Changes

Session 3
Menstruation

Session 3
Self-Talk

Session 3
Making Good Choices

Session 3
Money and Me
Classroom Shorts

Session 4
Spots and Sleep

Session 4
Seeing Stuff Online

Session 4
Hope Beyond Death

Session 4
Build Others Up
Classroom Shorts

Session 4
Giving Assistance

Session 5
Coping with Change
Classroom Shorts

