



Saint Mary's Catholic Voluntary Academy

RSE –Life to the Full (Ten:Ten) Learning Outcomes

Early Years			
	Unit	Session	Learning Outcome
Created and Loved By God	Religious Understanding	EYFS. 1.1.1 - Handmade With Love	We are created individually by God as part of His creation plan We are all God's children and are special Our bodies were created by God and are good We can give thanks to God!
		Me My Body and My Health	EYFS. 1.2.1 - I Am Me
	EYFS. 1.2.2 - Heads, Shoulders, Knees and Toes		Our bodies are good and made by God The names of the parts of the body (not genitalia)
	EYFS. 1.2.3 - Ready Teddy?		That our bodies are good and we need to look after them What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene
	Emotional Well-Being	EYFS. 1.3.1 - I Like, You Like, We All Like!	That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) That it is natural for us to relate to and trust one another
		EYFS. 1.3.2 - Good feelings, Bad feelings	A language to describe their feelings An understanding that everyone experiences feelings, both good and bad Simple strategies for managing feelings
		EYFS. 1.3.3 - Let's Get real	Simple strategies for managing emotions and behaviour That we have choices and these choices can impact how we feel and respond. We can say sorry and forgive like Jesus
	Life Cycles	EYFS. 1.4.1 - Growing Up	That there are natural life stages from birth to death, and what these are



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Created to Love Others	Religious Understanding	EYFS. 2.1.1 - Role model	We are part of God's family Jesus cared for others and wanted them to live good lives like Him We should love other people in the same way God loves us
	Personal Relationships	EYFS. 2.2.1 - Who's Who	To identify special people (e.g. parents, carers, friends) and what makes them special The importance of the nuclear family and of the wider family The importance of being close to and trusting of 'special people' and telling them is something is troubling them
		EYFS. 2.2.2 - You've Got A Friend in Me	How their behaviour affects other people and that there is appropriate and inappropriate behaviour The characteristics of positive and negative relationships About different types of teasing and that all bullying is wrong and unacceptable
		EYFS. 2.2.3 - Forever Friends	To recognise when they have been unkind to others and say sorry. That when we are unkind, we hurt God and should say sorry. To recognise when people are being unkind to them and others and how to respond. That we should forgive like Jesus forgives.
	Keeping Safe	EYFS. 2.3.1 - Safe Inside and Out	About safe and unsafe situations indoors and outdoors, including online. That they can ask for help from their special people.
		EYFS. 2.3.2 - My Body, My Rules	To know they are entitled to bodily privacy That they can and should be open with 'special people' they trust if anything troubles them That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and our parish priest
		EYFS. 2.3.3 - Feeling Poorly	Medicines should only be taken when a parent or doctor gives them to us. Medicines are not sweets. We should always try to look after our bodies because God created them and gifted them to us.
		EYFS. 2.3.4 - People Who Help Us	There are lots of jobs designed to help us. Paramedics help us in a medical emergency. First Aid can be used in non-emergency situations, as well as whilst waiting for an ambulance



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Created to Live in Community	Religious Understanding	EYFS. 3.1.1 - God is Love	That God is love: Father, Son and Holy Spirit That being made in His image means being called to be loved and to love others
		EYFS. 3.1.2 - Loving God, Loving Others	What a community is, and that God calls us to live in community with one another Some Scripture illustrating the importance of living in a community No matter how small our offerings, they are valuable to God and He can use them for His glory.
	Living in the Wider World	EYFS.3.2.1 - Me, You, Us	That they belong to various communities, such as home, school, parish, the wider local area, nation and the global community That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen, etc. That we have a duty of care for others and for the world we live in (charity work, recycling, etc.) About what harms and what improves the world in which they live



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Key Stage One			
	Unit	Session	Learning Outcome
Created and Loved By God	Religious Understanding	KS1. 1.1.1 - Let the Children Come	We are created individually by God; God wants us to talk to Him often through the day and treat Him as our best friend; God has created us, his children, to know, love and serve Him in this life and forever - this is our purpose and goal and will bring us true happiness; We are created as a unity of body, mind and spirit: who we are matters and what we do matters; We can give thanks to God in different ways.
	Me My Body and My Health	KS1. 1.2.1 - I am Unique	To learn that we are unique, with individual gifts, talents and skills.
		KS1. 1.2.2 - Girls & Boy's (My Body)	Our bodies are good; The names of the parts of our bodies (vagina, vulva, penis, testicles, urethra); Girls and boys have been created by God to be both similar and different - these differences are physical, emotional and spiritual and together make up the richness of the human family.
		KS1. 1.2.3 - Clean & Healthy (My Body)	That it is natural for us to relate to and trust one another; That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); A language to describe our feelings
	Emotional Well-Being	KS1. 1.3.1 - Feelings, Likes and Dislikes	That it is natural for us to relate to and trust one another; That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc); A language to describe our feelings
		KS1. 1.3.2 - Feelings Inside Out	Children will have a basic understanding that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character.
		KS1. 1.3.3 - Super Susie Gets Angry	Simple strategies for managing feelings and for good behaviour; That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do; That Jesus died on the cross so that we would be forgiven.
	Life Cycles	KS1. 1.4.1 - The Cycle of Life	Children will know and appreciate that there are natural life stages from birth to death, and what these are.



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	Unit	Session	Learning Outcome
Created to Love Others	Religious Understanding	KS1. 2.1.1 - God Loves You	We are part of God's family; Saying sorry is important and can mend friendships; Jesus cared for others and had expectations of them and how they should act; We should love other people in the same way God loves us.
		Personal Relationships	KS1. 2.2.1 - Special People
	KS1. 2.2.2 - Treat Others Well...		How their behaviour affects other people, and that there is appropriate and inappropriate behaviour; The characteristics of positive and negative relationships; Different types of teasing and that all bullying is wrong and unacceptable.
	KS1. 2.2.3 - ... and say sorry		To recognise when they have been unkind and say sorry; To recognise when people are being unkind to them and others and how to respond; To know that when we are unkind to others, we hurt God also and should say sorry to him as well; To know that we should forgive like Jesus forgives.
	Keeping Safe	KS1. 2.3.1 - Being Safe	Children will actively participate in activities and 'Smartie the Penguin' story; Children will answer questions to know what is and isn't safe online; Children will know who they can go to to talk about anything they feel uncomfortable about, particularly online.
		KS1. 2.3.2 - Good Secrets and Bad Secrets	The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them; How to resist pressure when feeling unsafe.
		KS1. 2.3.3 - Physical Contact	To know that they are entitled to bodily privacy; That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest.
		KS1 2.3.4 - Harmful Substances	Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.
		KS1. 2.3.5 - Can You Help Me?	They should call 999 in an emergency and ask for ambulance, police and/or fire brigade If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999. Some basic principles of First Aid



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Key Stage One

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	Unit	Session	Learning Outcome
Created to Live in Community	Religious Understanding	KS1. 3.1.1 - Three in One	That God is love: Father, Son and Holy Spirit; That being made in his image means being called to be loved and to love others.
		KS1. 3.1.2 - Who is my Neighbour?	To know what a community is, and that God calls us to live in community with one another; A scripture illustrating the importance of living in community as a consequence of this; Jesus' teaching on who is my neighbour.
	Living in the Wider World	KS1. 3.2.1 - The Communities We Live In	That they belong to various communities such as home, school, parish, the wider local community, nation and global community; That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc; That we have a duty of care for others and for the world we live in (charity work, recycling etc.); About what harms and what improves the world in which we live.



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Lower Key Stage 2

	Unit	Session	Learning Outcome
Created and Loved By God	Religious Understanding	LKS2.1.1.1 – Get Up!	<p>We are created individually by God who is Love, designed in His own image and likeness; God made us with the desire to be loved and to love and ‘to make a difference’: each of us has a specific purpose (vocation);</p> <p>Every human life is precious from the beginning of life (conception) to natural death;</p> <p>Personal and communal prayer and worship are necessary ways of growing in our relationship with God;</p> <p>In Baptism God makes us His adopted children and ‘receivers’ of His love; by receiving the Sacrament of Reconciliation, we develop good habits (grow in human virtue);</p> <p>It is important to make a nightly examination of conscience.</p>
		LKS2.1.1.2 - The Sacraments	<p>That in Baptism God makes us His adopted children and ‘receivers’ of His love.</p> <p>That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue).</p>
	Me, My Body, My Health	LKS2.1.2.1 - We Don't Have to be the Same	<p>Similarities and differences between people arise as they grow and make choices, and that by living and working together (‘teamwork’) we create community;</p> <p>Self-confidence arises from being loved by God (not status, etc).</p>
		LKS2.1.2.2 - Respecting our Bodies	<p>About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do</p>
		LKS2.1.2.3 - What is Puberty?	<p>Learn what the term puberty means;</p> <p>Learn when they can expect puberty to take place;</p> <p>Understand that puberty is part of God’s plan for our bodies.</p>
		LKS2.1.2.4 - Changing Bodies	<p>Learn correct naming of genitalia; penis, testicles, vagina, vulva</p> <p>Learn what changes will happen to boys during puberty;</p> <p>Learn what changes will happen to girls during puberty.</p>
		2.1.2.5 Discussion Groups	



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Lower Key Stage 2

	Unit	Session	Learning Outcome
	Emotional Well Being	LKS2.1.3.1 - What Am I Feeling?	That emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; What emotional well-being means; Positive actions help emotional well-being (beauty, art, etc. lift the spirit); Talking to trusted people help emotional well-being (eg parents/carer/teacher/parish priest).
		LKS2.1.3.2 - What Am I Looking at?	To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.
		LKS2.1.3.3 - I Am Thankful	Some behaviour is wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.
	Life Cycles	LKS2.1.4.1 - Life Cycles	That they were handmade by God with the help of their parents; How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception; How conception and life in the womb fits into the cycle of life; That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.
Created to Love Others	Religious Understanding	LKS2.2.1.1 - Jesus, My Friend	That Jesus loves, embraces, guides, forgives and reconciles us with him and one another; The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness; That relationships take time and effort to sustain; We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness.
	Personal Relationships	LKS2. 2.2.1 - Friends, Family and Others..	Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong; That there are different types of relationships including those between acquaintances, friends, relatives and family; That good friendship is when both persons enjoy each other's company and also want what is truly best for the other; The difference between a group of friends and a 'clique'.



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Lower Key Stage 2

	Unit	Session	Learning Outcome
		LKS2.2.2.2 When Things Feel Bad	Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying; Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.
	Keeping Safe	LKS2.2.3.1 - Sharing Online	To recognise that their increasing independence brings increased responsibility to keep themselves and others safe; How to use technology safely; That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages.
		LKS2.2.3.2 - Chatting Online	How to use technology safely; That bad language and bad behaviour are inappropriate; That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others; How to report and get help if they encounter inappropriate materials or messages.
		LKS2.2.3.3 - Safe in my Body	To judge well what kind of physical contact is acceptable or unacceptable and how to respond; That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest.
		LKS2.2.3.4 Drugs, Alcohol and Tobacco	Medicines are drugs, but not all drugs are good for us. Alcohol and tobacco are harmful substances. Our bodies are created by God, so we should take care of them and be careful about what we consume.
		LKS2.2.3.5 First Aid Heroes	In an emergency, it is important to remain calm. Quick reactions in an emergency can save a life. Children can help in an emergency using their First Aid knowledge.



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Lower Key Stage 2

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	Unit	Session	Learning Outcome
Created to Live in Community	Religious Understanding	LKS2.3.1.1 A Community of Love	God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'; The human family is to reflect the Holy Trinity in mutual charity and generosity.
		LKS2.3.1.2 What is the Church?	That the human family is to reflect the Holy Trinity in mutual charity and generosity; The Church family comprises of home, school and parish (which is part of the diocese).
	Living in the Wider World	LKS2.3.2.1 How do I Love Others?	To know that God wants His Church to love and care for others. To devise practical ways of loving and caring for others.



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Upper Key Stage 2

Upper Key Stage 2			
	Unit	Session	Learning Outcome
Created and Loved By God	Religious Understanding	UKS2.1.1.1 - Calming the Storm	<p>We were created individually by God who cares for us and wants us to out our faith in Him</p> <p>Physically becoming an adult is a natural phase of life.</p> <p>Lots of changes will happen when growing up, and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!</p>
		Me, My Body, My Health	UKS2.1.2.1 - Gifts & Talents
	UKS2.1.2.2 - Girls' Bodies		<p>That human beings are different to other animals;</p> <p>About the unique growth and development of humans, and the changes that girls will experience during puberty;</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</p> <p>The need for modesty and appropriate boundaries.</p>
	UKS2.1.2.3 - Boys' Bodies		<p>That human beings are different in kind to other animals;</p> <p>About the unique growth and development of humans, and the changes that boys will experience during puberty;</p> <p>About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately;</p> <p>The need for modesty and appropriate boundaries.</p>
	UKS2.1.2.4 - Spots & Sleep		<p>How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.</p>
	Emotional Well Being	UKS2.1.3.1 - Body Image	<p>To recognise that images in the media do not always reflect reality and can affect how people feel about themselves</p> <p>That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media</p>
		UKS2.1.3.2 - Peculiar Feelings	<p>To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action.</p> <p>That some behaviour is wrong, unacceptable, unhealthy or risky.</p>
		UKS2.1.3.3 - Emotional Changes	<p>Emotions change as they grow up (including hormonal effects);</p> <p>To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action;</p> <p>About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.</p>



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Upper Key Stage 2

	Unit	Session	Learning Outcome
Life Cycles		UKS2.1.3.4 - Seeing Stuff Online	The difference between harmful and harmless videos and images; The impact that harmful videos and images can have on young minds; Ways to combat and deal with viewing harmful videos and images
		UKS2.1.4.1 - Making Babies (P1)	How a baby grows and develops in its mother's womb.
		UKS2.1.4.2 - Making Babies (Pt2)	Basic scientific facts about sexual intercourse between a man and woman; The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage. More information to be shared with parents at the time of teaching. Option for this unit to be taught at home through the online parent portal. Discussions will take place with parents in regard to the teaching of this optional unit.
		UKS2.1.4.3 - Menstruation	About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; Some practical help on how to manage the onset of menstruation.
Created to Love Others	Religious Understanding	UKS2.2.1.1 - Is God Calling You?	To know that God calls us to love others. To know ways in which we can participate in God's call to us.
	Personal Relationships	UKS2.2.2.1 - Under Pressure	Pressure comes in different forms, and what those different forms are; There are strategies that they can adopt to resist pressure.
		UKS2.2.2.2 - Do You Want a Piece of Cake?	Understand what consent and bodily autonomy means; Discuss and reflect on different scenarios in which it is right to say 'no'.
	UKS2.2.2.3 - Self-Talk	Learn about how thoughts and feelings impact on actions, and develop strategies that will positively impact their actions; Apply this approach to personal friendships and relationships	



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Upper Key Stage 2

Upper Key Stage 2			
	Unit	Session	Learning Outcome
Created to Live in Community	Keeping Safe	UKS2.2.3.1 Sharing Online	To recognise that their increasing independence brings increased responsibility to keep themselves and others safe. How to use technology safely. That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others. How to report and get help if they encounter inappropriate materials or messages.
		UKS2.2.3.2 - Cyberbullying	What the term cyberbullying means and examples of it; What cyberbullying feels like for the victim; How to get help if they experience cyberbullying.
		UKS2.2.3.3 - Types of Abuse	To judge well what kind of physical contact is acceptable or unacceptable and how to respond. That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests.
		UKS2.2.3.4 - Impacted Lifestyles	Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body. Learn how to make good choices about substances that will have a positive impact on their health. Know that our bodies are created by God, so we should take care of them and be careful about what we consume.
		UKS2.2.3.5 – Making Good Choices	Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco Learn that they are entitled to say “no” for all sorts of reasons, but not least in order to protect their God-given bodies
		UKS2.2.3.6 – Giving Assistance	The recovery position can be used when a person is unconscious but breathing. DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance.
Created to Live in Community	Religious Understanding	UKS2.3.1.1 - Trinity House	Children will know that God is Trinity - a community of persons Children will know that the Church is the Body of Christ -
		UKS2.3.1.2 - Catholic Social Teaching	Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be: Just, understanding that the way we live has an impact on others locally, nationally and globally Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice



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Upper Key Stage 2

	Unit	Session	Learning Outcome
	Living in the Wider World	UKS2.3.2.1 - Reaching Out	Pupils will learn to apply the principles of Catholic Social Teaching to current issues. Pupils will find ways in which they can spread God's love in their community.