

Ten Ten Programme Content – KS1

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.

At St John Fisher, we will be following Pathway 3, which means that we will deliver the full programme over 3 terms every year. Therefore, the programme will be delivered to children in Year 1 and then again in Year 2.

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.

Unit 1: Religious Understanding: introduces children to the story from the Gospel of Matthew, when Jesus welcomed all of the little children to come to Him. The five-story sessions encourage children to understand that they are created by God out of love and for love. Children will revisit this Gospel story at the end of this module.

Unit 2: Me, My Body, My Health: encourages children to celebrate similarities and differences between people, including our God-given bodies and the things they enable us to do! Teaching is also included on maintaining personal hygiene and the physical differences between boys and girls.

Unit 3: Emotional Well-Being: children will meet presenters Jayden and Josie and fictional character Super Susie. They will help children to understand and articulate their own changing feelings, and how other people's feelings might differ from theirs. Children will learn how they can manage their feelings and about the consequences of their actions.

Unit 4: Life Cycles returns to the Gospel story from Unit 1, to show that God created us to follow the cycle of life and He loves us at every stage. Children will learn about the specifics of the human life cycle and celebrate how they have already changed and grown.

UNIT 1 – RELIGIOUS UNDERSTANDING

Session	Year/ Term Taught	Outline of Lesson
Story Sessions	Year 1 Year 2 Autumn	<p>Let the Children Come</p> <p>Over five days, children will hear and experience the Gospel story of Jesus welcoming little children to Him in spite of others telling them to stay away. The story will be repeated in various ways, and through times of discussion, imaginative reflection and creative response, children will learn that they are created by God out of love and for love.</p>

UNIT 2 – ME, MY BODY, MY HEALTH

Session	Year/ Term Taught	Outline of Lesson
1	Year 1 Year 2 Autumn	<p>I am unique(Me)</p> <p>This session builds on the story of <i>Kester's Adventures</i> by remembering that we're all special because we are made and loved by God. Children will be encouraged to notice similarities and celebrate differences between fictional people and each other as things that make us unique and special. They will start learning a song to reinforce learning: "God Made Me, God Made You".</p>
2	Year 1 Year 2 Autumn	<p>Girls and boys (My body)</p> <p>This session is all about our celebrating our God-given bodies and the things they enable us to do! In an age-appropriate way, children will be encouraged to notice similarities and celebrate differences between girls and boys on physical, emotional and spiritual levels. Children will continue learning the song, "Touch Your Knees, Touch Your Toes", and remember that their bodies are good and part of what makes them unique.</p>
3	Year 1 Year 2 Autumn	<p>Clean and healthy (My health)</p> <p>Building from the last session where we learned that our bodies are good, this session teaches children how to take care of their bodies. Children will meet Super Susie and help teach her how to take care of herself. They will finish learning "God Made Me, God Made You" and remember that their bodies are a special gift from God that they need to look after!</p>

UNIT 3 - EMOTIONAL WELLBEING

Session	Year/ Term Taught	Outline of Lesson
1	Year 1 Year 2 Autumn	Likes and dislikes In this session, children will watch a video where our two film presenters, Zoe and Joey, are trying to understand the feelings inside their heads. Children will realise that we all have different feelings at different times, and different likes and dislikes too. Children will take part in activities to help them understand and articulate their own feelings and how other people's feelings might differ from theirs.
2	Year1 Year 2 Autumn	Feeling inside out In this session, our film presenters Jayden and Josie continue to try to understand the feelings inside their heads. Children will realise that we all have different feelings at different times, and different likes and dislikes too. Children will take part in activities to help them understand and articulate their own feelings and how other people's feelings might differ from theirs.
3	Year 1 Year 2 Autumn	Super Susie gets angry Using the knowledge they gained over previous sessions, children will have to take up the mantle of the expert and help Super Susie through experiencing strong feelings for the first time. Children will reinforce previous learning by helping Susie through discussion and/or role-play (depending on teacher preference and age/stage of children). They will learn more about consequences of choices and what to do when it all goes wrong.

UNIT 4 – LIFE CYCLES

Session	Year/ Term Taught	Outline of Lesson
1	Year 1 Year 2 Autumn	The cycle of life This lesson starts by referring back to Kester's story used in Unit 1 of this Module, to show that God created us to follow the cycle of life and he loves us at every stage. We are created to grow and change and learn, not least about the love of God and how we can share it with others. There can be joy in every stage of life! The session then moves to look at the specifics of the human life cycle, from childhood to old age, and children will be encouraged to celebrate how they have already changed and grown.

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 healthy relationships and keeping safe.

Unit 1: Religious Understanding begins with an adapted version of the Prodigal Son story to show children that God loves us, and nothing we can do will stop Him from loving us.

Unit 2: ‘Personal Relationships’, children once again meet Super Susie, who helps them to identify 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.

Unit 3: ‘Keeping Safe’, Super Susie helps children to tell the difference between good and bad secrets. We also explore the risks of being online by incorporating the ‘Smartie the Penguin’ resources from Childnet, and teaching on physical boundaries (incorporating the PANTS resource the NSPCC).

UNIT 1 – RELIGIOUS UNDERSTANDING		
Session	Year/ Term Taught	Outline of Lesson
1	Year 1 Year 2 Spring	<p>God loves you</p> <p>This session tells the story of The Prodigal Son to show that God loves us, and nothing we can do will stop Him from loving us. Children will listen to an adapted version of the Prodigal Son story and participate in activities and discussions to help them apply this story to their own lives.</p>

UNIT 2 – PERSONAL RELATIONSHIPS		
Session	Year/ Term Taught	Outline of Lesson
1	Year 1 Year 2 Spring	<p>Special people</p> <p>This session will help children to identify the 'special people' in their lives and what it is that makes them special. Through exploring Super Susie's network of special people - her Super Special Squad - children will understand the importance of the nuclear and wider family, and of being close to and trusting their special people, especially their parents. They will also learn that it is important to talk to their special people about things that are troubling them. Children will be given opportunities to reflect on their own network of special people and to remember that God is their most special relationship of all.</p>

2	Year 1 Year 2 Spring	Treat others well Building on the session 'Feeling Inside Out' in Module 1 where children learnt that their feelings and actions are different things, this session investigates how their behaviour can affect other people. Children will interact with a film to help them to identify appropriate and inappropriate behaviours and the effects that they can have.
3	Year 1 Year 2 Spring	And say sorry Children will watch interviews with the characters in film from the last session to see how they felt about what had happened, and the significance of saying sorry. Children will learn that our behaviour can not only upset other people, but it can hurt God too. They will be given an opportunity to reflect on their own experiences and to give and receive forgiveness.

UNIT 3 – KEEPING SAFE

Session	Year/ Term Taught	Outline of Lesson
1	Year 1 Year 2 Spring	Being safe This session helps children to recognise safe and unsafe situations in real life and online. Through activities and the story of Smartie the Penguin, children will understand that being safe is not just about physical precautions, they <i>need to feel safe on the inside too</i> . This resource embeds the resource 'Smartie the Penguin' by Childnet International within the programme, 'Life to the Full'.
2	Year 1 Year 2 Spring	Good secrets and bad secrets In this session, children will learn the difference between good secrets that are safe to keep, and bad secrets that are unsafe to keep. They will help Super Susie to decide whether some secrets she is asked to keep are good or bad, and what to do about it. Through activities and teaching, children will learn how to resist pressure when feeling unsafe.
3	Year 1 Year 2 Summer	Physical contact This session incorporates (with kind permission) the PANTS resources from the NSPCC that teach children: <ol style="list-style-type: none"> 1. Privates are private. 2. Always remember your body belongs to you. 3. No means no. 4. Talk about secrets that upset you. 5. Speak up, someone can help. This is framed in the core belief that our bodies are made by God and given to us as wonderful gifts that deserve our and others respect.
4	Year 1 Year 2 Summer	Harmful Substances In this session, pupils will relate their prior knowledge of medicines and the need to be safe around them to new learning about harmful substances. Children will receive input from an animated expert, Dr Datfa,

		<p>on the harm substances such as alcohol and tobacco can have on our bodies. This session is underpinned with the religious teaching that our bodies are a gift from God which we should take care of.</p> <p>NB. Teaching staff will be mindful in this session that some pupils will have family members that smoke/drink.</p>
5	<p>Year 1 Year 2 Summer</p>	<p>Can you help me?</p> <p>Underpinned by the religious understanding that we are created to love God and love others, and we should therefore look out for and care for one another, this session explores what makes a situation a 999 emergency and introduces children to the principles of basic First Aid through animated teaching, role play and discussions.</p> <p>NB. Teaching staff will be mindful of pupils with negative experiences of emergencies.</p>

Module Three: Created to Live in Community

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.

Unit 1: Religious Understanding; tells the parable of the Good Samaritan and another story called Trinity House (which children will revisit on later Key Stages) which simply explains the concept of the Trinity – God as a three in one community of love. These stories show children that God made us to be in loving relationships with one another.

Unit 2: Living in the Wider World: helps children to learn about the different local and global communities that they are part of, and what rights and responsibilities come with belonging to these communities.

UNIT 1 – RELIGIOUS UNDERSTANDING		
Session	Year/ Term Taught	Outline of Lesson
1	<p>Year 1 Year 2 Summer</p>	<p>Trinity House - Three in One</p> <p>Through a simple story of the Trinity family, who live in a triangle shaped house, children will apply the allegory to God the Father, Son and Holy Spirit and think about what the Trinity means for them. This is a simple teaching that we will return to in more complexity in later years.</p>

2	Year 1 Year 2 Summer	Who is my neighbour? Through the story of <i>The Good Samaritan</i> , children will learn who their neighbour is - everyone. They will have an opportunity to reflect on what this means for them and their communities.
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UNIT 2 – LIVING IN THE WIDER WORLD

Session	Year/ Term Taught	Outline of Lesson
1	Year 1 Year 2 Summer	The Communities we live in In this session, children will learn about the different communities that they are part of, local and global. They will think about what it means to belong to a community and the rights and responsibilities that come with it. Children will also learn that how they act can help or harm their communities.