

Ten Ten Programme Content – UKS2

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 5 and then again in Year 6.

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: explores the Gospel story of the ‘Calming of the Storm’ (from Matthew, Mark and Luke). Over five story sessions, children will consider experiences of change, growth and development, and the trust that they can have in the person of Jesus through times of trial and tribulations. This is the religious and spiritual foundation for the exploration throughout the rest of the work covered in Module 1: Created and Loved By God.

Unit 2: Me, My Body, My Health, children will learn to celebrate differences between people as enriching to a community and know that their self-confidence should arise from being loved by God. They will learn about the physical changes that boys and girls go through during puberty and how they should respect and take care of their bodies as gifts from God. Genitals are also mentioned here, but not named and identified.

Unit 3: Emotional Well-Being: helps children learn about pressures that they may experience from themselves, others and the media. Children will develop ideas on how to build resilience through thankfulness, use simplified CBT techniques to manage their thoughts, feelings and actions and cope with new or difficult feelings such as romance and rage. The final session in this unit covers how children may be affected by what they see online, including pornography.

In Unit 4 – Life Cycles, children will learn about God’s design for creating new life through a more nuanced understanding of menstruation, fertility, conception, foetal development in the womb and childbirth.

KEY DECISION: Talking about Sex. An optional session talks about sexual intercourse. Teaching about sexual intercourse is not part of the statutory curriculum, therefore, as a school, we have made the decision to omit this session, which will not detract from the journey of the overall programme.

However, a separate parents-only version of this session has been provided by Ten Ten resources. This is to allow parents the opportunity to introduce these matters at their own time and choosing.

UNIT 1 – RELIGIOUS UNDERSTANDING		
Session	Year/ Term Taught	Outline of Lesson
1	Year 5 Year 6 Autumn	Calming the Storm Over five days, children will hear and experience the Gospel story of Jesus calming the storm. 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 who cares for us and wants us to put our faith in Him.
UNIT 2 – ME, MY BODY, MY HEALTH		
Session	Year/ Term Taught	Outline of Lesson
1	Year 5 Year 6 Autumn	Gifts and Talents In the first session of the unit, "Me, My Body, My Health", we focus on the 'Me' aspect, in particular helping children to understand and appreciate differences and similarities between people. Children should develop a deeper awareness that our value and sense of esteem arises from being loved by God. In the first episode of the series "Paradise Street", we are introduced to the four main characters and see their similarities and differences. There is friction over competition and rivalry, with the characters learning that difference - whether physical or skills based - should be celebrated as enriching to a community. One of the characters, Finn, discusses his feelings of insecurity with his Mum and she teaches him that his self-confidence should come from being loved by God.
2	Year 5 Year 6 Autumn	Girls' Bodies This episode of "Paradise Street" starts with a lesson in class talking about the physical changes that boys and girls experience in puberty; the children respond with degrees of embarrassment and confusion. The film then focuses on the girls' perspective with the character of Leyla. Through the film, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for girls through puberty. Although menstruation is touched upon in this session, it will be

		explored in more detail in Module 1, Unit 4, Session 3: Menstruation . Genitals are mentioned here, but not identified and named.
3	Year 5 Year 6 Autumn	Boys' Bodies This episode of "Paradise Street" starts with a lesson in class talking about the physical changes in puberty, and the children respond with different levels of embarrassment and confusion. The film then focuses on the boys' perspective through the characters of Finn and Marcus. Through the drama, follow-up discussion, teaching and personal activity, the pupils will learn about the physical changes that take place for boys during puberty. Genitals are also mentioned here, but not identified and named.
4	Year 5 Year 6 Autumn	Spots and Sleep This session discusses how children can respect their bodies as gifts from God by looking after them appropriately. They will learn that good choices regarding rest, sleep, exercise, personal hygiene and diet will have a positive impact on their health.

UNIT 3 - EMOTIONAL WELLBEING

Session	Year/ Term Taught	Outline of Lesson
1	Year 5 Year 6 Autumn	Body Image This film investigates some of the pressures pubescent young people can face from others, their own expectations and the media. Leyla feels pressure to look grown up after her Mum shares a photo of her on social media with a caption 'My Baby', and Finn feels weak and inadequate and so tries to build muscle too quickly. Through exploring these and other pressures that they may experience, children will develop ideas on how to build resilience through thankfulness.
2	Year 5 Year 6 Autumn	Peculiar Feelings In this session, pupils will observe and discuss how people behave and react to their feelings and emotions, and how these feelings can change quickly. Marcus imitates inappropriate behaviours that he sees at home from his Mum's boyfriend. He learns that some behaviours are always wrong, no matter what feelings accompany them, and learns that he has to take responsibility for his actions. Siobhan and Leyla fall victim to miscommunication, which ruptures their friendship.

3	Year 5 Year 6 Autumn	Emotional Changes In this episode of Paradise Street, Leyla has a crush on an older boy and gets a bit carried away. Meanwhile, following recent events in Marcus' personal life, Miss Nichols gives him a creative outlet to soothe the powerful emotions he has been experiencing. This session provides plenty of opportunity for discussion and reflection, including how to deal with feelings that can feel uncontrollable. Pupils will develop a greater understanding of things that help their emotional well-being. At the end of this session, pupils should be given information about pastoral facilities within the school that they can use if they are not feeling emotionally well.
4	Year 5 Year 6 Autumn	Leila and Siobhan rave about a vlogger they have discovered, whilst Finn secretly discovers a pornographic website. Initially shocked and scared by what he has seen, he becomes more and more drawn to it. When his Dad discovers what Finn has been looking at, he sits down with him for a chat to explain the effect that these videos and images will have on his young brain.
UNIT 4 – LIFE CYCLES		
Session	Year/ Term Taught	Outline of Lesson
1	Year 5 Year 6 Spring	Making Babies (Part 1) This session explores how a baby grows in the womb, building and developing the teaching at Lower Key Stage Two. In the episode of "Paradise Street", Finn learns that his Mum is going to have a baby. He discusses it with his friends, who don't know much about where babies come from. Finn learns from his Mum how about the miraculous process of human life is conceived and developed in the womb. Finn also has his worries alleviated about being 'replaced' or not loved so much when the new baby comes along.

2	Year 5 Year 6 Spring	Menstruation In this session, we see that Siobhan gets her first period and doesn't know quite what to do. She is sad that her Mum, who died a number of years ago, isn't there to show her the ropes, but she is helped by her teacher and her Dad to become confident going forwards. Through this session, pupils will learn about how girls manage their periods, and understand some of their possible side effects. They will learn why periods happen; that fertility is necessary to bring a child into the world; and how periods are part of God's plan for creation.
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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: applies children's understanding to real-world situations

Unit 2: Personal Relationships aims 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.

Unit 3: Keeping Safe 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. The final session in the unit moves into the real world and considers the four types of abuse: sexual, physical, emotional and neglect. Children will know how to spot each type of abuse and who they can go to for help.

UNIT 1 – RELIGIOUS UNDERSTANDING

Session	Year/ Term Taught	Outline of Lesson
1	Year 5 Year 6 Spring	Is God Calling You? A lesson looking at the nature of God's call to love others. The pupils look in detail and imaginatively at the story of Zacchaeus' conversion and explore ways in which they can hear God's call in their lives.
UNIT 2 – PERSONAL RELATIONSHIPS		
Session	Year/ Term Taught	Outline of Lesson
1	Year 5 Year 6 Spring	Under Pressure The first step to coping with pressure is to identify the many guises it can take. In this session, children will learn about spoken and unspoken pressure that they might experience, particularly from their peers. Then, in small groups, children will rehearse role-play scenarios and present them to the class, so that children can identify different ways in which people can experience pressure, e.g. rejection, reasoning, put downs, looks etc. and they will learn about and discuss strategies to resist pressure.
2	Year 5 Year 6 Spring	Do You Want a Piece of Cake? The previous session in this unit considered different ways in which children might feel pressured by those around them, particularly their peers. This session discusses the issue of consent and bodily autonomy, and it equips children with the ability and confidence to say 'no'. In a later session, Module 2, Unit 3, Session 3: Physical Abuse , we will explore the topic of abuse.
3	Year 5 Year 6 Spring	Self- Talk So far in this unit, we have explored the pressures that children can feel from peers and adults, and how to cope with and resist these pressures. But some of the strongest pressures that young people can experience come from themselves, and these have a huge effect on how they relate to the world and the people around them. Building on the CBT exercise of Thoughts-Feelings-Actions which was introduced in the previous module*, this session applies the approach of 'self-talk' to consider how our thoughts and feelings not only impact on our wellbeing but also our friendships and relationships with others.
UNIT 3 – KEEPING SAFE		

Session	Year/ Term Taught	Outline of Lesson
1	Year 5 Year 6 Spring/ Summer	<p>Sharing Online - Sharing isn't always caring</p> <p>Continuing from the NSPCC resources used in LKS2, this session presents the digital world as one that children need to take steps to stay safe in, just like the real world.</p> <p>This session focuses children making safe and sensible decisions about what content to share or not share, including photos, passwords and other personal information. Children will discuss how this can be damaging and dangerous, and will learn rules to remember to keep themselves safe.</p>
2	Year 5 Year 6 Spring/ Summer	<p>Chatting Online - Cyberbullying</p> <p>Building on the NSPCC Share Aware programme which pupils covered in Lower Key Stage 2, this session investigates cyberbullying. It explores how children can chat safely, the impact cyberbullying can have, and what behaviour is acceptable and unacceptable online. Children will also learn how they can report and get help if they encounter inappropriate messages or material.</p>
3	Year 5 Year 6 Summer	<p>Physical Contact - Types of abuse</p> <p>This session follows on from the previous two internet safety sessions, by moving into the real world and considering what physical contact is appropriate and inappropriate. Children will be introduced to the term 'abuse' and discuss the different kinds of abuse, including sexual. Children will be asked to think of trusted adults that they can talk to about any issues they may face.</p> <p>Given the subject matter, the content of this lesson can be quite hard hitting, the class will be given the opportunity to pause after each section and given an opportunity for personal drawing or response writing.</p>
4	Year 5 Year 6 Summer	<p>Impacted Lifestyles</p> <p>This is the first of two UKS2 sessions on drugs, alcohol and tobacco, pupils will build on their existing knowledge through learning facts and taking part in activities to demonstrate how using these substances can impact on people's lifestyles and inhibit the body's natural functioning. The teaching of this session is underpinned with the religious understanding that consuming these substances is harmful to our bodies, and therefore harmful to God's creation.</p>
5	Year 5 Year 6 Summer	<p>Making Good Choices</p> <p>In this second UKS2 session on drugs, alcohol and tobacco, pupils will consider scenarios where people feel pressured to use</p>

		<p>them. Children will be encouraged to use their scientific knowledge and religious understanding to cope with pressured situations and make good choices. The teaching is underpinned with the religious understanding that consuming harmful substances is harmful to our bodies, and therefore harmful to God's creation.</p>
6	<p>Year 5 Year 6 Summer</p>	<p>Giving Assistance</p> <p>The animated Dr Datfa features to equip children with some basic First Aid knowledge, including the recovery position and DR ABC. This involves children practising/re-enacting scenarios, so you might want to clear tables and chairs or use the hall for this session. This is underpinned with the religious teaching that God created us to love Him and to love others, so we should look out for and care for one another.</p> <p>NB. Teaching staff will need to be mindful of any pupils with experience of medical 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: explores in greater detail the world of Trinity House (first introduced in Key Stage One), where children will hear and discuss an allegorical story for the three part community of love, the Trinity with the endpoint of discussing the Trinity as it might be communicated in a church setting. Children will learn that the Trinity demonstrates the perfect loving community, and we are called to emulate this self-giving and self-sacrificing love in our communities.

Unit 2: Living in the Wider World: teaches children some of the principles of Catholic Social Teaching from Together for the Common Good, which will help them to fulfil their purpose of making a difference in the world around them. Teaching includes the common good, the human person, social relationships and stewardship.

UNIT 1 – RELIGIOUS UNDERSTANDING		
Session	Year/ Term Taught	Outline of Lesson
1	Year 5 Year 6 Summer	Trinity House This session helps pupils increase their understanding of the Holy Trinity by delving deeply into an allegorical story about God the Father, Son and Holy Spirit. Following this they will look at how they can allow the Holy Spirit to work through them to bring God's love into the world.
2	Year 5 Year 6 Summer	Catholic Social Teaching This lesson introduces the idea of Catholic Social Teaching (CST). Through examples of God's love in action throughout Scripture, children will learn how God wants us to live in society with each other. They will learn the principles of CST, how we can apply these to daily life and how 'loving our neighbour' might mean acting in ways that affect global organisations as well as individuals.
UNIT 2 – LIVING IN THE WIDER WORLD		
Session	Year/ Term Taught	Outline of Lesson
1	Year 5 Year 6 Summer	Reaching Out This lesson continues pupils' learning on Catholic Social Teaching (CST), recapping the principles and showing how they are relevant day to day. Children will look at current news stories, applying Catholic Social Teaching to analyse the issues and come up with ways of reaching out to others and spreading God's love in their communities.