



Programme Pathway #3

1-year cycle over 3 terms

This Programme Pathway delivers the full programme over 3 terms every year. This means that the full learning stages are run twice (eg the full KS1 programme is run with Year 1 and then repeated with Year 2). **This is our recommended pathway.**

Why repeat the programme?

- Children change and grow; their level of engagement will increase as they develop their social, moral, cultural and spiritual awareness and understanding.
- The learning will be embedded as children build upon what they have previously learned – a truly spiral curriculum.
- Some sessions can be omitted one year if the school feel that children are not quite ready, or they have surpassed that stage of learning; similarly, particular focus can be given to certain topics if it is felt that is needed.

Differentiation

This Programme Pathway requires class teachers to plan lessons a little more carefully by ensuring that the content is age-appropriate and that it is differentiated from previous learning. Here, our Suggested Extended Activities will be particularly helpful to class teachers who can plan and deliver original sessions using the resources provided in the programme. Children will be happy to return to the same video content that they saw in the previous year.

Note:

- **For each Unit**, please allow 15 minutes at the start and 15 minutes at the end to complete the **Assessment Activities**.
- Please allocate additional time for **guided prayers** and **song time**.
- Suggestions for further follow-up activities and sessions are provided for each session.
- See each individual session page on the website for suggested Extended Activities.
- Please allow space within each half-term for occasional sessions to run across two lessons. Each half-term usually contains about 4 lessons, so there is space to do this.



Teacher Training & Parent Communication

Autumn 1

Before rolling out the programme, please take time to review the programme content and then deliver the following consultations sessions with staff and parents over a series of weeks:

Teacher Training

[Online Teacher Training Tool](#)

[3 x after-school training sessions](#)
(30 minutes each)

Parent Communication

[Parent Consultation Tool](#)

[Parents' Session](#)

[Online Parent Portal](#)

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Pre-school and Reception

Ten:Ten
Resources



Week	Module and Unit	Session Title	Session Length (approx.)
Autumn II	EYFS, Module 1, Unit 1	Story Sessions: Handmade With Love	5 x 15-minute sessions over 5 days
	EYFS, Module 1, Unit 2	Session 1: I Am Me	15 minutes
		Session 2: Heads, Shoulders, Knees and Toes	15 minutes
		Session 3: Ready Teddy?	15 minutes
Spring I	EYFS, Module 1, Unit 3	Session 1: I Like, You Like, We All Like!	15 minutes
		Session 2: Good Feelings, Bad Feelings	15 minutes
		Session 3: Let's Get Real	15 minutes
	EYFS, Module 1, Unit 4	Session 1: Growing Up	15 minutes
Spring II and Summer I	EYFS, Module 2, Unit 1	Session 1: Role Model	2 x 15-minute sessions
	EYFS, Module 2, Unit 2	Session 1: Who's Who?	15 minutes
		Session 2: You've Got a Friend in Me	15 minutes
		Session 3: Forever Friends	15 minutes
	EYFS, Module 2, Unit 3	Session 1: Safe Inside and Out	15 minutes
		Session 2: My Body, My Rules	15 minutes
		Session 3: Feeling Poorly	15 minutes
Session 4: People Who Help Us		15 minutes	
Summer II	EYFS, Module 3, Unit 1	Session 1: God is Love	15 minutes
		Session 2: Loving God, Loving Others	15 minutes
	EYFS, Module 3, Unit 2	Session 1: Me, You, Us	15 minutes

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YEAR 1 & 2

Ten:Ten
Resources



Term	Module and Unit	Session Title	Session Length (approx.)
Autumn II	KS1, Module 1, Unit 1	Story Sessions: Let the Children Come	5 x 10-minute sessions over 5 days
	KS1, Module 1, Unit 2	Session 1: I am Unique	30 minutes
		Session 2: Girls and Boys	30-40 minutes
		Session 3 & 4: Clean & Healthy	40 minutes (2 sessions)
Spring I	KS1 Module 1, Unit 3	Session 1: Feelings, Likes and Dislikes	40 minutes
		Session 2: Feeling Inside Out	30 minutes
		Session 3: Super Susie Gets Angry	40 minutes
	KS1 Module 1 Unit 4	Session 1: The Cycle of Life	30 minutes
Spring II	KS1, Module 2, Unit 1	Session 1: God Loves You	40 minutes
	KS1, Module 2, Unit 2	Session 1: Special People	30 minutes
		Session 2: Treat Others Well...	35 minutes
		Session 3: ...And Say Sorry	30 minutes
Summer I	KS1, Module 2, Unit 3	Session 1: Being Safe	35 minutes
		Session 2: Good Secrets and Bad Secrets	35 minutes
		Session 3: Physical Contact	45 minutes (or 2 x 25 minutes)
		Session 4: Harmful Substances	30 minutes
		Session 5: Can You Help Me?	40 minutes (can be split into 2 sessions)
Summer II	KS1, Module 3, Unit 1	Session 1: Three in One	25 minutes
		Session 2: Who Is My Neighbour?	30 minutes
	KS1, Module 3, Unit 2	Session 1: The Communities We Live In	35 minutes

Term	Module and Unit	Session Title	Session Length (approx.)
Autumn II	LKS2 Module 1, Unit 1	Session 1: Get Up!	5 x 15-minute sessions over 5 days
		Session 2: The Sacraments	45 minutes
	LKS2 Module 1, Unit 2	Session 1: We Don't Have To Be The Same	45 minutes
		Session 2: Respecting Our Bodies	45 minutes
		Session 3: What is Puberty? Year 4 only	45 minutes
		Session 4: Changing Bodies Year 4 only	45 minutes
Session 5: Boy/Girl Discussion Groups Year 4 only	45 minutes		
Spring I	LKS2 Module 1, Unit 3	Session 1: What Am I Feeling?	45 minutes
		Session 2: What Am I Looking At?	45 minutes
		Session 3: I Am Thankful!	45 minutes
	LKS2 Module 1, Unit 4	Session 1: Life Cycles	45 minutes
Spring II	LKS2 Module 2, Unit 1	Story Sessions: Jesus, My Friend	5 x 15-minute sessions over 5 days
	LKS2 Module 2, Unit 2	Session 1: Friends, Family and Others	45 minutes
		Session 2: When Things Feel Bad	45 minutes
Summer I	LKS2 Module 2, Unit 3	Session 1: Sharing Online	45 minutes
		Session 2: Chatting Online	45 minutes
		Session 3: Safe in My Body	45 minutes
		Session 4: Drugs, Alcohol and Tobacco	45 minutes
		Session 5: First Aid Heroes	45 minutes
Summer II	LKS2 Module 3, Unit 1	Session 1: A Community of Love	30 minutes
		Session 2: What is the Church?	45 minutes
	LKS2 Module 3, Unit 2	Session 1: How Do I Love Others?	50 minutes

Week	Module and Unit	Session Title	Session Length (approx.)
Autumn II	UKS2 Module 1, Unit 1	Story Sessions: Calming the Storm	5 x 15-minute sessions over 5 days
	UKS2 Module 1, Unit 2	Session 1: Gifts and Talents	45-60 minutes
		Session 2: Girls' Bodies	45-60 minutes
		Session 3: Boys' Bodies	45-60 minutes
		Session 4: Spots and Sleep	45-60 minutes
Spring I	UKS2 Module 1, Unit 3	Session 1: Body Image	45-60 minutes
		Session 2: Funny Feelings	45-60 minutes
		Session 3: Emotional Changes	45-60 minutes
		Session 4: Seeing Stuff Online	45-60 minutes
	UKS2 Module 1, Unit 4	Session 1: Making Babies (Part 1)	45-60 minutes
		Session 2: Making Babies (Part 2) <small>May be omitted.</small>	45-60 minutes
		Session 3: Menstruation	45-60 minutes
Spring II	UKS2 Module 2, Unit 1	Session 1: Is God Calling You?	45-60 minutes
	UKS2 Module 2, Unit 2	Session 1: Under Pressure	45-60 minutes
		Session 2: Do You Want a Piece of Cake?	45-60 minutes
		Session 3: Self-Talk	45-60 minutes
Summer I	UKS2 Module 2, Unit 3	Session 1: Sharing Isn't Always Caring	45-60 minutes
		Session 2: Cyberbullying	45-60 minutes
		Session 3: Types of Abuse	45-60 minutes
		Session 4: Impacted Lifestyles	45-60 minutes
		Session 5: Making Good Choices	45-60 minutes
		Session 6: Giving Assistance	45-60 minutes
Summer II	UKS2 Module 3, Unit 1	Session 1: The Trinity	45-60 minutes
		Session 2: Catholic Social Teaching	45-60 minutes
	UKS2 Module 3, Unit 2	Session 1: Reaching Out	45-60 minutes