

# Programme Overview

2026

\*\*\*Life to the Full Plus content in blue\*\*\*

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

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| Topic              | Unit 1<br>Religious Understanding                                                       | Unit 2<br>Me, My Body, My Health                                                                                                                                         | Unit 3<br>Emotional Well-Being                                                                                                                                       | Unit 4<br>Life Cycles                                                                                                                                                            | Unit 1<br>Religious Understanding                                          | Unit 2<br>Personal Relationships                                                                                                                                      | Unit 3<br>Life Online                                                                                       | Unit 4<br>Keeping Safe                                                                                                                                                                                                                             | Unit 1<br>Religious Understanding                                                                           | Unit 2<br>Living in the Wider World                                                                                                                                                             |
| <b>Key Stage 1</b> | Unit Prayer & Assessment Activity<br><br>Story Sessions<br>Let the Children Come        | Unit Prayer & Assessment Activity<br><br>Session 1<br>I Am Unique<br><br>Session 2<br>Girls and Boys<br><br>Session 3<br>Clean and Healthy (My Body)<br>Classroom Shorts | Unit Prayer & Assessment Activity<br><br>Session 1<br>Feelings, Likes and Dislikes<br><br>Session 2<br>Feeling Inside Out<br><br>Session 3<br>Super Susie Gets Angry | Unit Prayer & Assessment Activity<br><br>Session 1<br>The Cycle of Life<br><br>Session 2<br>Beginnings and Endings<br><br>Session 3:<br>Change Is All Around<br>Classroom Shorts | Unit Prayer & Assessment Activity<br><br>Session 1<br>God Loves You        | Unit Prayer & Assessment Activity<br><br>Session 1<br>Special People<br>Classroom Short<br><br>Session 2<br>Treat Others Well...<br><br>Session 3<br>...and Say Sorry | Unit Prayer & Assessment Activity<br><br>Session 1<br>Real Life Online<br><br>Session 2<br>Rules to Help Us | Unit Prayer & Assessment Activity<br><br>Session 1<br>Good and Bad Secrets<br><br>Session 2<br>Physical Contact<br><br>Session 3<br>Harmful Substances<br><br>Session 4<br>Can You Help Me? (Part 1)<br><br>Session 5<br>Can You Help Me? (Part 2) | Unit Prayer & Assessment Activity<br><br>Session 1<br>Three in One<br><br>Session 2<br>Who is My Neighbour? | Unit Prayer & Assessment Activity<br><br>Session 1<br>The Communities We Live In<br><br>Session 2<br>Who Will I Be?<br>Classroom Shorts<br><br>Session 3<br>Needs and Wants<br>Classroom Shorts |

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| Topic             | Unit 1<br>Religious Understanding                                                       | Unit 2<br>Me, My Body, My Health                                                                                                                                                                                           | Unit 3<br>Emotional Well-Being                                                                                     | Unit 4<br>Life Cycles                                                                                                      | Unit 1<br>Religious Understanding                                          | Unit 2<br>Personal Relationships                                                                                               | Unit 3<br>Life Online                                                     | Unit 4<br>Keeping Safe                                                                                                                                                                                                 | Unit 1<br>Religious Understanding                                               | Unit 2<br>Living in the Wider World                                                                                                |
| Lower Key Stage 2 | 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 Get Up!<br><br>Session 2 Sacraments                                      | Session 1 We Don't Have to Be the Same<br><br>Session 2 Respecting Our Bodies Classroom Shorts<br><br>Session 3 What is Puberty<br><br>Session 4 Changing Bodies<br><br>Session 5 Male/Female Discussion Groups (optional) | Session 1 What Am I Feeling? Classroom Short<br><br>Session 2 What Am I Looking At?<br><br>Session 3 I am Thankful | Session 1 Life Cycles<br><br>Session 2 A Time for Everything<br><br>Session 3 Big Changes, Little Changes Classroom Shorts | Story Sessions Jesus, My Friend                                            | Session 1 Friends, Family and Others... Classroom Short<br><br>Session 2 When Things Feel Bad<br><br>Session 3 Balancing Needs | Session 1 Sharing Online<br><br>Session 2 Chatting Online Classroom Short | Session 1 Safe in My Body<br><br>Session 2 Recognising Risk Classroom Shorts<br><br>Session 3 Drugs, Alcohol and Tobacco<br><br>Session 4 First Aid Heroes<br><br>Session 5 Rights & Responsibilities Classroom Shorts | Session 1 A Community of Love<br><br>Session 2 What is the Church?              | Session 1 How Do I Love Others?<br><br>Session 2 Working Together Classroom Shorts<br><br>Session 3 Money Matters Classroom Shorts |

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| <b>Upper Key Stage 2</b> | Unit Prayer & Assessment Activity<br><br>Story Sessions<br>Calming the Storm            | Unit Prayer & Assessment Activity<br><br>Session 1<br>Gifts and Talents<br><br>Session 2<br>Girls' Bodies<br><br>Session 3<br>Boys' Bodies<br><br>Session 4<br>Spots and Sleep<br>Classroom Shorts | Unit Prayer & Assessment Activity<br><br>Session 1<br>Body Image<br><br>Session 2<br>Peculiar Feelings<br><br>Session 3<br>Emotional Changes<br><br>Session 4<br>Seeing Stuff Online | Unit Prayer & Assessment Activity<br><br>Session 1<br>Making Babies (Part 1)<br><br>Session 2<br>Making Babies (Part 2)<br><br>Session 3<br>Menstruation<br><br>Session 4<br>Hope Beyond Death<br><br>Session 5<br>Coping with Change<br>Classroom Shorts | Unit Prayer & Assessment Activity<br><br>Session 1<br>God is Calling You   | Unit Prayer & Assessment Activity<br><br>Session 1<br>Under Pressure<br>Classroom Short<br><br>Session 2<br>Do You Want a Piece of Cake?<br><br>Session 3<br>Self-Talk<br><br>Session 4<br>Confidence vs Control<br><br>Session 5<br>Build Others Up<br>Classroom Shorts | Unit Prayer & Assessment Activity<br><br>Session 1<br>Sharing Isn't Always Caring<br><br>Session 2<br>Cyberbullying<br>Classroom Short | Unit Prayer & Assessment Activity<br><br>Session 1<br>Types of Abuse<br>Classroom Shorts<br><br>Session 2<br>Impacted Lifestyles<br>Classroom Shorts<br><br>Session 3<br>Making Good Choices<br><br>Session 4<br>Giving Assistance | Unit Prayer & Assessment Activity<br><br>Session 1<br>The Holy Trinity<br><br>Session 2<br>Catholic Social Teaching | Unit Prayer & Assessment Activity<br><br>Session 1<br>Reaching Out<br><br>Session 2<br>The World of Work<br>Classroom Shorts<br><br>Session 3<br>Money and Me<br>Classroom Shorts |