



Programme Pathway #1

2-year cycle over 1 term

This Programme Pathway was specifically designed for the trial of “Life to the Full” which took place in the Summer term 2019. Its purpose is to deliver the teacher training and parent communication in the first half of the Summer term, and the lessons to all pupils in the second half of the Summer term.

This programme might be particularly useful to a school that wants to kickstart the programme and evaluate how it can be best implemented in future years. However, we don't recommend this pathway as a long-term strategy for teaching Relationship Education. Relationship Education is best taught over a sustained period of time, with the option to return to certain lessons or exercises throughout the year as the need arises.

Please note, in this Pathway, we recommend starting:

- Year 1, 3 and 5 with 'Module 2'
- Year 2, 4, and 6 with 'Module 1'.
- All Years to undertake sessions from 'Module 3'.

The story sessions, “Kester’s Adventures” and “Trinity House” are run every year as they are foundational to the Religious Understanding taught in the programme.

See below for the Programme Pathway



Teacher Training & Parent Communication

Before starting the programme, please allow at least 3 weeks for preparation to include:

Teacher Training

Session 1: [The Vision of Life to the Full](#) (30 minutes)

Session 2: [Practicalities](#) (30 minutes)

Session 3: [Questions and Discussion](#) (30 minutes)

Parent Communication

[Written communication to parents](#)

[Meeting with parents](#) (optional)

On the following pages, you will find Programme Pathways for Years 1 to 6.

Each pathway fits into a 5-6 week term.

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YEAR 1



Week	Module and Unit	Session Title	Session Length (approx.)
1	KS1, Module 1, Unit 1	Story Sessions: Handmade With Love (Kester's Adventures)	5 x 10-minute sessions over 5 days
2	KS1, Module 2, Unit 1	Session 1: God Loves You	40 minutes
3	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
4	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)
5	KS1, Module 3, Unit 1	Session 1: Trinity House	25 minutes
		Session 2: Who is My Neighbour?	30 minutes

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.



Week	Module and Unit	Session Title	Session Length (approx.)
1	KS1, Module 1, Unit 1	Story Sessions: Handmade With Love (Kester's Adventures)	5 x 10-minute sessions over 5 days
2	KS1, Module 1, Unit 2	Session 1: I Am Unique (Me)	30 minutes
		Session 2: Girls and Boys (My Body)	30-40 minutes
		Session 3: Clean and Healthy (My Health)	40 minutes
3	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
4	KS1 Module 1 Unit 4	Session 1: The Cycle of Life	30 minutes
5	KS1, Module 3, Unit 1	Session 1: Trinity House	25 minutes
	KS1, Module 3, Unit 2	Session 1: The Communities We Live In	35 minutes

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.



Week	Module and Unit	Session Title	Session Length (approx.)
1	LKS2 Module 1, Unit 1	Story Sessions: Designed for a Purpose (Kester's Adventures)	5 x 15-minute sessions over 5 days
		Session 1: The Sacraments	45 minutes
2	LKS2 Module 2, Unit 1	Story Sessions: Jesus, My Friend	5 x 15-minute sessions over 5 days
3	LKS2 Module 2, Unit 2	Session 1: Family, Friends and Others	45 minutes
		Session 2: When Things Feel Bad	45 minutes
		Session 3: When Things Change	45 minutes
4	LKS2 Module 2, Unit 3	Session 1: Sharing Online	45 minutes
		Session 2: Chatting Online	45 minutes
		Session 3: Physical Contact	45 minutes
5	LKS2 Module 3, Unit 1	Session 1: Trinity House	30 minutes
		Session 2: Where is Church?	45 minutes

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.



Week	Module and Unit	Session Title	Session Length (approx.)
1	LKS2 Module 1, Unit 1	Story Sessions: Designed for a Purpose (Kester's Adventures)	5 x 15-minute sessions over 5 days
2	LKS2 Module 1, Unit 2	Session 1: We Don't Have To Be The Same	45 minutes
		Session 2: Respecting Our Bodies	45 minutes
3	LSK2 Module 1, Unit 2 (cont.)	Session 3: What is Puberty?	45 minutes
		Session 4: Changing Bodies	45 minutes
		Session 5: Boy/girl Discussion Groups (optional)	45 minutes
4	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
5	LKS2 Module 1, Unit 4	Session 1: Life Cycles	45 minutes
6	LKS2 Module 3, Unit 1	Session 1: Trinity House	45 minutes
	LKS2 Module 3, Unit 2	Session 1: How Do I Love Others?	45 minutes

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.



Week	Module and Unit	Session Title	Session Length (approx.)
1	UKS2 Module 1, Unit 1	Story Sessions: Made to Grow (Kester's Adventures)	3 x 15-minute sessions over 3 days
2	UKS2 Module 2, Unit 1	Session 1: Is God Calling You?	45-60 minutes
3	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
4	UKS2 Module 2, Unit 3	Session 1: Sharing Online	45-60 minutes
		Session 2: Chatting Online	45-60 minutes
		Session 3: Physical Contact	45-60 minutes
5	UKS2 Module 2, Unit 1	Session 1: Trinity House	45-60 minutes
		Session 2: Catholic Social Teaching	45-60 minutes

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.

Week	Module and Unit	Session Title	Session Length (approx.)
1	UKS2 Module 1, Unit 1	Story Sessions: Made to Grow (Kester's Adventures)	3 x 15-minute sessions over 3 days
2	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
3	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
4	UKS2 Module 1, Unit 3	Session 1: Making Babies (Part 1)	45-60 minutes
		Session 2: Making Babies (Part 2) <small>May be omitted or may be set as a homework task with parents.</small>	45-60 minutes
		Session 3: Menstruation	45-60 minutes
5	UKS2 Module 2, Unit 1	Session 1: Trinity House	45-60 minutes
	UKS2 Module 2, Unit 2	Session 1: Reaching Out	45-60 minutes

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.