

Life to the Full Spring Term 2022 Key Stage 1 (Year A)

Our 6seven week programme of **Relationships & Health Education** starts the week beginning Monday 17th January. Below you will find a list of the units from the **Life to the Full** programme we will be covering and a summary of what your child will learn in each unit.

You can find more detailed information of each unit including associated prayers and suggested home activities by visiting the online Parent Portal which you can access by clicking [here](#) or going to **www.tentenresources.co.uk/parentportal**

Username: st-mary-angel-w2

Password: palace-gardens

God Loves You

- We are part of God's family
- Saying sorry is important and can mend friendships
- Jesus cared for others and had expectations of them and how they should act
- We should love other people in the same way God loves us

Special People

- To identify 'special people' (their parents, carers, friends, parish priest) and what makes them special
- The importance of nuclear and wider family
- The importance of being close to and trusting special people and telling them if something is troubling them

Treat Others Well

- How their behaviour affects other people, and that there is appropriate and inappropriate behaviour
- The characteristics of positive and negative relationships
- Different types of teasing and that all bullying is wrong and unacceptable

... And Say Sorry

- To recognise when they have been unkind and say sorry
- To recognise when people are being unkind to them and others and how to respond
- To know that when we are unkind to others, we hurt God also and should say sorry to him as well
- To know that we should forgive as Jesus forgives

Being Safe

- To understand safe and unsafe situations, including online.

Good Secrets and Bad Secrets

- The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them
- How to resist pressure when feeling unsafe

Physical Contact

- **PANTS** (NSPCC resource)
- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

Harmful Substances

- Medicines are drugs, but not all drugs are good for us
- Alcohol and tobacco are harmful substances
- Our bodies are created by God, so we should take care of them and be careful about what we consume

Can You Help Me?

- They should call 999 in an emergency and ask for ambulance, police and/or fire brigade
- If they require medical help but it is not an emergency, basic first aid should be used instead of calling 999
- Some basic principles of First Aid

Three in One

- That God is love: Father, Son and Holy Spirit
- That being made in His image means being called to be loved and to love others

Who Is My Neighbour?

- They will learn what a community is and that God calls us to live in community with one another

- A scripture illustrating the importance of living in community as a consequence of this
- Jesus' teaching on 'who is my neighbour?'

The Communities We Live In

- That they belong to various communities such as home, school, parish, the wider local community, nation and global community
- That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc
- That we have a duty of care for others and for the world we live in (charity work, recycling etc.)
- About what harms and what improves the world in which we live