

Life to the Full Spring Term 2022 Reception (Year A & B)

Our seven 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

I Am Me

- We are each unique, with individual gifts, talents and skills
- Whilst we all have similarities because we are made in God's image, difference is part of God's plan!

Heads, Shoulders, Knees and Toes

- That their bodies are good and made by God
- The names of the parts of the body (not genitalia)

Ready Teddy

- That our bodies are good and we need to look after them
- What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene

I Like, You Like, We All Like?

- That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc)
- That it is natural for us to relate to and trust one another

Good Feelings, Bad Feelings

- A language to describe their feelings
- An understanding that everyone experiences feelings, both good and bad
- Simple strategies for managing feelings

Let's Get Real

- Simple strategies for managing emotions and behaviour
- That we have choices and these choices can impact how we feel and respond
- We can say sorry and forgive like Jesus

Growing Up

- That there are natural life stages from birth to death, and what these are.

God is Love

- 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

Loving God, Loving Others

- 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?'

Me, You, Us

- 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