

## Life to the Full Spring Term 2022 Lower Key Stage 2 (Year A)

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](http://www.tentenresources.co.uk/parentportal)**

Username: st-mary-angel-w2

Password: palace-gardens

### The Sacraments

- That in Baptism God makes us His adopted children and 'receivers' of His love
- That by regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue)
- It is important to make a nightly examination of conscience

### Jesus is my Friend

- That Jesus loves, embraces, guides, forgives and reconciles us with Him and one another
- The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness
- That relationships take time and effort to sustain

### Friends, Family and Others

- Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong
- That there are different types of relationships including those between acquaintances, friends, relatives and family
- That good friendship is when both persons enjoy each other's company and also want what is truly best for the other
- The difference between a group of friends and a 'clique'

### Sharing Online

- To recognise that their increasing independence brings increased responsibility to keep themselves and others safe
- How to use technology safely
- That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others
- How to report and get help if they encounter inappropriate materials or messages

### A Community of Love

- God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'
- The human family is to reflect the Holy Trinity in mutual charity and generosity

### How Do I Love Others

- To know that God wants His Church to love and care for others
- To devise practical ways of loving and caring for others