

Life to the Full Spring Term 2022 Upper 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**

Username: st-mary-angel-w2

Password: palace-gardens

Is God Calling You?

- To know that God calls us to love others
- To know ways in which we can participate in God's call to us

Under Pressure

- Pressure comes in different forms, and what those different forms are
- There are strategies that they can adopt to resist pressure

Do You Want a Piece of Cake

- Understand what consent and bodily autonomy means
- Discuss and reflect on different scenarios in which it is right to say 'no'

Self-Talk

- Learn about how thoughts and feelings impact on actions and develop strategies that will positively impact their actions
- Apply this approach to personal friendships and relationships

Sharing Isn't Always Caring

- 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

Cyberbullying

- What the term cyberbullying means and examples of it
- What cyberbullying feels like for the victim
- How to get help if they experience cyberbullying

Types of Abuse

- To judge well what kind of physical contact is acceptable or unacceptable and how to respond
- That there are different people we can trust for help, especially those closest to us who care for us, including parents, teachers and priests

Impacted Lifestyles

- Understand the effect that a range of substances including drugs, tobacco and alcohol can have on the body
- Learn how to make good choices about substances that will have a positive impact on their health
- Know that our bodies are created by God, so we should take care of them and be careful about what we consume.

Making Good Choices

- Recognise how they may come under pressure when it comes to drugs, alcohol and tobacco
- Learn that they are entitled to say "no" for all sorts of reasons, but not least in order to protect their God-given bodies

Giving Assistance

- The recovery position can be used when a person is unconscious but breathing
- DR ABC is a primary survey to find out how to treat life-threatening conditions in order of importance

The Trinity

- To know that God the Father, God the Son and God the Holy Spirit make up the three persons of the Trinity
- To know that the Holy Spirit works through us to bring God's love and goodness to others

Catholic Social Teaching

- The principles of Catholic Social Teaching
- That God formed them out of love, to know and share His love with others

Reaching Out

- Learn to apply the principles of Catholic Social Teaching to current issues.
- Find ways in which they can spread God's love in their community.