

# “Life to the Full” - Programme Overview

CORE THEME	Created and Loved by God				Created to Love Others			Created to Live in Community	
	Religious Understanding	Me, my body, my health	Emotional well-being	Life cycles	Religious Understanding	Personal Relationships	Keeping Safe	Religious Understanding	Living in the Wider World
KEY STAGE ONE	Story Sessions: Born Out of Love (Kester's Adventures)	Session 1: I Am Unique (Me)	Session 4: Feelings, Likes and Dislikes	Session 7: The Cycle of Life	Session 8: God Loves You	Session 9: Special People	Session 12: Being Safe	Session 15: Trinity House	Session 17: The Communities We Live In
		Session 2: Girls and Boys (My Body)	Session 5: Actions and Behaviour I			Session 10: Treat Others Well...	Session 13: Good Secrets & Bad Secrets	Session 16: Who Is My Neighbour?	
		Session 3: Clean & Healthy (My Health)	Session 6: Actions and Behaviours II			Session 11: ...and Say Sorry	Session 14: Physical Contact		
LOWER KEY STAGE TWO	Story Sessions: Designed for a Purpose	Session 2: Sophie and Aidan – Part One	Session 5: What Am I Feeling?	Session 8: Life Cycles	Story Sessions: Jesus, My Friend	Session 9: Friends, Family and Others	Session 12: Sharing Online	Session 15: Trinity House	Session 17: How Do I Love Others?
		Session 3: Sophie and Aidan – Part Two	Session 6: What Am I Looking At? (Media)			Session 10: When Things Feel Bad	Session 13: Chatting Online	Session 16: What is the Church?	
	Session 1: Sacraments	Session 4: TBC	Session 7: Don't Tell Me What To Do!			Session 11: When Things Change	Session 14: Physical Contact		
UPPER KEY STAGE TWO	Session 1: Jesus is a Sign	Session 4: Me	Session 7: Pressure	Session 10: Child of God	Session 12: The Gift (Marriage)	Session 13: Pressure	Session 16: Sharing Online	Session 19: Trinity House	Session 21: TBC
	Session 2: Sacraments Are a Sign	Session 5: My Body	Session 8: Behaviour	Session 11: Menstruation		Session 14: Cara's Story	Session 17: Chatting Online	Session 20: Catholic Social Teaching	
	Session 3: My Body is a Sign	Session 6: My Health	Session 9: Emotional Changes			Session 15: Self-Talk	Session 18: Physical Contact		