

## SCHEME OF WORK

**Life to the Full** for secondary schools is a fully-resourced programme of study which will fulfil the forthcoming statutory curriculum in RSHE (Relationship, Sex and Health Education) for Catholic schools. This scheme of work is based on the Model Catholic RSE Curriculum provided by the Catholic Education Service, which has been noted as a model of good practice by the Department of Education. It will be the first, and currently the only, programme of its kind to fulfil the statutory curriculum for Catholic secondary schools.

The programme is currently in development and will be rolled out in three phases:

**Cinema-in-Education programme – available now**

- 7 Cinema-in-Education programme
- Can be delivered on a drop-down day as part of your RSHE provision
- For KS3, KS4 and KS5

**Life to the Full – Foundation Level– available now**

- 2 Programmes of Study: Foundation 7-8 and Foundation 9-11
- Each containing 7 lessons each (or 14 lessons if extended)
- Foundation 9-11 may be run with Sixth Form





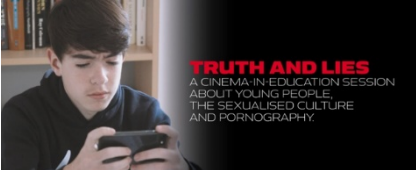


**Life to the Full – Advanced Level – available Autumn 2020**

- 3 Programmes of Study: Advanced Year 8, Advanced Year 10, Advanced Year 11
- Each containing 7 lessons each (or 14 lessons if extended)
- All pupils should undertake the Foundation Level before moving on to the Advanced Level

By implementing **Life to the Full** in your curriculum over the coming year,  
your RSE provision will be fit-for-purpose in readiness for statutory RSE in September 2020.

# CINEMA-IN-EDUCATION SESSIONS

Available now

<p><b>Year 7</b></p> 	<p><b>Year 8</b></p> 	<p><b>Year 9</b></p> 	<p><b>Year 10</b></p> 
<p>Session 1: Film and discussion session</p> <p>Session 2: Seeking and Offering Support</p> <p>Session 3: Looking in the Mirror</p>	<p>Session 1: Film and discussion session</p> <p>Session 2: Trust the Truth (Part 1)</p> <p>Session 3: Trust the Truth (Part 2)</p>	<p>Session 1: Film and discussion session</p> <p>Session 2: The Gift of Self</p> <p>Session 3: The Gift of Sex</p>	<p>Session 1: Film and discussion session</p> <p>Session 2: Responding to an Unexpected Pregnancy</p> <p>Session 3: Safe Sex or Save Sex?</p>
<p><b>Year 11</b></p> 	<p><b>Year 12</b></p> 	<p><b>Year 13</b></p> 	<ul style="list-style-type: none"> <li>- Each session fits into a 50-minute lesson;</li> <li>- “Film and Discussion” sessions are designed to work with whole year groups or half-year groups. They include prayer and reflection, so are best being led by members of staff confident leading this aspect of the work.</li> </ul>
<p>Session 1: Film and discussion session</p> <p>Session 2: Truth or Lie? (Part 1)</p> <p>Session 3: Truth or Lie? (Part 2)</p>	<p>Session 1: Film and discussion session</p> <p>Session 2: Life in Sixth Form (Part 1)</p> <p>Session 3: Life in Sixth Form (Part 2)</p>	<p>Session 1: Film and discussion session</p> <p>Session 2: Human Trafficking (Part 1)</p> <p>Session 3: Human Trafficking (Part 2)</p>	

# LIFE TO THE FULL

Our scheme of work, “Life to the Full”, adopts a spiral curriculum, returning to the same themes and topics at an age-appropriate level throughout Years 7 to 11 in secondary school. The structure of the programme is based on the model Catholic RSE curriculum provided by the Catholic Education Service. Each module includes:

- 1 lesson for RE
- 6 subsequent lessons for RE or PSHE

The themes within each module across all year groups are as follows:

<b>RE Lesson</b>	<b>RE or PSHE Sessions</b>					
<b>RE Session:</b> Religious Understanding	<b>Session 1:</b> My Body	<b>Session 2:</b> Emotional Well-Being	<b>Session 3:</b> Life Cycles	<b>Session 4:</b> Personal Relationships	<b>Session 5:</b> Keeping Safe	<b>Session 6:</b> Wider World

- Each session will fit into a 50-minute lesson
- All PSHE sessions can be divided into 2 x 25-minute sessions, providing a total of 14 x 25-minute lessons per year group
- All sessions will include Extended Activities, which mean that the programme can be delivered over 14 x 50-minute lessons (2 in RE and 12 in PSHE).

On the following pages, we provide a detailed overview of the programme of study for Year 7 to 11. Please note that this scheme of work is currently under development and may be subject to change. However, it is given here as a guide for curriculum planning in 2019-20.

# FOUNDATION LEVEL YEARS 7-8 OVERVIEW

Available now

Subject	Core Theme	Session title	Description
RE	Religious Understanding	Who Am I?	Pupils will learn that they are a completely unique person, and that, body and soul, they are created and loved by God.
RE or PSHE	My Body	Changing Bodies	Pupils will learn that puberty involves physical, emotional and sexual development. Whilst this might feel daunting, they will learn that puberty is God's plan for them and He is with them throughout it all.
	Emotional Well-Being	Healthy Inside and Out	Pupils will learn about self-esteem: what contributes to it, how it can affect their lives and how to increase it.
	Life Cycles	Where We Come From	Pupils will learn about sexual intercourse as more than just a physical act, but a gift from God for married couples as His plan for how babies are made.
	Personal Relationships	Family and Friends	Pupils will learn about different types of friendship and family structure, and discuss how better to manage their behaviour through consideration of thoughts, feelings and actions.
	Keeping Safe	My Life on Screen	Pupils will learn that they have online 'lives' that they need to take steps to safeguard, just as they do in real life.
	Wider World	Living Responsibly	Pupils will learn the effects of their actions on others and understand the concept of social responsibility.

All 7 sessions will fit into a 50-minute lesson	All sessions can be divided into 2 x 25-minute sessions, providing a total of 14 x 25-minute lessons per year group	All sessions can be extended, providing 14 x 50-minute lessons (2 in RE and 12 in PSHE).
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# FOUNDATION LEVEL YEARS 9-11 OVERVIEW

Available now

Subject	Core Theme	Year 8 Session title	Description
RE	Religious Understanding	The Search for Love	Pupils will consider their desire to love and be loved, and learn about God's plan for romantic love, sexual attraction and intimacy.
RE or PSHE	My Body	Love People, Use Things	Pupils will learn about objectification, and consider the negative impact of casual sex, pornography and masturbation.
	Emotional Well-Being	In Control of My Choices	Pupils will learn about love and lust, shame and regret and delaying sexual intimacy: all with a view to making wise, informed and mindful choices.
	Life Cycles	Fertility and Contraception	Pupils will learn about methods for managing conception and discuss how they uphold or contravene God's plan for sex.
	Personal Relationships	Marriage	Pupils will learn about different types of committed relationships and consider what relationships they would like in the future.
	Keeping Safe	One Hundred Percent	Pupils will learn that consent is not just gaining permission for something but choosing to honour and respect one another as persons with innate dignity.
	Wider World	Knowing My Rights and Responsibilities	Pupils will learn about physical consent, sexual exploitation and human rights.

Each session will fit into a 50-minute lesson	All sessions can be divided into 2 x 25-minute sessions, providing a total of 14 x 25-minute lessons per year group	All sessions can be extended, providing 14 x 50-minute lessons (2 in RE and 12 in PSHE).
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# ADVANCED PROGRAMME YEAR 8 OVERVIEW

Available Autumn 2020

Subject	Core Theme	Session title	Description
RE	Religious Understanding	Created and Chosen	To help students to develop an appreciation that their deepest identity is in God; as people created, chosen and loved by God.
RE or PSHE	My Body	Deepest Identity	Students will learn that science proves their uniqueness and they will celebrate the uniqueness of their God-given body, nature, gifts and talents.
	Emotional Well-Being	What do I do with these feelings?	Building on the core teaching in the Religious Understanding session about our deepest identity being in God, students will learn about some of the ways people may choose to articulate certain aspects of their identity, including gender and sexuality identity.
	Life Cycles	Before I was Born	They will learn that media portrayals of the human body may present a false ideal of male/female bodily perfection (stereotypes) which does not reflect real life and can have a negative impact on the individual.
	Personal Relationships	When Relationships Get Tough	This session explores sexual attraction and sensual pleasure and helps students to understand these feelings within the context of our deepest identity being rooted in God.
	Keeping Safe	Think Before You Share	This leads to an exploration of all kinds of pressure: spoken and unspoken, positive and negative, from self and others. Students will understand the need for reflection to facilitate personal growth and the role prayer can play in this.
	Wider World	Living in an Unjust World	Students will understand the need for reflection to facilitate personal growth and the role prayer can play in this.

Each session will fit into a 50-minute lesson	All sessions can be divided into 2 x 25-minute sessions, providing a total of 14 x 25-minute lessons per year group	All sessions can be extended, providing 14 x 50-minute lessons (2 in RE and 12 in PSHE).
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# ADVANCED LEVEL YEAR 10 OVERVIEW

Available Autumn 2020

Subject	Core Theme	Session title	Description
RE	Religious Understanding	Authentic Freedom	To understand more fully the virtue of chastity and how training in self-control leads to authentic freedom. Students will develop their appreciation of sensual pleasure as a gift from God and intended to express the gift of oneself is a way of growing in understanding of themselves and their own character, as well as deepening their relationship with God
RE or PSHE	My Body	Body Image	Building on what gives us authentic freedom, this session explores what might inhibit this freedom, particularly in relation to our physical bodies. The session enables students to challenge the notion of 'idealised' bodies in the broadcast media and on social media. The session explores notions of 'dignity' and 'modesty' in relation to the body.
	Emotional Well-Being	Values, Attitudes and Beliefs	In this session, students take time to ascertain their own core values and beliefs, and also consider when it is appropriate to re-evaluate such attitudes and beliefs. They will learn how to develop respect for themselves and others, regardless of difference, and learn strategies for building self-esteem and self-confidence in healthy ways.
	Life Cycles	Pregnancy and Abortion	This session begins with a return to the teaching in Year 8 about the stages of life from conception to birth. Students will then explore the consequences of an unintended pregnancy and learn where they can get support and help. They will also learn about the current legal position on abortion, the risks associated with it, and understand the Church's teaching about abortion.
	Personal Relationships	Parenthood: Ready or not?	Building on the previous session about pregnancy, students will learn about the legal responsibilities of parenthood, the role of marriage as the basis for family life and its importance to in bringing up children. Students will explore the difference between sacramental marriage, civil marriage, civil partnerships and other long-term relationships, and they will consider the impact of divorce and separation on children.
	Keeping Safe	Exploitation	In this session, students learn about physical, emotional, domestic abuse and neglect. [By focusing on the testimonies of fictionalised characters], the sessions explore danger signs of abuse in relationships and friendships, and how issues around consent and abuse relate to, pornography, and inappropriate online content, including pornography. Students will identify safe people and places, and they will be taught strategies for dealing with exploitation
	Wider World	Moral Questions	Students will consider justice and discrimination and be challenged to make discerning judgements on matters regarding religion, gender, sexuality, euthanasia, consent, bodily autonomy, FGM, etc.

Each session will fit into a 50-minute lesson	All sessions can be divided into 2 x 25-minute sessions, providing a total of 14 x 25-minute lessons per year group	All sessions can be extended, providing 14 x 50-minute lessons (2 in RE and 12 in PSHE).
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# ADVANCED LEVEL YEAR 11 OVERVIEW

Available Autumn 2020

Subject	Core Theme	Session title	Description
RE	Religious Understanding	Respect	In this foundational session at the start of the Year 11 module, students will explore the deeper meaning of 'respect': to see the whole person. They will learn about personhood and the innate dignity that comes with being a human created by God. Students will learn that God loves us and wants the best for us and yet respects our freedom. Students will develop a deeper awareness of how to form one's own conscience.
RE or PSHE	My Body	Keeping Well... on the Outside	This session explores physical health at a stage appropriate for Year 11, including factual information about testicular and breast self-examination, as well as attending smear and prostate checks. Students will examine the importance of fitness for physical and emotional well-being, nutrition, self-discipline, moderation and the effects of drugs and alcohol on the body and mind.
	Emotional Well-Being	Keeping Well... on the Inside	Students will learn about strategies for maintaining positive mental health and well-being, and they will explore what happens when things go wrong, including the negative effects of pressure, stress, anxiety, depression, self-harm and suicidal thoughts. Students will learn how to develop resilience through gratitude.
	Life Cycles	Family Time	this session helps students to develop a deeper appreciation of the gift of fertility. Here, students will be taught about 'Natural Family Planning', and how this differs from other forms of contraception and abstinence. Students will also learn that fertility levels can vary in different people; can be damaged by some sexually transmitted infections and decreases with age.
	Personal Relationships	Can't Stop the Feeling	Exploring the topic of sexual desire, students will develop a deeper understanding of how to cultivate healthy relationships and they will learn from other's experiences of abstinence, marriage and commitment. The session also covers consent, pornography, unwanted sexual attention, respect and tolerance.
	Keeping Safe	Sexual Health	Students will learn about how STI's and HIV/AIDS are transmitted and how to avoid them, where to seek medical or impartial advice, and the legal and emotional effects of rape on both victim and perpetrator, including gender double standards and victim-blaming.
	Wider World	It's a Hard World	In this foundational session at the start of the Year 11 module, students will explore the deeper meaning of 'respect': to see the whole person. They will learn about personhood and the innate dignity that comes with being a human created by God. Students will learn that God loves us and wants the best for us and yet respects our freedom. Students will develop a deeper awareness of how to form one's own conscience.

Each session will fit into a 50-minute lesson	All sessions can be divided into 2 x 25-minute sessions, providing a total of 14 x 25-minute lessons per year group	All sessions can be extended, providing 14 x 50-minute lessons (2 in RE and 12 in PSHE).
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# ROLLING OUT THE PROGRAMME

## Spiral Structure

2019-2023

<b>2019/20</b> <ul style="list-style-type: none"><li>- Year 7 - Foundation 7-8</li><li>- Year 8 - Foundation 7-8</li><li>- Year 9 - Foundation 9-11</li><li>- Year 10 - Foundation 9-11</li><li>- Year 11 - Foundation 9-11</li><li>- Year 12 - Foundation 9-11</li><li>- Year 13 - Foundation 9-11</li></ul>	<b>2020/21</b> <ul style="list-style-type: none"><li>- Year 7 - Foundation 7-8</li><li>- Year 8 - Advanced 8</li><li>- Year 9 - Foundation 9-11</li><li>- Year 10 - Advanced 10</li><li>- Year 11 - Advanced 11</li><li>- Year 12 - Advanced 10</li><li>- Year 13 - Advanced 11</li></ul>
<b>2021/22</b> <ul style="list-style-type: none"><li>- Year 7 - Foundation 7-8</li><li>- Year 8 - Advanced 8</li><li>- Year 9 - Foundation 9-11</li><li>- Year 10 - Advanced 10</li><li>- Year 11 - Advanced 11</li><li>- Year 12 - Advanced 10</li><li>- Year 13 - Advanced 11</li></ul>	<b>2022/23</b> <ul style="list-style-type: none"><li>- Year 7 - Foundation 7-8</li><li>- Year 8 - Advanced 8</li><li>- Year 9 - Foundation 9-11</li><li>- Year 10 - Advanced 10</li><li>- Year 11 - Advanced 11</li><li>- Year 12 - Sixth Form (Part 1)</li><li>- Year 13 - Sixth Form (Part 2)</li></ul>

In Phase 4, additional resources for Sixth Form will be added to ensure that new RSE materials are available for every year group on an annual basis.

# ONE-PAGE OVERVIEW

	RE	RE, PSHE or Tutor time						Whole Year
Sessions per programme	<b>Session 1</b> 50 minutes or 2 x 25-minutes or 2 x 50-minutes	<b>Session 2</b> 50 minutes or 2 x 25-minutes or 2 x 50-minutes	<b>Session 3</b> 50 minutes or 2 x 25-minutes or 2 x 50-minutes	<b>Session 4</b> 50 minutes or 2 x 25-minutes or 2 x 50-minutes	<b>Session 5</b> 50 minutes or 2 x 25-minutes or 2 x 50-minutes	<b>Session 6</b> 50 minutes or 2 x 25-minutes or 2 x 50-minutes	<b>Session 7</b> 50 minutes or 2 x 25-minutes or 2 x 50-minutes	<b>Cinema</b> Whole or half-year groups
Main Themes	All	Created and Loved by God			Created to Love Others		Created to Live in Community	
Sub-themes	Religious Understanding	Me, My Body, My Health	Emotional Well-being	Life Cycles	Personal Relationships	Keeping Safe	Living in the Wider World	Cinema-in-education
Foundation 7-8	Who am I?	Changing Bodies	Healthy Inside and Out	Where We Come From	Family and Friends	My Life on Screen	Living Responsibly	Facts of Life
Advanced 7-8	Created and Chosen	Deepest Identity	What do I do with these feelings?	Before I Was Born	When Relationships Get Tough	Think Before You Share	Living in an Unjust World	The Trouble With Max
Foundation 9-11	The Search for Love	Love People, Use Things	In Control of My Choices	Fertility and Contraception	Marriage	One Hundred Percent	Knowing My Rights and Responsibilities	Love, Honour, Cherish
Advanced 9-11 (Part 1)	Authentic Freedom	Body Image	Values, Attitudes and Beliefs	Pregnancy and Abortion	Parenthood: Ready or Not?	Exploitation	Moral Questions	Babies
Advanced 9-11 (Part 2)	Respect	Keeping Well... on the outside	Keeping Well... on the inside	Family Time	Can't Stop the Feeling	Sexual Health	It's a Hard World	Truth and Lies
Sixth Form (Part 1)	Title tbc	Title tbc	Title tbc	Title tbc	Title tbc	Title tbc	Title tbc	Common Room
Sixth Form (Part 2)	Title tbc	Title tbc	Title tbc	Title tbc	Title tbc	Title tbc	Title tbc	Bakhita's Prayer

In Phase 4, additional resources for Sixth Form will be added to ensure that new RSE materials are available for every year group on an annual basis.