

Year			Life Live to the Full Plus (Ten Ten Resources) is a PSHE/ RHSE programme we follow across the school.					
RHE			The Live Life to the Full overview with updated changes can be found here					
Nursery			The programme is set out for each year group and we follow Pathway 2: RHSE: Live Life to the Full Plus 2026 Pathway 2. This programme can be found here:					
		In addition to the RHSE programme, we have introduced a PSHE programme called Executive Functioning. Executive Functioning is a part of all areas of the curriculum so that children develop the knowledge, skills and attributes necessary to function and contribute as healthy and happy members of their community. Children will develop responsible decision-making skills, respect for self and others, regulation of their emotions and critical resilience skills for life's challenges. They will learn to understand and appreciate relationships with their peers and the wider community as well as developing an understanding of their own body as they grow and develop. Each year group will have an executive function skill which will be their focus to develop through the academic year.						
		British Values. All classes we learn about the British Values as part of PHSE as well as these values being promoted throughout the school year: Democracy, The Rule of Law Mutual respect and tolerance Individual Freedom						
	Executive function focus:	Module 1: Created and Loved by God Unit 1: Religious understanding	Module 2 Created to Love Others unit 1: Religious understanding	Module 2: Created to Love Others Unit 2: Personal Relationships	Module 2: Created to Love Others Unit 3: Life on line	Module 2: Created to Love Others Unit 4 Keeping Safe	Module 3 Created to live in the community Unit 1:religious understanding	Module 3 Created to live in the community Unit 2 :Living in the Wider World
	Impulse control	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity
Story sessions: Handmade with love		Session 1:role model	Session 1: Who's Who? + Classroom Short	Session 1: what is the internet?	Session 1: Safe inside and out	Session 1 God is love	Session 1 You, me, us	
			Session 2: You've got a friend in me	Session2: Playing online	Session 2: My body, my rules	Session 2: Loving God, loving others		
			Session 3: Forever Friends		Session 3: Feeling poorly			
					Session 4: People who help us.			
Reception	Executive function focus:	Module 1: Created and Loved by God Unit 1: Religious understanding	Module 1: Created and Loved by God unit 2: Me, my body, my health	Module 1 Created and Loved by God Unit 3: Emotional well being	Module 1: Created and Loved by God unit 4 Keeping safe	Module 2: Created to Love Others Unit 4 Keeping Safe	Module 3 Created to live in the community Unit 1:religious understanding	Module 3 Created to live in the community Unit 2 :Living in the Wider World
	Impulse control	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity
		Story sessions: Handmade with love	Session 1:I am me	Session 1 I like, you like, we all like	Session 1:Growing up	Session 1: Safe inside and out	Session 1 God is love	Session 1 You, me, us
				Session 2: All the feelings	Session2: New people, new places	Session 2: My body, my rules	Session 2: Loving God, loving others	Session 2: When I grow up + Classroom shorts
			Session 2: Head, shoulders, knees and toes	Session 3: Let's get real		Session 3: Feeling poorly		Session 3: Money doesn't grow on trees
						Session 4: People who help us.		
		Session 3 Read,y Teddy? +classroom shorts						
Year 1	Executive function focus:	Module 1: Created and Loved by God Unit 1: Religious understanding	Module 2 Created to Love Others Unit 1: Religious understanding	Module 2 Created to Love Others unit 2: Personal relationships	Module 2 Created to love others Unit 4: Keeping safe	Module 3: Created to live in the community unit 1: religious understanding	Module 3: Created to live in the community unit 2: Living in the wider world	
	Impulse control/ task initiation	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	
		Session 1: Let the children come	Session 1 God loves you	Session 1: Special people	Session 1 Good and bad secrets	Session 1:Three in one	Session 1: The communities we live in	
				Session 2:Treat others well	Session 2: Physical contact	Session2: Who is my neighbour?	Session 2: Who will I be? Classroom short	
				Session3: and say sorry	Session 3: Harmful substances			
					session 4: Can you help me? part 1			
					session 4: Can you help me? part 2			
	Executive function focus:	Module 1: Created and Loved by God Unit 1: Religious understanding	Module 1: Created and Loved by God Unit 2: Me, my body, my health	Module 1: Created and Loved by God unit 2: emotional well being	Module 1 Created and Loved by God Unit 4: Life cycles	Module 2: Created to love others unit 3: life online	Module 3: Created to live in Community Unit 1: Religious understanding	Module 3 Created to live in the community Unit 2:Living in the Wider World

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Year 2	Response inhibition/ sustained attention	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity
		Story sessions: Let the children come	Session 1: I am unique	Session 1: Feelings, likes and dislikes	Session 1: The cycle of life	Session 1: Real life online	Session 1: Three in one	Session 1: The communities we live in
			Session 2: Girls and Boys	Session 2: Feelings inside out	Session 2: Beginnings and endings	Session 2: Rules to help us	Session 2: Who is my neighbour	Session 2: Needs and wants + classroom shorts
			Session 3 & 4: Clean and health (my body) + classroom shorts	Session 3: Super Susie gets angry	Session 3: Change is all around + classroom shorts			
Year 3	Executive function focus:	Module 1: Created and Loved by God Unit 1: Religious understanding	Module 2: Created to love others Unit 1: religious understanding	Module 2 Created to love others Unit 2: personal relationships	Module 2 Created to love others Unit 4: life cycles	Module 3: Created to live in community unit 1: religious vocabulary	Module 3: Created to live in Community Unit 2: Living in the wider world	
	Emotional control /flexibility	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	
		Story sessions: Get up	Session 1: Jesus my friend	Session 1: Family, friends, and others + classroom shorts	Session 1: safe in my body	Session 1: a community of love	Session 1: How do I love others?	
		Session 2: The Sacraments		Session 2: When things feel bad	Session 2: recognising risk + classroom shorts	Session 2: What is the church ?	Session 2: Working together and classroom shorts	
				Session 3: Balancing Needs	Session 3: Drugs, alcohol and tobacco			
					Session 4: First aid heroes			
Year 4	Executive function focus:	Module 1: Created and Loved by God Unit 1: Religious understanding	Module 1: Created and Loved by God Unit 2: My body, my health	Module 1: Created and Loved by God Unit 3: Emotional well being	Module 1: Created and Loved by God Unit 4: Life cycles	Module 3: Created to live in community unit 1: religious vocabulary	Module 3: Created to live in Community Unit 2: Living in the wider world	
	Planning/ organisation and time management	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	
		Story sessions: Get up	Session 1: We don't have to be the same	Session 1: what am I feeling? + classroom shorts	Session 1: life cycles	Session 1: A community of love	Session 1: How do I love others?	
			Session 2: Respecting our bodies + classroom	Session 2: What am I looking at?	Session 2: a time for everything	Session 2: What is the church ?	Session 3: money matters + classroom shorts	
			Session 3: what is puberty?	Session 3: I am thankful	Session 3: Big changes, little changes + classroom shorts			
			Session 4: changing bodies					
Year 5	Executive function focus:	Module 1: Created and Loved by God Unit 1: Religious understanding	Module 2: Created to love others Unit 2: religious understanding	Module 2: Created to love others Unit 2: personal relationship	Module 2: Created to love others Unit 3: life on line	Module 2: Created to love others Unit 4: Keeping safe	Module 3: Created to live in Community Unit 1: religious understanding	Module 3: Created to live in Community Unit 2: Living in the wider world
	Planning/ organising and working memory	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity
		Story sessions: calming the storm	Session 1: God is calling you	Session 1: Under pressure + classroom shorts	Session 1: sharing isn't always caring	Session 1: types of abuse + classroom shorts	Session 1: The Holy Trinity	Session 1: Reaching Out
				Session 2: Do you want a piece of cake?	Session 2: cyber bullying + classroom shorts	Session 2: Impacted life styles + classroom shorts	Session 2: Catholic Social Teaching	Session 2: The world of work + classroom shorts
				Session 3: Self -talk		Session 3: Making good choices		
						Session 4: Giving assistance		
Year 6	Executive function focus:	Module 1: Created and Loved by God Unit 1: Religious understanding	Module 1: Created and Loved by God Unit 2: Me, my body, my health	Module 1: Created and Loved by God Unit 3: emotional well being	Module 1: Created and Loved by God Unit 3: life cycles	Module 2: Created to love others Unit 2: Personal relationships	Module 3: Created to live in Community Unit 1: religious understanding	Module 3: Created to live in Community Unit 2: Living in the wider world
	Growth and resilience	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity	Unit prayer and assessment activity
		Story sessions: calming the storm	Session 1: Gifts and talents	Session 1: Body image	Session 1: making babies part 1	Session 4: Confidene vs Control	Session 1: The Holy Trinity	Session 1: Reaching Out
			Session 2: Girls bodies	Session 2: Peculiar feelings	Session 2: making babies part 2	Session 5: Build up others + classroom shorts	Session 2: Catholic Social Teaching	Session 2: Money and Me + classroom shorts
			Session 3: Boys bodies	Session 3: Emotional changes	Session 3: Menstruation			
			Session 4: spots and sleep + classroom shorts	Session 4: Seeing stuff online	Session 4: hope beyond death			

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					Session 5: coping with change + classroom shorts			