Life To The Full Progression of Skills

Primary – KS1: Year 1/Year 2

Module 1		Notes
Religious Understanding	Children can express that: • We are created individually by God • God wants us to talk to Him often through the day and treat Him as our best friend • God has created us, His children, to know, love and serve Him in this life and forever – this is our purpose and goal and will bring us true happiness • We are created as a unity of body, mind and spirit: who we are matters and what we do matters • We can give thanks to God in different ways	
Me, My Body, My Health	Children can explain: • That we are unique, with individual gifts, talents and skills • That our bodies are good • The names of the parts of our bodies (naming genitalia will depend on key decision made by individual schools) • That girls and boys have been created by God to be both similar and different and together make up the richness of the human family • Our bodies are good and we need to look after them • What constitutes a healthy lifestyle, including physical activity, dental health and healthy eating • The importance of sleep, rest and recreation for our health • How to maintain personal hygiene	
Emotional Well-being	Children can explain: • That it is natural for us to relate to and trust one another • That we all have different 'tastes' (likes and dislikes), but also similar needs (to be loved and respected, to be safe etc) • A language to describe our feelings • In a simple way that feelings and actions are two different things, and that our good actions can 'form' our feelings and our character • Simple strategies for managing feelings and for good behaviour • That choices have consequences; that when we make mistakes we are called to receive forgiveness and to forgive others when they do • That Jesus died on the cross so that we would be forgiven	

Life To The Full Progression of Skills

Primary – KS1: Year 1/Year 2

Life Cycles	Children can describe: • That there are natural life stages from birth to death, and what these are – typically naming baby, child, teenager, adult, old age adult	
Module 2		**Notes**
Religious Understanding	Children can describe that: • We are part of God's family • Saying sorry is important and can mend friendships • Jesus cared for others and had expectations of them and how they should act • We should love other people in the same way God loves us	
Personal Relationships	Children are able to describe: • 'Special people' (their parents, carers, friends, parish priest) and what makes them special • The importance of nuclear and wider family • The importance of being close to and trusting special people and telling them if something is troubling them • How their behaviour affects other people, and that there is appropriate and inappropriate behaviour • The characteristics of positive and negative relationships • Different types of teasing and that all bullying is wrong and unacceptable • When they have been unkind and say sorry • When people are being unkind to them and others and how to respond • When we are unkind to others, we hurt God also and should say sorry to him as well • That we should forgive like Jesus forgives	
Keeping Safe	Children can explain: • Some safe and unsafe situations, including online • The difference between 'good' and 'bad' secrets and that they can and should be open with 'special people' they trust if anything troubles them • How to resist pressure when feeling unsafe • That they are entitled to bodily privacy • That there are different people we can trust for help, especially those closest to us who care for us, including our parents or carers, teachers and our parish priest	

Life To The Full Progression of Skills
Primary – KS1: Year 1/Year 2

	• That medicines are drugs, but not all drugs are good for us • That alcohol and tobacco are harmful substances • That our bodies are created by God, so we should take care of them and be careful about what we consume • That they should call 999 in an emergency and ask for ambulance, police and/or fire brigade • That if they require medical help but it is not an emergency, basic first aid should be used instead of calling 999 • Some basic principles of First Aid	
Module 3		**Notes**
Religious Understanding	Children can explain: • That God is love: Father, Son and Holy Spirit • That being made in His image means being called to be loved and to love others • What a community is, and that God calls us to live in community with one another • A scripture illustrating the importance of living in community as a consequence of this • Jesus' teaching on who is my neighbour	
Living in the Wider World	Children can explain: • That they belong to various communities such as home, school, parish, the wider local community, nation and global community • That they should help at home with practical tasks such as keeping their room tidy, helping in the kitchen etc • That we have a duty of care for others and for the world we live in (charity work, recycling etc.) • What harms and what improves the world in which we live in simple terms	