



LEARNING OUTCOMES for Upper Key Stage Two of 'Life to the Full'

Use the tabs below for EYFS, KS1 and LKS2

MODULE	UNIT	Session	Learning Outcome	
Created and Loved By God	Religious Understanding	UKS2.1.1.1	Calming the Storm We were created individually by God who cares for us and wants us to put our faith in Him. Physically becoming an adult is a natural phase of life. Lots of changes will happen during puberty and sometimes it might feel confusing, but it is all part of God's great plan and the results will be worth it!	
		UKS2.1.2.1	Gifts & Talents Similarities and differences between people arise as they grow and mature, and that by living and working together ('teamwork') we create community; Self-confidence arises from being loved by God (not status, etc).	
	Me, My Body, My Health	UKS2.1.2.2	Girls' Bodies That human beings are different to other animals; About the unique growth and development of humans, and the changes that girls will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; The need for modesty and appropriate boundaries.	
		UKS2.1.2.3	Boys' Bodies That human beings are different in kind to other animals; About the unique growth and development of humans, and the changes that boys will experience during puberty; About the need to respect their bodies as a gift from God to be looked after well, and treated appropriately; The need for modesty and appropriate boundaries.	
		UKS2.1.2.4	Spots & Sleep How to make good choices that have an impact on their health: rest and sleep, exercise, personal hygiene, avoiding the overuse of electronic entertainment, etc.	
		UKS2.1.3.1	Body Image To recognise that images in the media do not always reflect reality and can affect how people feel about themselves That thankfulness builds resilience against feelings of envy, inadequacy, etc. and against pressure from peers or media	
	Emotional Well Being	UKS2.1.3.2	Peculiar Feelings To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action. That some behaviour is wrong, unacceptable, unhealthy or risky.	
		UKS2.1.3.3	Emotional Changes Emotions change as they grow up (including hormonal effects); To deepen their understanding of the range and intensity of their feelings; that 'feelings' are not good guides for action; About emotional well-being: that beauty, art, etc. can lift the spirit; and that also openness with trusted parents/carers/teachers when worried ensures healthy well-being.	
		UKS2.1.3.4	Seeing Stuff Online The difference between harmful and harmless videos and images; The impact that harmful videos and images can have on young minds; Ways to combat and deal with viewing harmful videos and images	
	Life Cycles	UKS2.1.4.1	Making Babies (P1) How a baby grows and develops in its mother's womb.	
		UKS2.1.4.2	Making Babies (P2) Basic scientific facts about sexual intercourse between a man and woman; The physical, emotional, moral and spiritual implications of sexual intercourse; The Christian viewpoint that sexual intercourse should be saved for marriage. *Optional. See your Programme Coordinator	
		UKS2.1.4.3	Menstruation About the nature and role of menstruation in the fertility cycle, and that fertility is involved in the start of life; Some practical help on how to manage the onset of menstruation.	
		UKS2.1.4.4	Hope Beyond Death What 'death' means and some feelings often connected with grief What the Christian faith says about death and eternal life and some ways to support themselves and others when they are grieving	
	Created to Love Others	Religious Understanding	UKS2.2.1.1	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.
			UKS2.2.2.1	Under Pressure Pressure comes in different forms, and what those different forms are; There are strategies that they can adopt to resist pressure.
		Personal Relationships	UKS2.2.2.2	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'.
UKS2.2.2.3			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	
UKS2.2.2.4			Build Others Up About prejudice, bullying and discrimination: what they mean and how to challenge them About protected characteristics from the Equality Act 2010 such as race, age and disability That everyone is made in the image of God, loved unconditionally by Him, Everyone has equal dignity and is deserving of equal respect	
UKS2.2.3.1			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.	
Keeping Safe		UKS2.2.3.2	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.	
		UKS2.2.3.3	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.	
		UKS2.2.3.4	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.	
		UKS2.2.3.5	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	
		UKS2.2.3.6	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.	
Created to Live in Community	Religious Understanding	UKS2.3.1.1	The Trinity Children will know that God is Trinity - a community of persons Children will know that the Church is the Body of Christ -	
		UKS2.3.1.2	Catholic Social Teaching Children will develop a deeper understanding of Catholic Social Teaching, so that pupils are growing to be: Just, understanding that the way we live has an impact on others locally, nationally and globally Self-giving, able to put aside their own wants for the common good, serving all of humanity and caring for creation Equipped to calmly stand up for their faith, for friends and their community and for victims of injustice	
	Living in the Wider World	UKS2.3.2.1	Reaching Out Pupils will learn to apply the principles of Catholic Social Teaching to current issues. Pupils will find ways in which they can spread God's love in their community.	