

Ten Ten: Life to the Full

Ten Ten's new programme, **Life to the Full**, will teach Relationship, Sex and Health Education (RSHE) within the context of a Christian understanding of human sexuality rooted in the wisdom and teaching of the Catholic Church.

Life to the Full will address the needs of young people where they are at in today's world. The teaching includes lessons on puberty, personal hygiene, fertility, menstruation, family and friends, sexual intimacy, delaying sex, an understanding of the body, sexuality, marriage, gender, online relationships, social media, consent, grooming, pressure, STIs, contraception and natural family planning, abortion/miscarriage, the effect of drugs and alcohol on relationships, pornography and sexual exploitation. The programme will be fully inclusive of all students.

There are **35 lessons** in 'Life to the Full' plus **7 cinema-in-education programmes**.

This means that every year group has:

- 7 lessons per year, or
- 14 lessons per year if using extended activities (recommended) – ***We are planning for using this option***
- 1 cinema-in-education programme per year, which could be delivered on a drop-down day

All students must undertake the **Foundation Level** first (available now). This lays the groundwork for the scheme.

- Years 7 and 8 should undertake **Foundation 7-8**
- Years 9 to 11 should undertake **Foundation 9-11**

There is a short video regarding how to implement the programme found on the website at

<https://www.tentenresources.co.uk/secondary/subscribers/>

You can access the online parent portal to see some of the resources that we will be delivering to pupils via PSHE days and RE lessons.

Username: all-saints-sk16

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Scheme of Work:

There are a range of topics that will be covered in each year group and everything that is delivered will be age appropriate.

Below is a breakdown of the content that will be covered.

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

Implementation of the Programme

RE need to have 10% of the timetable per year group

We have 25 lessons per week, RE should have 2.5hrs of that, we actually have 3hrs per year group each week

This technically leaves 30 minutes of extra time per week in RE per year group

Over a year that makes up 19 hours extra time per year group

As there are 16 sessions in the 10:10 programme an initial suggestion of how to split the programme is:

PSHE = 2 x Cinema in Education sessions and 2 x follow up discussion sessions - **4 hours in total to happen in PSHE**

RE = 12 x 50 minute sessions - this could work out as 2 sessions of 10:10 per half term - **12 hours in RE**

*Exact numbers of hours may vary slightly as I go through all of the resources and consider the time needed for specific topics and the needs of the pupils but it will not vary massively from the above.

