Ten:Ten Resources | LIFE TO THE Full

Scheme of Work

Year 7

Year 7	Focus	Theme Title	Key Message	Content Covered
Theme 1	Religious Understanding	Who Am I?	Each person is uniquely created, body and soul, and loved by God. Our identity and dignity are gifts that shape how we see ourselves and others.	Self-image, value and dignity
Theme 2	Me, My Body, My Dignity	Changing Bodies	Puberty involves physical, emotional and sexual development. Daunting though it can be, it is part of God's plan for us.	Puberty, changes and hygiene
Theme 3	Wellbeing and Health	Healthy Inside & Out	Healthy self-esteem supports emotional wellbeing and helps us care for our bodies and relationships.	Self-esteem and body image
		Keeping Well - Part 1	Human beings are created, body and soul; therefore, caring for our physical health is part of respecting the gift of our bodies.	Healthy eating and hygiene
Theme 4	Life Cycles	Where We Come From	Sexual intercourse is more than a physical act; within marriage, it is a gift from God that expresses love and openness to life.	Human reproduction, fertility and menstruation
Theme 5	Personal Relationships	Family and Friends	Reflecting on different types of friendship and family helps us develop strategies for managing conflict and strengthening respect.	Relationships, family and friends, conflict resolution
Theme 6	Online Awareness	My Life on Screen	Our online lives need safeguarding, just like in real life. Making wise and respectful choices online helps protect our dignity and the dignity of others.	Online safety awareness
Theme 7	Living in the Wider World	Living Responsibly	Becoming aware of how our actions affect others helps us grow in responsibility, and understand the concept of social responsibility.	Social responsibility and respect for self and others
Theme 8	Safe and Well	Basic First Aid - Part 1	Learning how to stay calm and respond in an emergency helps us care confidently for others.	Basic first aid

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Year 8

Year 8	Focus	Theme Title	Key Message	Content Covered
Theme 1	Religious Understanding	Created and Chosen	We are not accidents or afterthoughts, but created intentionally and loved by God. Our dignity is rooted in this truth and cannot be earned or taken away.	Human dignity
Theme 2	Me, My Body, My Dignity	Appreciating Differences	Understanding our identity includes recognising male and female differences and learning to root our sense of self in being created in God's image.	Gender, stereotypes and identity in God's image
Theme 3	Wellbeing and Health	Feelings	Managing sexual feelings and attraction requires self-control, patience and respect for ourselves and others.	Sexual attraction and feelings
		Keeping Well - Part 2	Understanding our mental health and emotional wellbeing helps us respond wisely to everyday challenges and build resilience.	Mental health and emotional literacy
Theme 4	Life Cycles	Before I Was Born	Reflecting on life in the womb reveals both its beauty and fragility, deepening our respect for human life from its earliest beginnings.	Human reproduction
Theme 5	Personal Relationships	Tough Relationships	In real-life relationships, learning to practise tolerance, kindness and forgiveness helps us grow in maturity and respect.	Prejudice, relationships and tolerance
Theme 6	Online Awareness	Think Before You Share	Sharing images and information carries responsibility. Treating ourselves and others with dignity online means thinking before we post, comment or forward content.	Online safety awareness
Theme 7	Living in the Wider World	Wider World	Recognising unjust discrimination in our world challenges us to examine our own attitudes and behaviour, and to choose fairness and respect.	Prejudice, discrimination and bullying
Theme 8	Safe and Well	Basic First Aid - Part 2	Being prepared to respond when someone feels unwell helps us act with confidence and compassion in everyday situations.	Basic first aid

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Year 9

Year 9	Focus	Theme Title	Key Message	Content Covered
Theme 1	Religious Understanding	The Search for Love	Beyond romance and desire, authentic love involves choosing the other's good. This deeper view shapes how we see relationships and sex.	Love, desires and sex
Theme 2	Me, My Body, My Dignity	Love People, Use Things	People are to be loved, not used. Recognising this protects our dignity and that of others in relationships and everyday choices.	Loving others well
Theme 3	Wellbeing and Health	In Control of My Choices	True freedom involves responsibility. Learning to reflect before acting helps us stay in control of our choices and their consequences.	Desire, lust and self-control
		Drug and Smoking Awareness	Substances can affect health, judgement and freedom. Understanding the risks helps us make informed and responsible decisions.	Smoking, vaping and drug awareness
Theme 4	Life Cycles	Fertility and Contraception	Fertility is a gift and a responsibility. Understanding reproduction and conception helps us consider how our sexual choices fit God's plan for sex.	Fertility, contraception and Natural Family Planning
Theme 5	Personal Relationships	Commitment and Marriage	Marriage represents a lifelong bond of love and faithfulness. Exploring its meaning helps us reflect on the purpose of commitment in relationships.	Marriage and commitment
		Understanding Consent	Consent is essential in any healthy relationship. Respecting boundaries safeguards dignity, safety and freedom.	Consent and boundaries including online
Theme 6	Online Awareness	Safe and Smart online	Online spaces require discernment and responsibility. Thinking critically about what we share and consume helps protect ourselves and others.	Online safety awareness
Theme 7	Living in the Wider World	Human Rights - And Wrongs	Human rights flow from human dignity. Exploring issues such as sexual exploitation, harassment and assault helps us understand how rights can be upheld or violated.	Human rights, sexual harassment, assault & rape
Theme 8	Safe and Well	Out and About	Making wise decisions in public spaces requires awareness, prudence and respect for others. Calm risk assessment helps protect life and dignity.	Safety around roads, water and railways
		Lifesaving Skills	Knowing how to respond in an emergency builds confidence and courage. Early action can save lives.	Basic first aid

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Year 10

Year 10	Focus	Theme Title	Key Message	Content Covered
Theme 1	Religious Understanding	Authentic Freedom	Authentic freedom is found in making a loving gift of self according to God's plan for sex. Responsible choices shape the person we become, leading to deeper freedom.	Sex and chastity
Theme 2	Me, My Body, My Dignity	Self-Image	Our self-image is influenced by culture, media and comparison. Grounding our identity in dignity helps us resist pressure and grow in confidence.	Self-respect and body image
Theme 3	Wellbeing and Health	Beliefs, Values, Attitudes	Our beliefs shape our attitudes and behaviour. Reflecting critically on our values helps us act with integrity and develop character.	Developing conscience and character
Theme 4	Life Cycles	Parenthood	Parenthood carries emotional, physical and lifelong responsibilities. Considering its demands helps us understand the importance of commitment and preparation.	Parenthood, rights and responsibilities
Theme 5	Personal Relationships	Pregnancy and Abortion	Pregnancy can raise complex emotional and ethical questions. Exploring support, responsibility and the value of life helps us respond with compassion and care.	Pregnancy and abortion
		Abuse	Abuse in relationships violates dignity and trust. It can take many forms, including emotional, physical and sexual harm; recognising warning signs helps keep us safe.	Abuse, healthy and unhealthy relationships
Theme 6	Online Awareness	Online Influences	Online content shapes attitudes, relationships and behaviour. Learning to think critically helps us respond wisely to digital influence.	Online safety awareness
Theme 7	Living in the Wider World	Solidarity	Love calls us to build peace and live in solidarity with all of God's creation, especially the poor, marginalised and oppressed.	Catholic Social Teaching, solidarity
Theme 8	Safe and Well	Out in Public	Making wise decisions about how we act and treat others in public spaces is part of becoming a responsible young adult. Prudence helps protect dignity and safety.	Personal safety and relationships

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Year 11

Year 11	Focus	Theme Title	Key Message	Content Covered
Theme 1	Religious Understanding	Self-Worth	Dignity is not based on success, popularity or appearance. Our worth comes from being created and loved by God, shaping how we treat ourselves and others.	Self-worth, respect and dignity
Theme 2	Me, My Body, My Dignity	Alcohol, Drugs & Dependency	Substances promise short-term highs but carry real risks. Exploring addiction, freedom and responsibility helps us make choices that protect health and dignity.	Alcohol and drug awareness
Theme 3	Wellbeing and Health	Mental Wellbeing	Mental wellbeing fluctuates throughout life. Understanding stress, challenges and support pathways helps us care for ourselves and respond compassionately to others.	Mental health
		Eating Disorders (Optional)	Exploring attitudes to food, control and body image helps us understand how eating disorders can develop and how support and recovery are possible.	Mental health
		Health and Fitness	Good health is a gift that requires stewardship. Developing healthy habits supports long-term physical wellbeing and strengthens our ability to serve others.	Physical health and fitness
Theme 4	Life Cycles	Family Planning and Fertility	Fertility is a precious gift linked to love and responsibility. Exploring Natural Family Planning helps us reflect on how sexual choices relate to dignity and commitment.	Contraception, fertility and Natural Family Planning
Theme 5	Personal Relationships	Sexual Health	Sexual choices carry physical and emotional consequences. Understanding sexually transmitted infections and risk helps us reflect on responsibility, respect and wellbeing.	STIs
		Pornography	Pornography distorts the meaning of sexuality and harms dignity. Examining its negative impact helps us consider how it affects behaviour and authentic intimacy.	Pornography
		Coercive Control	Healthy relationships are rooted in respect and freedom. Exploring coercive control helps us recognise how abuse develops, how to protect dignity and stay safe.	Abuse and coercive control

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Cinema-in-Education sessions

Cinema in Education (CiE) sessions are powerful, story-led experiences designed to complement the curriculum. They can be used as stand-alone events or integrated into lesson sequences. Explore the full CiE pathway: https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/page/cie-pathway/

Sessions per programme	**Session 1** Whole or half-year groups	**Session 2** Classroom groups	**Session 3** Classroom groups
Year 7	**Facts of Life**	**Seeking and Offering Support**	**Looking in the Mirror**
Facts of Life explores friendship, new beginnings, bullying and the impact of social media on relationships. It helps young people recognise their true, innate value through the eyes of God.			
Year 8	**The Trouble with Max**	**Trust the Truth – Part One**	**Trust the Truth – Part Two**
The Trouble with Max encourages young people to reflect on the negative pressures and influences they face, and to challenge false narratives with a deeper understanding of their identity and dignity.			
Year 9	**Love, Honour, Cherish**	**The Gift of Sex**	**The Gift of Self**
Love, Honour, Cherish explores peer pressure, relationships, sexting and media influence. It promotes chastity, authentic love and the value of marriage.			
Year 10	**Babies**	**Responding to an Unexpected Pregnancy**	**Safe Sex or Save Sex?**
Babies addresses teenage pregnancy, abortion, parenthood, relationships, marriage, family life, love and responsibility. It enables young people to engage with delicate issues with their hearts and minds.			
Year 11	**Truth and Lies**	**Truth or Lies – Part One**	**Truth or Lies – Part Two**
Truth and Lies uses a mixture of drama, documentary, discussion and reflection to help students understand that pornography negatively impacts the individual person, their relationships and the wider world.			
Year 12	**Common Room**	**Life in Sixth Form – Part One**	**Life in Sixth Form – Part Two**
Common Room explores the challenges and opportunities of increased independence. It encourages discernment in relation to friendship, freedom, success, relationships, alcohol and drugs.			
Year 13	**Bakhita's Prayer**	**Understanding Human Trafficking**	**Taking Action**
Bakhita's Prayer presents a powerful account of human dignity and resilience. It raises awareness of modern slavery and human trafficking while encouraging reflection on justice and action.			