# EYFS

**Nursery - Ten:Ten Journey in Love Wellbeing First Aid Current Trends**

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| --- | --- | --- | --- |
| Term | Module and Unit | Session Title | Session Length |
| Autumn | [EYFS, Module 1, Unit 1](https://www.tentenresources.co.uk/units/eyfs_1-1_religious-understanding/)  [EYFS, Module 2, Unit 1](https://www.tentenresources.co.uk/units/eyfs_2-1_religious-understanding/)  [EYFS, Module 2, Unit 2](https://www.tentenresources.co.uk/units/eyfs_2-2_personal-relationships/) | Story Sessions: [Handmade With Love](https://www.tentenresources.co.uk/sessions/eyfs_1-1-1_handmade-with-love/)  Session 1 &2: [Role Model](https://www.tentenresources.co.uk/sessions/role-model/)  Session 3: [Who's Who?](https://www.tentenresources.co.uk/sessions/whos-who/)  Session 4: [You’ve Got A Friend in Me](https://www.tentenresources.co.uk/sessions/youve-got-a-friend-in-me/)  Session 5: [Forever Friends](https://www.tentenresources.co.uk/sessions/forever-friends/) | 5 x 15-minute sessions over 5 days  2 x 15-minute sessions  15 minutes  15 minutes  15 minutes |
| Spring | [EYFS, Module 2, Unit 3](https://www.tentenresources.co.uk/units/eyfs_2-3_keeping-safe/) | Session 1: [Safe Inside and Out](https://www.tentenresources.co.uk/sessions/safe-inside-and-out/)  Session 2: [My Body, My Rules](https://www.tentenresources.co.uk/sessions/my-body-my-rules/)  Session 3: [Feeling Poorly](https://www.tentenresources.co.uk/sessions/feeling-poorly/)  Session 4: [People Who Help Us](https://www.tentenresources.co.uk/sessions/people-who-help-us/)  Session 5 and 6: Journey in Love - Physical | 15 minutes  15 minutes  15 minutes  15 minutes  2 x 15-minute sessions |
| Summer | [EYFS, Module 3, Unit 1](https://www.tentenresources.co.uk/units/eyfs_3-1_religious-understanding/)  [EYFS, Module 3, Unit 2](https://www.tentenresources.co.uk/units/eyfs_3-2_living-in-the-wider-world/) | Session 1: [God is Love](https://www.tentenresources.co.uk/sessions/god-is-love/)  Session 2: [Loving God, Loving Others](https://www.tentenresources.co.uk/sessions/loving-god-loving-others/)  Session 3: [Me, You, Us](https://www.tentenresources.co.uk/sessions/me-you-us/)  Session 4,5&6: Journey in Love – Social, Emotional and Spiritual | 15 minutes  15 minutes  15 minutes  3x15-minute sessions |

**Reception Ten:Ten Journey in Love Wellbeing First Aid Current Trends**

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| --- | --- | --- | --- |
| Term | Module and Unit | Session Title | Session Length |
| Autumn | [EYFS, Module 1, Unit 1](https://www.tentenresources.co.uk/units/eyfs_1-1_religious-understanding/)  [EYFS, Module 1, Unit 2](https://www.tentenresources.co.uk/units/eyfs_1-2_me-my-body-my-health/) | Story Sessions: [Handmade With Love](https://www.tentenresources.co.uk/sessions/eyfs_1-1-1_handmade-with-love/)  Session 1: [I Am Me](https://www.tentenresources.co.uk/sessions/i-am-me/)  Session 2: [Heads, Shoulders, Knees and Toes](https://www.tentenresources.co.uk/sessions/heads-shoulders-knees-and-toes/)  Session 3: [Ready Teddy?](https://www.tentenresources.co.uk/sessions/ready-teddy-2/) | 5 x 15-minute sessions over 5 days  15 minutes  15 minutes  15 minutes |
| Spring | [EYFS, Module 1, Unit 3](https://www.tentenresources.co.uk/units/eyfs_1-3_emotional-well-being/)  [EYFS, Module 1, Unit 4](https://www.tentenresources.co.uk/units/eyfs_1-4_life-cycles/) | Session 1: [I Like, You Like, We All Like!](https://www.tentenresources.co.uk/sessions/i-like-you-like-we-all-like/)  Session 2: [Good Feelings, Bad Feelings](https://www.tentenresources.co.uk/sessions/good-feelings-bad-feelings/)  Session 3: [Let’s Get Real](https://www.tentenresources.co.uk/sessions/lets-get-real/)  Session 4: [Growing Up](https://www.tentenresources.co.uk/sessions/growing-up/)  Session 5 and 6: Journey in Love - Physical | 15 minutes  15 minutes  15 minutes  15 minutes  2 x 15-minute sessions |
| Summer I or II | EYFS, Module 3, Unit 1  [EYFS, Module 3, Unit 2](https://www.tentenresources.co.uk/units/eyfs_3-2_living-in-the-wider-world/) | Session 1: [God is Love](https://www.tentenresources.co.uk/sessions/god-is-love/)  Session 2: [Loving God, Loving Others](https://www.tentenresources.co.uk/sessions/loving-god-loving-others/)  Session 3: [Me, You, Us](https://www.tentenresources.co.uk/sessions/me-you-us/)  Session 4,5&6: Journey in Love – Social, Emotional and Spiritual | 15 minutes  15 minutes  15 minutes  3 x 15-minute sessions |

# KS1

**Year 1 Ten:Ten Journey in Love Wellbeing First Aid Current Trends**

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| --- | --- | --- | --- |
| Term | Module and Unit | Session Title | Session Length |
| Autumn | [KS1, Module 1, Unit 1](https://www.tentenresources.co.uk/units/ks1_1-1_religious-understanding/)  [KS1, Module 2, Unit 1](https://www.tentenresources.co.uk/units/ks1_2-1_religious-understanding/)  [KS1, Module 2, Unit 2](https://www.tentenresources.co.uk/units/ks1_2-2_personal-relationships/)  [KS1, Module 2, Unit 3](https://www.tentenresources.co.uk/units/ks1_2-3_keeping-safe/) | Story Sessions: [Let the Children Come](https://www.tentenresources.co.uk/sessions/let-the-children-come/)  Session 1: [God Loves You](https://www.tentenresources.co.uk/sessions/god-loves-you/)  Session 2: [Special People](https://www.tentenresources.co.uk/sessions/special-people/)  Session 3: [Treat Others Well…](https://www.tentenresources.co.uk/sessions/treat-others-well/)  Session 4: […and Say Sorry](https://www.tentenresources.co.uk/sessions/and-say-sorry/)  Session 5: [Being Safe](https://www.tentenresources.co.uk/sessions/being-safe/) | 5 x 10-minute sessions over 5 days  40 minutes  30 minutes  35 minutes  30 minutes  35 minutes |
| Spring | [KS1, Module 2, Unit 3](https://www.tentenresources.co.uk/units/ks1_2-3_keeping-safe/) | Session 1: [Good and Bad Secrets](https://www.tentenresources.co.uk/sessions/good-and-bad-secrets/)  Session 2: [Physical Contact](https://www.tentenresources.co.uk/sessions/physical-contact/)  Session 3: [Harmful Substances](https://www.tentenresources.co.uk/sessions/harmful-substances/)  Session 4: [Can You Help Me? (Part 1)](https://www.tentenresources.co.uk/sessions/can-you-help-me-part-1/)  Session 5: [Can You Help Me? (Part 2)](https://www.tentenresources.co.uk/sessions/can-you-help-me-part-two/)  Session 6: Journey in Love - Physical | 35 minutes  45 minutes (or 2 x 25 minutes)  30 minutes  35 minutes  35 minutes  60 minutes |
| Summer | [KS1, Module 3, Unit 1](https://www.tentenresources.co.uk/units/ks1_3-1_religious-understanding/)  [KS1, Module 3, Unit 2](https://www.tentenresources.co.uk/units/ks1_3-2_living-in-the-wider-world/) | Session 1: [Three In One](https://www.tentenresources.co.uk/sessions/three-in-one/)  Session 2: [Who is My Neighbour?](https://www.tentenresources.co.uk/sessions/who-is-my-neighbour/)  Session 3:[The Communities We Live In](https://www.tentenresources.co.uk/sessions/the-communities-we-live-in/)  Session 4&5: Journey in Love – Social, Emotional and Spiritual  Session 6: Wellbeing and Relaxation | 25 minutes  30 minutes  35 minutes  2x45 minute sessions  45 minutes |

**Year 2 Ten:Ten Journey in Love Wellbeing First Aid Current Trends**

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| --- | --- | --- | --- |
| Term | Module and Unit | Session Title | Session Length |
| Autumn | [KS1, Module 1, Unit 1](https://www.tentenresources.co.uk/units/ks1_1-1_religious-understanding/)  [KS1 Module 1, Unit 3](https://www.tentenresources.co.uk/units/ks1_1-3_emotional-well-being/) | Story Sessions: [Let the Children Come](https://www.tentenresources.co.uk/sessions/let-the-children-come/)  Session 1: [Feelings, Likes and Dislikes](https://www.tentenresources.co.uk/sessions/feelings-likes-and-dislikes/)  Session 2: [Feeling Inside Out](https://www.tentenresources.co.uk/sessions/feeling-inside-out/)  Session 3: [Super Susie Gets Angry](https://www.tentenresources.co.uk/sessions/super-susie-gets-angry/)  Session 4: First Aid – Calling for Help  Session 5: First Aid – Head Injuries | 5 x 10-minute sessions over 5 days  40 minutes  30 minutes  40 minutes  45 minutes  45 minutes |
| Spring | [KS1, Module 1, Unit 2](https://www.tentenresources.co.uk/units/ks1_1-2_me-my-body-my-health/)  [KS1 Module 1 Unit 4](https://www.tentenresources.co.uk/units/ks1_1-4_life-cycles/) | Session 1: [I Am Unique](https://www.tentenresources.co.uk/sessions/i-am-unique/)  Session 2: [Girls and Boys](https://www.tentenresources.co.uk/sessions/girls-and-boys/)  Session 3&4: [Clean and Healthy (My Body)](https://www.tentenresources.co.uk/sessions/clean-and-healthy-my-body-2/)  Session 5: [The Cycle of Life](https://www.tentenresources.co.uk/sessions/the-cycle-of-life/)  Session 6: Journey in Love – Physical | 30 minutes  30-40 minutes  40 minutes (2 sessions)  30 minutes  60 minutes |
| Summer | [KS1, Module 3, Unit 1](https://www.tentenresources.co.uk/units/ks1_3-1_religious-understanding/)  [KS1, Module 3, Unit 2](https://www.tentenresources.co.uk/units/ks1_3-2_living-in-the-wider-world/) | Session 1: [Three In One](https://www.tentenresources.co.uk/sessions/three-in-one/)  Session 2: [Who is My Neighbour?](https://www.tentenresources.co.uk/sessions/who-is-my-neighbour/)  Session 3: [The Communities We Live In](https://www.tentenresources.co.uk/sessions/the-communities-we-live-in/)  Session 4&5: Journey in Love – Social, Emotional and Spiritual  Session 6: Wellbeing and Relaxation | 25 minutes  30 minutes  35 minutes  2x45 minute sessions  45 minutes |

# LKS2

**Year 3 Ten:Ten Journey in Love Wellbeing First Aid Current Trends**

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| --- | --- | --- | --- |
| Term | Module and Unit | Session Title | Session Length |
| Autumn | [LKS2 Module 2, Unit 1](https://www.tentenresources.co.uk/units/lks2_2-1_religious-understanding/)  [LKS2 Module 2, Unit 2](https://www.tentenresources.co.uk/units/lks2_2-2_personal-relationships/) | Session 1: [The Sacraments](https://www.tentenresources.co.uk/sessions/the-sacraments/)  Story Sessions: [Jesus, My Friend](https://www.tentenresources.co.uk/sessions/jesus-my-friend/)  Session 2: [Friends, Family and Others…](https://www.tentenresources.co.uk/sessions/friends-family-and-others/)  Session 3: [When Things Feel Bad](https://www.tentenresources.co.uk/sessions/when-things-feel-bad/)  Session 4: First Aid – Bites and Stings  Session 5: First Aid – Allergies  Session 6: Current Trends – Emergency Services | 45 minutes  5 x 15-minute sessions over 5 days  45 minutes  45 minutes  45 minutes  45 minutes  30 minutes |
| Spring | [LKS2 Module 2, Unit 3](https://www.tentenresources.co.uk/units/lks2_2-3_keeping-safe/) | Session 1: [Sharing Online](https://www.tentenresources.co.uk/sessions/sharing-online/)  Session 2: [Chatting Online](https://www.tentenresources.co.uk/sessions/chatting-online/)  Session 3: [Safe In My Body](https://www.tentenresources.co.uk/sessions/safe-in-my-body/)  Session 4: [Drugs, Alcohol and Tobacco](https://www.tentenresources.co.uk/sessions/drugs-alcohol-tobacco/)  Session 5: [First Aid Heroes](https://www.tentenresources.co.uk/sessions/first-aid-heroes/)  Session 6: Journey in Love – Physical  Session 7: Current Trends – TBC | 45 minutes  45 minutes  45 minutes  45 minutes  45 minutes  60 minutes  30 minutes |
| Summer | [LKS2 Module 3, Unit 1](https://www.tentenresources.co.uk/units/lks2_3-1_religious-understanding/)  [LKS2 Module 3, Unit 2](https://www.tentenresources.co.uk/units/lks2_3-2_living-in-the-wider-world/) | Session 1: [A Community of Love](https://www.tentenresources.co.uk/sessions/a-community-of-love/)  Session 2: [What is the Church?](https://www.tentenresources.co.uk/sessions/what-is-the-church/)  Session 3: [How Do I Love Others?](https://www.tentenresources.co.uk/sessions/how-do-i-love-others/)  Session 4&5: Journey in Love – Social, Emotional and Spiritual  Session 6: Wellbeing and Relaxation  Session 7: Current Trends – TBC | 30 minutes  45 minutes  50 minutes  2x45 minute sessions  45 minutes  30 minutes |

**Year 4 Ten:Ten Journey in Love Wellbeing First Aid Current Trends**

|  |  |  |  |
| --- | --- | --- | --- |
| Term | Module and Unit | Session Title | Session Length |
| Autumn | [LKS2 Module 1, Unit 1](https://www.tentenresources.co.uk/units/lks2_1-1_religious-understanding/)  [LKS2 Module 1, Unit 3](https://www.tentenresources.co.uk/units/lks2_1-3_emotional-well-being/) | Story Sessions: [Get Up!](https://www.tentenresources.co.uk/sessions/lks2_1-1-1_get-up/)  Session 1: [What Am I Feeling?](https://www.tentenresources.co.uk/sessions/what-am-i-feeling/)  Session 2: [What Am I Looking At?](https://www.tentenresources.co.uk/sessions/what-am-i-looking-at/)  Session 3: [I Am Thankful](https://www.tentenresources.co.uk/sessions/i-am-thankful/)  Session 4: First Aid – Asthma  Session 5: First Aid – Burns and Scalds  Session 6: Current Trends – Safe Decisions | 5 x 15-minute sessions over 5 days  45 minutes  45 minutes  45 minutes  60 minutes  60 minutes  30 minutes |
| Spring | [LKS2 Module 1, Unit 2](https://www.tentenresources.co.uk/units/lks2_1-2_me-my-body-my-health/)  [LKS2 Module 1, Unit 4](https://www.tentenresources.co.uk/units/lks2_1-4_life-cycles/) | Session 1: [We Don’t Have to be the Same](https://www.tentenresources.co.uk/sessions/we-dont-have-to-be-the-same/)  Session 2: [Respecting our Bodies](https://www.tentenresources.co.uk/sessions/respecting-our-bodies/)  Session 3: [What is Puberty?](https://www.tentenresources.co.uk/sessions/what-is-puberty/)  Session 4: [Changing Bodies](https://www.tentenresources.co.uk/sessions/changing-bodies-2/)  Session 5: [Life Cycles](https://www.tentenresources.co.uk/sessions/life-cycles/)  Session 6: Journey in Love – Physical  Session 7: Current Trends – TBC | 45 minutes  45 minutes  45 minutes  45 minutes  45 minutes  60 minutes  30 minutes |
| Summer | [LKS2 Module 3, Unit 1](https://www.tentenresources.co.uk/units/lks2_3-1_religious-understanding/)  [LKS2 Module 3, Unit 2](https://www.tentenresources.co.uk/units/lks2_3-2_living-in-the-wider-world/) | Session 1: [A Community of Love](https://www.tentenresources.co.uk/sessions/a-community-of-love/)  Session 2: [What is the Church?](https://www.tentenresources.co.uk/sessions/what-is-the-church/)  Session 3: [How Do I Love Others?](https://www.tentenresources.co.uk/sessions/how-do-i-love-others/)  Session 4&5: Journey in Love – Social, Emotional and Spiritual  Session 6: Wellbeing and Relaxation  Session 7: Current Trends – TBC | 30 minutes  45 minutes  50 minutes  2x45 minute sessions  45 minutes  30 minutes |

# UKS2

**Year 5 Ten:Ten Journey in Love Wellbeing First Aid Current Trends**

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| --- | --- | --- | --- |
| Term | Module and Unit | Session Title | Session Length |
| Autumn | [UKS2 Module 1, Unit 1](https://www.tentenresources.co.uk/units/uks2_1-1_religious-understanding/)  [UKS2 Module 2, Unit 2](https://www.tentenresources.co.uk/units/uks2_2-2_personal-relationships/) | Story Sessions: [Calming the Storm](https://www.tentenresources.co.uk/sessions/calming-the-storm/)  Session 1: [Under Pressure](https://www.tentenresources.co.uk/sessions/under-pressure/)  Session 2: [Do You Want A Piece of Cake?](https://www.tentenresources.co.uk/sessions/do-you-want-a-piece-of-cake/)  Session 3: [Self-Talk](https://www.tentenresources.co.uk/sessions/self-talk/)  Session 4: First Aid – Bleeding  Session 5: First Aid – Choking  Session 6: Current Trends – Grooming | 5 x 15-minute sessions over 5 days  45-60 minutes  45-60 minutes  45-60 minutes  45-60 minutes  45-60 minutes  30 minutes |
| Spring | [UKS2 Module 2, Unit 3](https://www.tentenresources.co.uk/units/uks2_2-3_keeping-safe/) | Session 1: [Sharing Isn’t Always Caring](https://www.tentenresources.co.uk/sessions/sharing-isnt-always-caring/)  Session 2: [Cyberbullying](https://www.tentenresources.co.uk/sessions/cyberbullying/)  Session 3: [Types of Abuse](https://www.tentenresources.co.uk/sessions/types-of-abuse/)  Session 4: [Impacted Lifestyles](https://www.tentenresources.co.uk/sessions/impacted-lifestyles/)  Session 5: [Making Good Choices](https://www.tentenresources.co.uk/sessions/making-good-choices/)  Session 6: Journey in Love – Physical  Session 6: Current Trends – TBC | 45-60 minutes  45-60 minutes  45-60 minutes  45-60 minutes  45-60 minutes  60-90 minutes  30 minutes |
| Summer | [UKS2 Module 2, Unit 3](https://www.tentenresources.co.uk/units/uks2_2-3_keeping-safe/)  [UKS2 Module 3, Unit 1](https://www.tentenresources.co.uk/units/uks2_3-1_religious-understanding/)  [UKS2 Module 3, Unit 2](https://www.tentenresources.co.uk/units/uks2_3-2_living-in-the-wider-world/) | Session 1: [Giving Assistance](https://www.tentenresources.co.uk/sessions/giving-assistance/)  Session 2: [Catholic Social Teaching](https://www.tentenresources.co.uk/sessions/catholic-social-teaching/)  Session 3: [Reaching Out](https://www.tentenresources.co.uk/sessions/reaching-out/)  Session 4&5: Journey in Love – Social, Emotional and Spiritual  Session 6: Wellbeing and Relaxation  Session 7: Current Trends – Knife Crime | 45-60 minutes  45-60 minutes  45-60 minutes  2x45 minute sessions  45 minutes  30 minutes |

**Year 6 Ten:Ten Journey in Love Wellbeing First Aid Current Trends**

|  |  |  |  |
| --- | --- | --- | --- |
| Term | Module and Unit | Session Title | Session Length |
| Autumn | [UKS2 Module 1, Unit 1](https://www.tentenresources.co.uk/units/uks2_1-1_religious-understanding/)  [UKS2 Module 1, Unit 2](https://www.tentenresources.co.uk/units/uks2_1-2_me-my-body-my-health/)  [UKS2 Module 1, Unit 3](https://www.tentenresources.co.uk/units/uks2_1-3_emotional-well-being/) | Story Sessions: [Calming the Storm](https://www.tentenresources.co.uk/sessions/calming-the-storm/)  Session 1: [Gifts and Talents](https://www.tentenresources.co.uk/sessions/gifts-and-talents/)  Session 2: [Peculiar Feelings](https://www.tentenresources.co.uk/sessions/peculiar-feelings/)  Session 3: [Emotional Changes](https://www.tentenresources.co.uk/sessions/emotional-changes/)  Session 4: First Aid – Basic Life Support  Session 5: First Aid – Basic Life Support  Session 6: Current Trends – County Lines | 5 x 15-minute sessions over 5 days  45-60 minutes  45-60 minutes  45-60 minutes  45-60 minutes  45-60 minutes  30 minutes |
| Spring | [UKS2 Module 1, Unit 2](https://www.tentenresources.co.uk/units/uks2_1-2_me-my-body-my-health/)  [UKS2 Module 1, Unit 3](https://www.tentenresources.co.uk/units/uks2_1-3_emotional-well-being/)  [UKS2 Module 1, Unit 4](https://www.tentenresources.co.uk/units/uks2_1-4_life-cycles/) | Session 1: [Girls’ Bodies](https://www.tentenresources.co.uk/sessions/girls-bodies/)  Session 2: [Boys’ Bodies](https://www.tentenresources.co.uk/sessions/boys-bodies/)  Session 3: [Spots and Sleep](https://www.tentenresources.co.uk/sessions/spots-and-sleep/)  Session 4: Body Image  Session 5: [Making Babies (Part 1 and Part 2)](https://www.tentenresources.co.uk/sessions/making-babies-part-1/)  Session 6: [Menstruation](https://www.tentenresources.co.uk/sessions/menstruation/)  Session 7: Journey in Love – Physical  Session 8: Current Trends – Hate Crime | 45-60 minutes  45-60 minutes  45-60 minutes  45-60 minutes  60-90 minutes  45-60 minutes  45-60 minutes  30 minutes |
| Summer | [UKS2 Module 3, Unit 1](https://www.tentenresources.co.uk/units/uks2_3-1_religious-understanding/)  [UKS2 Module 1, Unit 3](https://www.tentenresources.co.uk/units/uks2_1-3_emotional-well-being/)  [UKS2 Module 3, Unit 2](https://www.tentenresources.co.uk/units/uks2_3-2_living-in-the-wider-world/) | Session 1: [Seeing Stuff Online](https://www.tentenresources.co.uk/sessions/seeing-stuff-online/)  Session 2: [Catholic Social Teaching](https://www.tentenresources.co.uk/sessions/catholic-social-teaching/)  Session 3: [Reaching Out](https://www.tentenresources.co.uk/sessions/reaching-out/)  Session 4&5: Journey in Love – Social, Emotional and Spiritual  Session 6: Wellbeing and Relaxation  Session 7: Current Trends – TBC | 45-60 minutes  45-60 minutes  45-60 minutes  2x 45-60 minutes  45-60 minutes  30 minutes |