



Ten:Ten Live Life To The Full Plus

Term	Wk	Nur	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	1	Transition OPAL play charter and rules (Reception only) Class Rules		Transition Rights Respecting 3 Houses OPAL play charter and rules Class Rules					
	2	British Values – Democracy/Voting - House captain voting 12 th Sept link to school value - justice							
	3	Zones of regulation - check display and recap of zones and feelings linked to zones 15.09.25 International Day of Democracy							
	4	How can I be a good friend Pol-Ed	How can I make friends? Pol-Ed	How do I share family worries? Pol-Ed	What can I do when friendships go wrong? Pol-Ed	How can we be role models? Pol-Ed	How can my adult relationships affect my future? Pol-Ed	How can I reframe my thinking? Pol-Ed	
	5	What are rules? Pol-Ed	How can I be responsible? Pol-Ed	How do I deal with change? Pol-Ed	What are children's rights? Pol-Ed	How can I respect my environment? Pol-Ed	What is my personal identity? Pol-Ed	How can we respect different relationships? Pol-Ed	
	6	World mental health day Friday activities in class safe squad							
	7	How can I play safely? Pol-Ed	What makes me special? Pol-Ed	How can I work with different people? Pol-Ed	How does school help me? Pol-Ed	What is a healthy friendship? Pol-Ed	How do words have power? Pol-Ed	What is my relationship with authority? Pol-Ed	
	8	Forest School Sessions – skill such as resilience, respect, resourceful, risk-taking, responsibility and reasoning Water Safety – icier weather							
Autumn 2	1	St. Charles' Feast Day and School Values 3 Houses Fire Safety							
	2	Anti-Bullying Week- Reach Out Theme							

		Remembrance Day							
	3	British Values – Rule of Law link to school value - justice							
	4	M1 U1 S1	M1 U1 S1	M1 U1 S1	M1 U1 S1	M1 U1 S1	M1 U1 S1	M1 U1 S1	M1 U1
	5	M2 U1 S1	How can I be a germ buster? Pol-Ed	M2 U1 S1	M1 U2 S1	M1 U1 S2	M1 U2 S1	M2 U1 S1	M1 U2 S1
	6	How can I play nicely with others? Pol-Ed		What if my friends are making me feel sad? Pol-Ed	M1 U2 S2	M2 U1	M1 U2 S2	What are my personal boundaries? Pol-Ed	M1 U2 S2
	7	What are consequences? Pol-Ed		How can I speak up? Pol-Ed	What are needs and wants? Pol-Ed	How should we treat people? Pol-Ed	M1 U2 S3	How can we use our phones sensibly? Pol-Ed	M1 U2 S3
Spring 1	1	Zones of Regulation activity from book 3 Houses							
	2	British Values – Individual Liberty link to school values - respect and joy							
	3	M2 U2 S1	M1 U2 S1	M2 U2 S1	M1 U2 S3	M2 U2 S1	M1 U2 S4	M2 U2 S1	M1 U2 S4
	4	M2 U2 S2	M1 U2 S2	M2 U2 S2	M1 U2 S4	M2 U2 S2	M1 U2 S5	M2 U2 S2	M1 U3 S1
	5	Children’s Mental Health Week Safer Internet Day (Safe Squad activities)							
	6	M2 U2 S3	M1 U2 S3	M2 U2 S3	Why is sleep important? Pol-Ed	M2 U3 S1	What are protected characteristics? Pol-Ed	M2 U2 S3	M1 U3 S2
Spring 2									
	1	British Values – Mutual Respect link to school value – respect and 3 Houses							
	2	M2 U3 S1	M1 U3 S1	M2 U4 S1	M1 U3 S1	M2 U3 S2	M1 U3 S1	M2 U3 S1	M1 U3 S3
	3	M2 U3 S2	M1 U3 S2	M2 U4 S2	M1 U3 S2	How can I be a responsible citizen? Pol-Ed	M1 U3 S2	M2 U3 S2	M1 U3 S4

	4	How can I make other children feel happy? Pol-Ed	M1 U3 S3	M2 U4 S3	M1 U3 S3	What are emergency situations? Pol-Ed	M1 U3 S3	How do rules help our community? Pol-Ed	M1 U4 S1
	5	Forest School Sessions – skill such as resilience, respect resourceful, risk-taking, responsibility and reasoning							
	6	What are the police and how do they help us? Pol-Ed		M2 U4 S4	Why does age matter? Pol-Ed	What is the law and why do we have it? Pol-Ed	What is first aid? Pol-Ed	How might school impact the way I feel? Pol-Ed	M1 U4 S2
Summer 1	1	British Values – Mutual Tolerance link to school values – respect and justice 3 Houses 23rd April St. Georges Day							
	2	M2 U4 S1	M1 U4 S1	M2 U4 S5	M1 U4 S1	M2 U4 S1	M1 U4 S1	M2 U4 S1	M1 U4 S3
	3	VE Day 8 th May							
		M2 U4 S2	M1 U4 S2	What do the police do? Pol-Ed	M1 U4 S2	M2 U4 S2	M1 U4 S2	M2 U4 S2	M1 U4 S4
	4	M3 U4 S1	M3 U1 S1	Why have different rules in different places? Pol-Ed	M1 U4 S3	M2 U4 S3	M1 U4 S3	M2 U4 S3	SAT's Week
	5	M2 U4 S4	M3 U1 S2	How can I be an empathy expert? Pol-Ed	M2 U3 S1	M2 U4 S4	How does school build my character? Pol-Ed	M2 U4 S4	M1 U4 S5
Summer 2									
	1	British Values and School values recap 3 Houses Water Safety – warmer weather							
	2	M3 U1 S1	M2 U2 S1	M3 U1 S1	M2 U3 S2	M3 U1 S1	M3 U1 S1	M3 U1 S1	M2 U2 S4

	3	M3 U1 S2	M2 U2 S2	M3 U1 S2	M3 U1 S1	M3 U1 S2	M3 U1 S2	M3 U1 S2	M3 U1 S1
	4	M3 U2 S1	M2 U2 S3	M3 U2 S1	M3 U1 S2	M3 U2 S1	M3 U2 S1	M3 U2 S1	M3 U1 S2
	5	Forest School Sessions – skill such as resilience, respect resourceful, risk-taking, responsibility and reasoning							
	6	How does food help me? Pol-Ed	M3 U2 S2	M3 U2 S1	M3 U2 S2	M3 U2 S3	M3 U2 S2	M3 U2 S1	M3 U2 S1
	7	How does exercise help me? Pol-Ed	How can I keep safe in new places? Pol-Ed	M3 U2 S3	What do we mean by risk? Pol-Ed	How can I keep safe in my local area? Pol-Ed	What are the risks with money? Pol-Ed	M3 U2 S3	M3 U2 S3

Appendix:

Ten:Ten live life to the full sessions must be completed and recorded in the class floor book.

For any trips or events that reduce curriculum time, condense Pol-Ed sessions when needed and annotate class coverage for 2025-2026.

The Zones of Regulation book will be in the PPA room to plan for your class.