

## Life to the Full Plus – Overview

*Life to the Full Plus* is a comprehensive, **faith-based Relationships and Health Education (RHE) and PSHE programme** from Ten Ten Resources, now used at St. John Fisher (SJF) to provide a full, age-appropriate curriculum across primary school. It combines the statutory core elements of *Life to the Full* with the enriched content of *Life to the Full Plus*, offering a **spiral curriculum** that revisits key themes with increasing depth each year.

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### Key Features & Progression:

- **Spiral Curriculum:** Family, friendships, relationships, personal health, emotional wellbeing, online life, and personal responsibility are revisited and expanded as children grow.
  - **Faith Integration:** Rooted in Catholic teaching; affirms each child as created and loved by God, nurturing dignity, respect, and moral development.
  - **Age-Appropriate Development:** Content builds progressively to support physical, emotional, and spiritual growth.
  - **Comprehensive Resources:** Fully planned lessons, videos, prayers, teacher guidance, and parent engagement materials.
  - **Extended Learning:** Enriched modules and optional pathways allow deeper exploration of real-life and cross-curricular issues.
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### Outcome:

Pupils develop a secure understanding of healthy relationships, emotional literacy, personal wellbeing, and Catholic values — all within a cohesive, progressive programme that grows with them throughout primary school.