



Year 10 Medium Term Plan – Life to the Full (RSHE)

St Patrick's RC High School

Week	Theme	Title	Description	Simple Scripture / Quote
1	Religious Understanding	Authentic Freedom	Students explore the idea that real freedom comes from choosing love and living for others.	<i>"The truth will set you free."</i> – John 8:32
2	My Body	Self-Image	Students reflect on dignity, body image and seeing themselves as created and loved by God.	<i>"You are precious to me."</i> – Isaiah 43:4
3	Emotional Wellbeing	Beliefs, Values, Attitudes	Students learn how beliefs and values shape moral choices and help build confidence and integrity.	<i>"Choose what is right."</i> – Proverbs 21:3
4	Life Cycles	Parenthood	Students consider the lifelong responsibilities of parenthood and its impact on family life and society.	<i>"Love is patient."</i> – 1 Corinthians 13:4
5	Personal Relationships	Pregnancy and Abortion	Students explore pregnancy as a gift of life and reflect on loving, compassionate responses to new life.	<i>"Before you were born, I set you apart."</i> – Jeremiah 1:5
6	Keeping Safe	Abuse	Students learn that abuse violates human dignity and discuss how to recognise, prevent, and seek help.	<i>"The Lord is close to the broken-hearted."</i> – Psalm 34:18
7	Wider World	Solidarity	Students learn that Christian love includes working for peace and justice, especially for the poor and vulnerable.	<i>"Love your neighbour."</i> – Mark 12:31