



St Teresa's RCP Prayer Progression



This detailed progression in prayer at **St. Teresa's RC Primary** reflects a clear and structured approach to developing the spiritual life of students at different stages of their education. Here are some key points and summaries for each stage:

Progression in Prayer Openings

1. Reception - Year 2:

- Focus on simple, loving language addressing God with titles like "Loving Father," "Holy God," and "Kind Lord."
- Introduction of more descriptive attributes in Year 2 (e.g., "Compassionate," "Understanding," "Everlasting").

2. Lower KS2:

- Builds on KS1 vocabulary, adding themes of "Justice," "Mercy," "Creation," and more.
- Encourages personalisation (e.g., "God of all Light").

3. Upper KS2:

- Expands to match themes of prayers to context, e.g., "God of all Justice and Peace."
 - Introduces a Trinitarian ending by Year 6.
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Types of Prayer Writing

1. Reception - Year 1:

- Focus on personal and family-centered prayers.
- Simple, repetitive, and scaffolded formats.

2. Year 2:

- Expands to include an awareness of the wider world.

3. LKS2:

- Introduction of Psalm Prayers (collaborative prayer-writing based on scripture).

- Simple Prayers of the Faithful and response prayers.

4. UKS2:

- Greater independence in writing prayers.
- Includes expanded and more specific Prayers of the Faithful.
- Introduction of "You-Who-Do-Through" prayers with a Trinitarian ending.

Daily Prayers

Children are introduced to and memorize daily prayers progressively:

- **Reception:** Morning Offering, Grace Before/After Meals, Home Time Prayer, Sign of the Cross.
- **KS1:** Introduction of foundational prayers like "Our Father" and "Hail Mary."
- **KS2:** Gradual inclusion of more formal prayers such as "Glory Be," "Eternal Rest," "Act of Contrition," and the Angelus by Year 6.

Silent Prayer and Meditation

1. Reception and KS1:

- Simple prompts for reflective silent prayer.
- Contemplation inspired by scripture, music, or art.

2. KS2:

- Use of **Lectio Divina:** A four-step process (Lectio - Read, Meditatio - Reflect, Oratio - Respond, Contemplatio - Rest).
- Daily Examen: Reflection on personal actions and spiritual growth.

Group and Liturgical Prayers

- **Rosary Decade:** Led by the GIFT Team in May and October.
 - **Angelus:** Introduced in Year 6 for daily midday prayer.
 - **Communal Practices:** Responses in group prayers learned progressively to build community participation.
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This structure nurtures children's spiritual development, aligning with their intellectual, emotional, and social growth. It's a comprehensive blend of personal reflection, community prayer, and scriptural engagement tailored to different age groups.