

Curriculum Framework
 Civics and Moral Education for Catholic Schools (CMECS)

Level : SECONDARY 1				
Week <i>(indicate your week #)</i>	Topics	Learning Goals/ BIG IDEA	Character and Citizenship Education (CCE) Learning Outcomes	Core Values/ SEL Competencies/Skills
	Theme: I Am Unique Lesson Plan 1: What Am I? <i>(What is special about human beings?)</i>	<ul style="list-style-type: none"> • Reflect on the question of human existence • Connect with the miracle of their birth • Experience themselves as special and unique. BIG IDEA: I am special; I am good.	#1 Develop self-awareness [and self-management skills] to achieve personal well-being and effectiveness.	Core Values: Integrity Respect Responsibility SEL Competencies: Self-Awareness Self-Management Social Awareness
	Theme: I Am Unique Lesson Plan 2: Who Am I?	<ul style="list-style-type: none"> • Have a sense of their uniqueness • Describe the meaning of their names • Explain how they feel about their unique identity • Distinguish their uniqueness from others BIG IDEA: I am a gift; I am called		Core Values: Responsibility, Integrity Respect SEL Competencies: Self-Awareness, Self- Management
	Theme: I am Unique Lesson Plan 3: Why Am I Here?	<ul style="list-style-type: none"> • Link the search for the meaning to love – to loving relationships and actions • Reflect on ways of living that give a purpose to everyday life. BIG IDEA: The Human Person is meant to love	#1 Develop self-awareness and self-management skills to achieve personal well-being and effectiveness. # 8 Demonstrate the ability to reflect on and respond to community, national and global issues, and to make informed and responsible decisions as a citizen.	Core Values: Respect Integrity Responsibility SEL Competencies: Self- Awareness Self- Management Social Awareness

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	Theme: I Am Unique Lesson Plan 4: To be fully human, fully alive	<ul style="list-style-type: none"> • Name ones special gifts as man/woman • Understand the relationship between the human capacity to love and his/her inherent gifts • Become aware that to be fully human, one must love and make full use of one’s gifts. BIG IDEA: I can be fully human, fully alive.	# 2 Apply moral reasoning, display responsibility in decision making and demonstrate integrity to stand by moral principles and shared values.	Core Values: Integrity Respect Responsibility SEL Competencies: Self- Awareness Social- Awareness Self- Management
	Theme: I Connect Lesson Plan 1: No One Stands Alone	<ul style="list-style-type: none"> • Deepen ones awareness of the social/relational nature of human person. • Work towards building better relationships with the self and others. BIG IDEA: The Human Person is Relational	#3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships.	Core Values: Respect Integrity Responsibility SEL Competencies: Social Awareness Self – Management Relationship Management
	Theme: I Connect Lesson Plan 2: I Am Wired <i>(Helping my relationships)</i>	<ul style="list-style-type: none"> • Understand the importance of good communication in relationships. • Deepen one’s respect for oneself and for other people. BIG IDEA: I grow together with others	#3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships.	Core Values: Resilience Respect SEL Competencies: Self-Management Social Awareness Relationship Management

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	Theme: I Connect Lesson Plan 3: Healthy Relationships	<ul style="list-style-type: none"> • Explore approaches and skills needed to foster healthy relationships. • Strengthen ones awareness of how ones feelings influence a relationship. • Increase their level of comfort with who they are and help them to accept themselves more fully. BIG IDEA: Good relationships help me grow fully.	# 3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships. # 4 Demonstrate resilience in the face of individual, community and national challenges, and develop the ability to turn challenges into opportunities.	Core Values: Respect Resilience Responsibility SEL Competencies: Self-Awareness Social-Awareness Relationship-Management
	Theme: I Reach Out: Mission Lesson Plan 1: My Founder, My Model	<ul style="list-style-type: none"> • Learn more about the school founder. • Expand vocabulary, ex. missionary, ordained priest, religious brother/nun. • Discover the context within which the religious order was founded and for what. BIG IDEA: Our school founder, my model	# 4 Demonstrate resilience in the face of individual, community and national challenges, and develop the ability to turn challenges into opportunities.	Core Values: Care Resilience Responsibility SEL Competencies: Self-Awareness Social Awareness Self-Management Relationship Management
	Theme: I Reach Out: Mission Lesson Plan 2: Small things make a big difference	<ul style="list-style-type: none"> • Realize that everyone can make a difference in the life of others. • Become more aware of one’s actions, words, thoughts, and feelings towards others in daily life. BIG IDEA: I am called to make a positive difference in the lives of others.	# 7 Demonstrate care for and contribute actively towards improving the lives of others to build a bright future for ourselves and to progress together as a nation.	Core Values: Care Resilience Responsibility SEL Competencies: Self-Awareness Self-Management Social- Awareness Relationship Management

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	Theme: I Reach Out: Mission Lesson Plan 3: Out of many, ONE!	<ul style="list-style-type: none"> • Understand what it means to be a student of a Catholic school. • Strengthen ones practice of at least one important school value in daily life, i.e. Compassion BIG IDEA: A true (IJ, Gabrielite, Canossian) is (compassionate, loving, etc.).	# 2 Apply moral reasoning, display responsibility in decision making and demonstrate integrity to stand by moral principles and shared values.	Core Values: Integrity Responsibility SEL Competency: Responsible Decision Making
	Theme: I Reach Out: Human and Natural Ecology Lesson Plan 1: Our Planet; Our Home	<ul style="list-style-type: none"> • Demonstrate respect and greater awareness of the world we live in. • Recognize the important role of creation in their lives. BIG IDEA: My relationship with the natural world gives meaning to my life.	# 8 Demonstrate the ability to reflect on and respond to community, national and global issues, and to make informed and responsible decisions as a citizen.	Core Values: Respect Responsibility SEL Competency: Social Awareness
	Theme: I Reach Out: Human and Natural Ecology Lesson Plan 2: Creation is Ours to treasure	<ul style="list-style-type: none"> • Begin to appreciate that the entire natural world is given as a gift to human beings – to care for and enjoy. • Experience a sense wonder for nature’s gifts of beauty and life. BIG IDEA: I build friendship with Nature	# 3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships.	Core Values: Care Integrity Responsibility SEL Competencies: Relationship management Social Awareness

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	Theme: I Reach Out: Human and Natural Ecology Lesson Plan 3: The Earth belongs to everyone.	<ul style="list-style-type: none"> Understand the meaning of Stewardship Work towards taking responsibility for the earth. BIG IDEA: I am responsible in taking care of the Earth.	# 8 Demonstrate the ability to reflect on and respond to community, national and global issues, and to make informed and responsible decisions as a citizen.	Core Values: Responsibility Respect Harmony SEL Competencies: Social Awareness Responsible Decision-Making
	Theme: I Reach Out: Citizenship Lesson Plan 1: Singapore: My Home	<ul style="list-style-type: none"> Recognize in their behavior if they are treating Singapore as their home or just as temporary hotel. Explore the reasons why people develop loyalty and love for their country and apply it to their own experiences. BIG IDEA: Owning and taking responsibility for the well-being of Singapore.	# 5 Appreciate our national identity, develop a sense of belonging to Singapore, and demonstrate commitment to the well-being, security and defence of the nation.	Core Value: Resilience Responsibility SEL Competencies: Self-Awareness Social Awareness
	Theme: I Reach Out: Citizenship Lesson Plan 2: My Singapore, Our Future	<ul style="list-style-type: none"> Understand that having persons who CARE is essential to the well-being of society. Acknowledge that living out that care in the neighborhood is not easy but worth the effort. BIG IDEA: Compassion and care create a caring society.	#7 Demonstrate care for and contribute actively towards improving the lives of others to build a bright future for ourselves and to progress together as a nation. # 4 Demonstrate resilience in the face of individual, community and national challenges, and develop the ability to turn challenges into opportunities.	Core Values: Care Harmony Resilience Responsibility SEL Competencies: Self-Awareness Social Awareness Relationship Management Responsible Decision Making

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	Theme: I Reach Out: Citizenship Lesson Plan 3: SINGAPLURAL	<ul style="list-style-type: none"> • Accept that unity is essential for growth and a strong nation. • Give value to racial, cultural and religious differences of Singapore BIG IDEA: Unity among races comes from respecting differences and developing friendships.	# 6 Demonstrate socio-cultural sensitivity and promote social cohesion and harmony in Singapore as a multi-cultural society.	Core Values: Respect Resilience Harmony SEL Competencies: Self-Awareness Social Awareness Relationship Management
	Theme: I Reach Out: Community Lesson Plan 1: My family, my community	<ul style="list-style-type: none"> • Appreciate more the importance of family in shaping values and perceptions that are basis for actions. • Become more responsible member of their own family. BIG IDEA: My family is precious, this is where I belong	# 3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships.	Core Values: Respect Responsibility Harmony SEL Competencies: Social Awareness Relationship management Responsible Decision Making
	Theme: I Reach Out: Community Lesson Plan 2: Belonging and Growing in Community	<ul style="list-style-type: none"> • Realize that there are many communities around them • Recognize that they belong to various communities • Appreciate that we get to know more about ourselves and can grow in community settings. BIG IDEA: Living with and in a community promotes human development.	# 5 Appreciate our national identity, develop a sense of belonging to Singapore, and demonstrate commitment to the well-being, security and defence of the nation.	Core Values: Respect Responsibility, Harmony SEL Competencies: Self-Awareness Social- Awareness Relationship Management

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	Theme: I Reach Out: Community Lesson Plan 3: United we stand	<ul style="list-style-type: none"> • Appreciate better what sense of community is about • Explore the values and contributions that enable a community to work • Discuss what strengthens and weakens Community <p>BIG IDEA: My talents and gifts help build better Communities;</p> <p>A good community promotes growth and a sense of belonging to everyone.</p>	<p># 6 Demonstrate socio-cultural sensitivity and promote social cohesion and harmony in Singapore as a multi-cultural society.</p> <hr/> <p># 3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships.</p>	<p>Core Values: Care Respect Resilience Harmony</p> <p>SEL Competencies: Self-Awareness Social Awareness Relationship management Responsible Decision Making</p>