

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

Level : SECONDARY 2				
Week <i>(Indicate your week #)</i>	Topics	Learning Goals/ BIG IDEA	Character and Citizenship Education (CCE) Learning Outcomes	Core Values/ SEL Competencies/Skills
Term 1 (January - March)				
Week	Theme: I Am Unique Lesson Plan 1: To Be Myself	<ul style="list-style-type: none"> • Reflect on what it means to be “MYSELF” – an authentic human being. • Understand human dignity as given in which men and women must live up to. <p>BIG IDEA: The Human Person is basically good, free, and rational.</p>	# 1 Develop self-awareness and self-management skills to achieve personal well-being and effectiveness.	Core Values: Integrity Responsibility Respect SEL Competencies: Self-Awareness Self-Management
Week	Theme: I Am Unique Lesson Plan 2: To Be Free	<ul style="list-style-type: none"> • Become more aware of what it means to be free. • Understand the difference between freedom and liberty. • Become conscious of the relationship between freedom and the choices we make <p>BIG IDEA: A fully Human Person is a Free Person</p>		Core Values: Care Respect Integrity Responsibility SEL Competencies : Self-Awareness Self-Management Responsible Decision Making
Week	Theme: I am Unique Lesson Plan 3: Making Good Choices	<ul style="list-style-type: none"> • Become more aware of the process of making good choices. • Understand that good choices help us grow in freedom that helps shape the total person. <p>BIG IDEA: Making good choices is an important part of daily life.</p>		Core Values: Care Integrity Responsibility SEL Competencies: Self- Awareness Self- Management Responsible Decision Making

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Week	Theme: I Connect Lesson Plan 1: A Sense of Belonging	<ul style="list-style-type: none"> Know that relating with others is basic to every human person. Understand that the choices we make in friendship invite us to growth and fullness. Give more meaning to friendship with others. BIG IDEA: The Human Person Is Interdependent	# 3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships.	Core Values: Respect Responsibility SEL Competencies: Social-Awareness Relationship Management
Term 2 (March - May)				
Week Optional for boys' schools	Theme: I Connect Lesson Plan 2: Do's & Don'ts (Because I am a Girl)	<ul style="list-style-type: none"> Become more aware of the images of women in today's society. To reflect on one's gift of womanhood and give value to it. BIG IDEA: I am unique yet one with others	# 1 Develop self-awareness and self-management skills to achieve personal well-being and effectiveness. # 3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships.	Core Values: Respect Responsibility SEL Competencies: Self-Awareness Self-Management Social Awareness Relationship Management
Week	Theme: I Connect Lesson Plan 3: Check It Out!	<ul style="list-style-type: none"> Review their present relationship with friends. Understand the importance of building healthy relationships. Manage their relationships with greater respect and responsibility BIG IDEA: Healthy relationships bring joy and meaning in life	# 3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships. # 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: Respect Responsibility SEL Competencies: Social Awareness Relationship Management

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Week	Theme: I Reach Out: Mission Lesson Plan 1: And Who Is My Neighbor?	<ul style="list-style-type: none"> Recognize a person in need. Become more conscious of his/her indispensable duty to help BIG IDEA: Anyone who does not have the means to flourish is my neighbor.	# 4 Demonstrate resilience in the face of individual, community and national challenges, and develop the ability to turn challenges into opportunities. # 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 Responsibility Resilience SEL Competencies: Social-Awareness Relationship- Management
Week	Theme: I Reach Out: Mission Lesson Plan 2: Man and Woman for Others	<ul style="list-style-type: none"> Become familiar with the less fortunate people in the community. Begin to develop a more perceptive attitude towards the plight of others in the community. BIG IDEA: I am called to be a man/woman for others	# 4 Demonstrate resilience in the face of individual, community and national challenges, and develop the ability to turn challenges into opportunities.	Core Values: Care Respect Responsibility SEL Competencies: Social Awareness Relationship Management Responsible Decision Making
Week	Theme: I Reach Out: Mission Lesson Plan 3: Be a Leader! Be a Servant! <i>(Creating a culture of service)</i>	<ul style="list-style-type: none"> Become more aware that true leaders always serve. Learn from the stories of young leaders who dedicated themselves to helping others. BIG IDEA: Leadership is for Service	# 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 Responsibility SEL Competencies: Social- Awareness Responsible Decision Making Relationship Management

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Term 3 (June - August)				
Week	<p>Theme: I Reach Out: Human and Natural Ecology</p> <p>Lesson Plan 1: To be steward of the earth, to be earth hero</p>	<ul style="list-style-type: none"> Review the environmental concerns and issues facing the younger generation (<i>as expressed in Severn Suzuki's speech</i>) as well as the rest of the world; Renew ones commitment as steward of the Earth. Experience group support from each other. <p>BIG IDEA: It is my duty to care for the Earth</p>	<p># 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.</p>	<p>Core Values: Respect Harmony Responsibility</p> <p>SEL Competencies: Social Awareness Relationship Management</p>
Week	<p>Theme: I Reach Out: Human and Natural Ecology</p> <p>Lesson Plan 2: The earth's creatures can be our friends</p>	<ul style="list-style-type: none"> Experience a sense of connection with Planet Earth and her creatures. Express appreciation for the animals found in Nature. Take action at school level to promote animal rights. <p>BIG IDEA: Making friends with Planet Earth builds up my capacity to care for her.</p>	<p># 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.</p>	<p>Core Values: Care Harmony Responsibility</p> <p>SEL Competencies : Social Awareness Responsible Decision Making</p>
Week	<p>Theme: I Reach Out: Human and Natural Ecology</p> <p>Lesson Plan 3: Green Peace and the great cycle of blessing</p>	<ul style="list-style-type: none"> Integrate the idea of being "Green" with the concept of Peace. Consolidate what they have learned about human ecology. Continue to make efforts in lifestyle changes that support Green Peace. <p>BIG IDEA: I am one with the planet earth; I am her caretaker.</p>	<p># 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.</p>	<p>Core Values: Care Responsibility</p> <p>SEL Competencies : Responsible Decision Making Relationship Management</p>

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Week	Theme: I Reach Out: Citizenship Lesson Plan 1: Thank You, Singapore	<ul style="list-style-type: none"> ▪ Students will be able to recognize that we are truly blessed as a nation. ▪ Learn to be grateful even for ordinary things in daily life; learn to count our blessing with humility. ▪ Students will realize that gratitude shows itself in a willingness to share with all and work to ensure that all get a fair share. <p>BIG IDEA: Grateful for the good things about Singapore, they belong to everyone.</p>	# 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: Integrity Responsibility SEL Competencies : Social Awareness Self-Awareness Responsible Decision Making
Week	Theme: I Reach Out: Citizenship Lesson Plan 2: Faithful Citizenship	<ul style="list-style-type: none"> ▪ Understand the meaning of Common Good as essential to nation building. ▪ Realize that participation in society is the hallmark of a faithful citizen. ▪ Explore participation as working to meet the needs of others and assisting them to grow. To have a ‘moral vision’ of society. <p>BIG IDEA: A faithful citizen is one who loves their country, feels one with people of every economic status and finds ways to serve and share.</p>	# 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 Integrity SEL Competencies : Responsible Decision Making Self-Awareness Social Awareness

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Week	Topics	Learning Goals/ BIG IDEA	Character and Citizenship Education (CCE) Learning Outcomes	Core Values/SEL Competencies/Skills
Term 4 (September – November)				
Week	Theme: I Reach Out: Citizenship Lesson Plan 3: Standing Together	<ul style="list-style-type: none"> ▪ Recognize that we are fundamentally dependent on each other for growth and a successful future as a nation. ▪ Realize that we need to be good neighbours within our region especially and show solidarity. ▪ Begin to build friendships with others in their own neighborhood. <p>BIG IDEA: Solidarity and collaboration is the way forward for all nations to prosper together.</p>	# 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: Integrity Responsibility SEL Competencies: Relationship Management Social Awareness
Week	Theme: I Reach Out: Community Lesson Plan 1: What's in a group?	<ul style="list-style-type: none"> • Recognize that there are similarities and differences within a group/community eg. backgrounds, views • Appreciate that values of acceptance and tolerance are instrumental to building unity and • Understand that this openness to diversity brings richness and unity to the group/community experience <p>BIG IDEA: Each person brings variety and diversity to a community. Greater sense of community is attained with openness, acceptance and understanding.</p>	# 6 Demonstrate socio-cultural sensitivity and promote social cohesion and harmony in Singapore as a multi-cultural society.	Core Values: Care Respect Resilience SEL Competencies: Self-Management Social Awareness Relationship Management Responsible Decision-Making

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Week	Topics	Learning Goals/ BIG IDEA	Character and Citizenship Education (CCE) Learning Outcomes	Core Values/SEL Competencies/Skills
Week	Theme: I Reach Out: Community Lesson Plan 2: Connections in Cyberspace	<ul style="list-style-type: none"> • Become more aware that new technologies such as the internet has a positive influence on human development • Appreciate that it enables friendships, communities and networks to be built and is an avenue for sharing • Understand that this new technology also promotes a culture of respect and dialogue. BIG IDEA: Technologies enable us to communicate, share and build new types of communities.	# 3 Develop social awareness and demonstrate interpersonal skills to build and maintain positive relationships.	Core Values: Integrity Respect Resilience SEL Competencies: Self-Awareness Social Awareness Self-Management Relationship Management Responsible Decision-Making
Week	Theme: I Reach Out: Community Lesson Plan 3: Many People: ONE Community	<ul style="list-style-type: none"> • Grasp the idea that although we are each unique, we connect and complement each other • Develop more insights into how these relationships help meet each other's needs and • Realize that with mutual respect and dignity for each other, we are united as one. BIG IDEA: We are many. Yet we are One!	# 6 Demonstrate socio-cultural sensitivity and promote social cohesion and harmony in Singapore as a multi-cultural society.	Core Values: Respect Harmony Responsibility SEL Competencies: Social Awareness Self-Management Relationship Management