



St Bernard's Progression of Prayer and Liturgy

	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Prayers	<p>Introduce:</p> <ul style="list-style-type: none"> ● Morning and home time prayers ● Grace before meals ● Our Father ● Hail Mary ● The Glory Be ● The stations of the cross <p>Simple responses at Mass:</p> <ul style="list-style-type: none"> ● Amen at end of prayers 	<p>As for Reception class plus:</p> <ul style="list-style-type: none"> ● Children's own 'Thank you' prayers ● Be introduced to an Act of Contrition <p>Prayers at Mass:</p> <ul style="list-style-type: none"> ● The opening of Nicene Creed ● The first words of the Gloria ● Lord have mercy ● Respond to prayers of intercession (bidding prayers) ● And with your Spirit ● Peace be with you ● Thanks be to God ● Simple prayers of thanks and praise 	<p>As for Key stage 1 plus:</p> <ul style="list-style-type: none"> ● Extracts from a psalm of creation ● Prayer for the dead— Eternal rest... ● Write own 'Sorry' prayers (contrition) ● Write own 'Praise & adoration' prayers ● The Saint Therese Prayer ● Be introduced to some more Marian prayers- including the rosary. <p>Prayers at Mass:</p> <ul style="list-style-type: none"> ● The Nicene Creed ● The Apostles Creed ● The Kyrie Eleison ● Gloria ● Holy, Holy, Holy ● Lamb of God ● Greeting the Gospel (Alleluia) ● Some prayers and responses that Catholics say during the mass. ● Some prayers and responses that Catholics sing during the Eucharistic prayer 	<p>As for LKS2 plus:</p> <ul style="list-style-type: none"> ● Write own bidding prayers/prayers of intercession ● O Come, O Come Emmanuel ● The mysteries of the Rosary ● The Act of Contrition ● The prayers of Confirmation ● "Come Holy Spirit, fill the hearts of your faithful" prayer ● The Magnificat ● The Act of Faith, Hope and Love prayers. <p>All Mass responses</p>



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Gestures	Introduce: <ul style="list-style-type: none"> ● Sign of the cross- words and actions ● Closing eyes & joining hands 	As for Reception class plus: <ul style="list-style-type: none"> ● Standing, sitting or kneeling for prayer in mass ● Genuflecting on the way in/out of bench in church 	As for Key stage 1 plus: <ul style="list-style-type: none"> ● Act with reverence in church/school ● Blessing self with holy water on way in/out of mass ● Sign of cross on head, lips & heart before <i>Gospel</i> reading 	As for Years 3 and 4.
Leading the Celebration of the Word	<ul style="list-style-type: none"> ● Set up the prayer focus <ul style="list-style-type: none"> ○ Cloth ○ Candle ○ object 	As for Reception class plus: <ul style="list-style-type: none"> ● Choosing an appropriate prayer ● Choosing music for gathering 	As for Key stage 1 plus: <ul style="list-style-type: none"> ● With guidance, begin to choose theme, scripture ● Lead some elements of the Celebration of the Word 	As for Years 3 and 4 plus: <ul style="list-style-type: none"> ● Fully plan & lead the class Celebration of the Word