

St Edmund's Catholic Primary School

Prayer Progression Framework (EYFS–Year 6) (Appendix to Religious Education Policy 2025/26)

Introduction

This framework has been developed in accordance with the **Religious Education Directory (2023 – To Know You More Clearly)** and diocesan guidance.

It sets out:

1. The **prayers to be learned by heart** by the end of each year group.
2. The **types of prayer and worship practices** pupils should experience progressively.
3. A **termly breakdown** (example for Upper Key Stage 2) showing how prayers and practices are embedded across the year.

This progression ensures pupils grow in religious literacy, spiritual depth, and full participation in the liturgical life of the Church.

Part A – Prayers to be Learned by Heart

Phase	Core Daily Prayers	Marian / Devotional	Creed & Mass Responses	Seasonal / Other
EYFS	Sign of the Cross • Morning & Afternoon Prayer • Grace before Meals	—	Simple Mass responses (Amen, Alleluia)	“Thank you God...” prayers
Year 1	Our Father (intro) • Glory Be	Hail Mary (intro)	“And with your spirit” • “Lord hear our prayer”	Simple Act of Sorrow
Year 2	Our Father (secure) • Glory Be (secure)	Hail Mary (secure)	Sanctus (Holy, Holy) • Agnus Dei (Lamb of God)	Guardian Angel prayer
Year 3	Act of Contrition (intro)	Angelus (intro) • Begin Rosary (1 decade)	Full Mass responses	Short Stations of the Cross
Year 4	Act of Contrition (secure)	Angelus (secure) • Rosary (Joyful Mysteries)	Apostles’ Creed (short)	Magnificat (key verses)
Year 5	—	Hail, Holy Queen • Memorare	Nicene Creed (intro)	Stations prayers • Adoration prayers
Year 6	—	Rosary (Sorrowful & Glorious Mysteries)	Nicene Creed (secure) • Full Mass responses (confident)	Veni Sancte Spiritus • Seasonal litanies

Part B – Types of Prayer & Practices

Phase	Vocal / Traditional	Scripture-Based	Meditative / Contemplative	Liturgical Participation	Devotions & Seasons	Pupil-Led Worship
EYFS	Sign of the Cross • short daily prayers	Simple Bible stories	Quiet reflection	Simple Mass responses	Advent wreath, Lent symbols	Join adult-led <i>Celebration of the Word</i>
Y1–2	Our Father • Hail Mary • Glory Be • Act of Sorrow	Hear Gospel stories; short psalms	Guided silence • 1-step Examen	Join Mass responses • simple bidding prayers	Nativity plays • May devotions • Stations (short)	Help set prayer table • lead simple prayers
Y3–4	Apostles' Creed • Angelus • Confiteor • Rosary (1 decade)	Lectio Divina (simple) • Psalm refrains	Examen (5 steps) • guided meditation	Take Mass roles (reading, psalm, bidding prayers)	Angelus • Rosary (Joyful Mysteries) • Holy Week liturgies	Plan and lead <i>Celebration of the Word</i>
Y5–6	Nicene Creed • Hail Holy Queen • Memorare • Rosary (all Mysteries)	Lectio Divina (independent) • deeper psalms	Extended silent prayer • Eucharistic Adoration • Examen	Lead Mass parts (readings, psalm, offertory, serving)	Stations • Rosary (all Mysteries) • Adoration • Litanies	Plan, lead, and evaluate <i>Celebration of the Word</i> (for class and younger pupils)

Part C – Termly Breakdown (Upper Key Stage 2 Example)

Term	Core Prayers (by heart)	Scripture & Reflection	Meditative / Contemplative	Devotions & Seasons	Pupil-Led Worship Focus
Autumn 1	Nicene Creed (intro)	Lectio Divina on Creation & Covenant	Examen (gratitude focus)	Rosary – Joyful Mysteries	Teacher-guided <i>Celebration of the Word</i>
Autumn 2	Nicene Creed (secure)	Gospel reflections (Advent)	Silent prayer practice	Advent wreath prayers • Angelus	Pupil-led Advent liturgy
Spring 1	Hail Holy Queen (intro)	Lectio Divina on parables	Guided meditation on discipleship	Rosary – Luminous Mysteries	Small-group led <i>Celebration of the Word</i>
Spring 2	Hail Holy Queen (secure) • Memorare	Scripture Stations of the Cross	Examen (choices & forgiveness)	Stations of the Cross	Pupil-led Lenten liturgy
Summer 1	Review Apostles' & Nicene Creed	Gospel reflections (Resurrection)	Eucharistic Adoration prayers	Rosary – Glorious Mysteries	Lead worship for younger pupils
Summer 2	Review all prayers (secure)	Lectio Divina on Pentecost	Extended silent reflection	Seasonal litanies (Veni Sancte Spiritus)	Independent pupil-led worship (plan & evaluate)

Implementation Notes

- Each year group ensures the prayers listed are taught, practised, and secure.
- Types of prayer (Part B) are built into the class prayer life and RE lessons.
- The termly breakdown (Part C) acts as a planning tool, ensuring systematic coverage across the year.
- Evidence is gathered in prayer journals, RE floor books, and pupil-led *Celebrations of the Word*.

By the end of Year 6, all pupils will:

- Recite the **core prayers of the Church** confidently.
- Use a variety of prayer methods (traditional, scripture-based, meditative).
- Participate fully and actively in Mass and the liturgical life of the Church.
- Lead *Celebrations of the Word* independently.

Appendix: Teacher Guide to Types of Prayer

This guide supports staff in understanding and leading the different forms of prayer in use at St Edmund's.

Type of Prayer	What it is	What it does	Simple Steps for Teachers
Vocal / Traditional	Prayers recited aloud (Our Father, Hail Mary, Glory Be, Creed, Act of Contrition).	Builds knowledge of Catholic tradition; unites the community in a shared voice.	1. Display the prayer. 2. Recite together daily. 3. Encourage confident, reverent responses.
Scripture-Based Prayer (Lectio Divina)	Prayerful reading of the Bible. "Lectio Divina" = "Divine Reading."	Helps pupils listen to God's Word and apply it to life.	1. Read a short Scripture passage. 2. Reflect : What is God saying to me? 3. Respond : Pray a short prayer. 4. Rest : Sit quietly in God's presence.
Meditative / Contemplative (Examen, Silence, Adoration)	Stillness, silence, or structured reflection (e.g. Examen).	Encourages personal reflection, gratitude, and awareness of God's presence.	Examen (5 steps) : 1. Quiet and focus. 2. Thank God for today. 3. Recall moments of joy. 4. Recall moments needing forgiveness. 5. Ask God to guide tomorrow. Adoration : Sit quietly before the Blessed Sacrament, repeat a phrase (e.g. "Come, Lord Jesus").
Liturgical Participation	Praying within the Mass: responses, psalms, bidding prayers, serving, singing.	Deepens participation in the Eucharist and school/parish liturgies.	1. Teach responses before Mass. 2. Practise parts of the Mass in class. 3. Allocate roles (readings, offertory, altar serving).
Devotions & Seasons	Special prayers linked to the liturgical year (Rosary, Angelus, Stations of the Cross, Advent wreath, May devotions, litanies).	Connects pupils to the Church's year and wider Catholic tradition.	1. Introduce the devotion with meaning. 2. Model prayer or ritual. 3. Practise together in short sessions. 4. Link to classroom prayer table and displays.
Pupil-Led Worship (Celebration of the Word)	Weekly liturgy prepared and led by pupils (Gather–Listen–Respond–Go Forth).	Builds ownership of prayer life; develops confidence in proclaiming Scripture.	1. Gather : Set prayer focus (candle, cross, Scripture). 2. Listen : Read a short Gospel passage. 3. Respond : Prayer, song, action, reflection. 4. Go Forth : Send out with a mission for the week.