



APPENDIX A

Explicit Teaching about Prayer

Religion Curriculum P-12

Explicit Teaching about Prayer is a resource that supports the *Religion Curriculum P-12*. It depicts the year level at which particular prayers and meditative prayer practices are explicitly taught, as identified in the content descriptions of the Prayer and Spirituality sub strand, and their development across the year levels. Further information and teaching ideas can be found on the Religious Education Curriculum website.

Teaching about prayer in a Catholic or ecumenical school is complemented by opportunities for staff and students to engage in prayer on a daily basis. In the course of their years at school, students will experience a variety of formal and informal expressions of prayer, appropriate to their age and development. Examples can be found in the Prayer and Worship component of the *Religious Life of the School P-12*.

PREP	YEAR ONE	YEAR TWO
Amen Sign of the Cross Meditative prayer practices, including silence and stillness and lighting a candle	Hail Mary Grace Meditative prayer practices, including closing eyes, and praying with beads and music	Prayers for forgiveness, including acts of contrition and Penitential Act Meditative prayer practices, including centred breathing and attending to posture
YEAR ONE	YEAR TWO	YEAR THREE
YEAR TWO	YEAR THREE	YEAR FOUR
YEAR THREE	YEAR FOUR	YEAR FIVE
YEAR FOUR	YEAR FIVE	YEAR SIX
YEAR FIVE	YEAR SIX	YEAR SEVEN
YEAR SIX	YEAR SEVEN	YEAR EIGHT
YEAR SEVEN	YEAR EIGHT	YEAR NINE
YEAR EIGHT	YEAR NINE	YEAR TEN
YEAR NINE	YEAR TEN	YEAR ELEVEN
YEAR TEN	YEAR ELEVEN	YEAR TWELVE
YEAR ELEVEN	YEAR TWELVE	
YEAR TWELVE		

YEAR THREE	YEAR FOUR	YEAR FIVE	YEAR SIX
Prayers of thanksgiving Prayers of praise Glory Be Meditative prayer practices, including guided meditation and mindful listening	Prayers of blessing Prayers of petition and intercession Litanies Meditative prayer practices, including praying with the help of colour and mandalas	Marian prayers, including Hail Mary, Litany of Mary of Nazareth and Rosary Meditative prayer, including mantras Meditative prayer practices, including praying with Rosary beads	Lord's Prayer Meditative prayer, including The Examen Meditative prayer practices, including prayer journaling
YEAR FOUR	YEAR FIVE	YEAR SIX	YEAR SEVEN
YEAR FIVE	YEAR SIX	YEAR SEVEN	YEAR EIGHT
YEAR SIX	YEAR SEVEN	YEAR EIGHT	YEAR NINE
YEAR SEVEN	YEAR EIGHT	YEAR NINE	YEAR TEN
YEAR EIGHT	YEAR NINE	YEAR TEN	YEAR ELEVEN
YEAR NINE	YEAR TEN	YEAR ELEVEN	YEAR TWELVE
YEAR TEN	YEAR ELEVEN	YEAR TWELVE	
YEAR ELEVEN	YEAR TWELVE		
YEAR TWELVE			
YEAR SEVEN	YEAR EIGHT	YEAR NINE	YEAR TEN
Formal prayers, including Amen, Lord's Prayer and Hail Mary Meditative prayer, including Ignatian Meditation and Lectio Divina Meditative prayer practices, including silence and stillness and praying with icons and images	The Liturgy of the Hours Meditative prayer, including Augustinian Prayer and Franciscan Contemplative Prayer Meditative prayer practices, including centred breathing and attending to posture	Prayers and writings of Christian spiritual fathers and mothers Prayers for forgiveness and healing, including Penitential Act Meditative prayer, including Christian Meditation Contemplative Prayer Meditative prayer practices, including praying with labyrinths	Prayers for justice, peace and the environment, including The Prayer of St Francis, The Magnificat and the Canticle of Creation Contemplative Prayer Centering Prayer Meditative prayer, including Lectio of Nature Meditative prayer practices, including praying with the help of nature
YEAR EIGHT	YEAR NINE	YEAR TEN	YEAR ELEVEN
YEAR NINE	YEAR TEN	YEAR ELEVEN	YEAR TWELVE
YEAR TEN	YEAR ELEVEN	YEAR TWELVE	
YEAR ELEVEN	YEAR TWELVE		
YEAR TWELVE			