

Year 7 Life Skills

Half Term 1



Mental Health & Wellbeing:

Transition and safety.

Transition to secondary school.

Personal safety.

Self-worth.

Half Term 2



Relationships & Identity:

How to build positive relationships.

Identifying negative behaviors.

Identity and respect.

Half Term 3



Living in the Wider World/Citizenship:

Understanding money.

What an active citizen is.

Half Term 4



Careers:

Aspirations.

Self-awareness, personal skills and qualities.

Learning and career pathways.

Half Term 5



Sexual Health:

Why consent is important.

FGM

Being safe online

Half Term 6



Health:

How the body changes during puberty.

Mindfulness practice.

Importance of sleep.

Determination

Positivity

Inclusive

Care

Trust

Accountability

Leadership

Leadership

Dignity

Dignity

Leadership

Accountability

Trust

Care

Inclusive

Positivity

Determination

Achieve your personal best

Year 8 Life Skills

Determination
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Half Term 1



Sexual Health:

Personal values.
Personal space and unwanted contact.
Different types of relationships.

Half Term 2



Careers:

The changing world of work.
LMI.
Opportunities.
Work life balance.

Half Term 3



Relationships & Identity:

Consent in relationships.
Committed relationships.
Different types of families.

Half Term 4



Living in the Wider World / Citizenship:

The role of charities.
How the UK government is structured.

Half Term 5



Mental Health and Wellbeing:

Alcohol and drug misuse.
Peer pressure.
Daily wellbeing.
Coping strategies.

Half Term 6



Health:

Body confidence.
Mindfulness practice.
First aid.

Achieve your personal best

Year 9 Life Skills

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Half Term 1



Relationships & Identity:

Conflict resolution.
Parental responsibility.
Respect for all identities.

Half Term 2



Mental Health and Wellbeing:

Child-on-child abuse.
Gang culture.
Laws linked to drugs.

Half Term 3



Careers:

Employability Skills.

Rights and responsibilities.
Online presence.

Half Term 4



Sexual Health:

Conversations about consent.
Contraception.
Sexually transmitted diseases.

Half Term 5



Living in the Wider World / Citizenship:

Democracy.
How political parties are structured.
How voting works.

Half Term 6



Health:

First aid- CPR.
The importance of physical
exercise.

Achieve your personal best

Year 10 Life Skills

Determination

Half Term 1



Philosophy and Ethics:

How does the media portray religion?

Media influences on the attitudes of individuals, groups of people and communities

Dignity

Leadership

Positivity

Half Term 2



Sexual Health:

Consent in an intimate relationship.
The impact of pornography.
Recognising harassment.

Accountability

Inclusive

Half Term 3



Mental Health and Wellbeing:

Child-on-child abuse.
Transition to KS4.
Influences on mental health.

Trust

Care

Trust

Half Term 4



Relationships & Identity:

Intimacy & consent.
CSE.
Relationships safety.

Care

Accountability

Half Term 5



Careers:

The world of work.

Workplace norms.
Readiness for the workplace.
Work experience.

Positivity

Leadership

Half Term 6



Health:

Self-examination.
Organ donation.
Risk taking behavior.

Determination

Dignity

Achieve your personal best

Year 11 Life Skills

Half Term 1



Careers:

Pathway to success.

Post 16 pathways.
Preparing for post 16.
Progression routes.

Half Term 2



Philosophy and Ethics:

Can we respect and have tolerance for all faiths and beliefs?
Respect and tolerance
Britain - a pluralistic society ?

Half Term 3



Sexual Health:

Pregnancy options.
How fertility is impacted.
Domestic abuse.

Half Term 4



Mental Health and Wellbeing:

Child-on-child abuse.
Effective communication.
Risks of vaping.

Half Term 5



Relationships & Identity:

Parenting.
Extremist behavior.
Adoption.

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