

# Year 7 Life Skills

Determination  
Positivity  
Inclusive  
Care  
Trust  
Accountability  
Leadership  
Dignity

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Leadership  
Accountability  
Trust  
Care  
Inclusive  
Positivity  
Determination

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.

Achieve your personal best

# Year 8 Life Skills

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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

## Half Term 1



### **Philosophy and Ethics:**

Should life be protected at all costs?  
 What different religions teach about the sanctity of life  
 How do these beliefs impact on decisions regarding life and death.

## Half Term 2



### **Sexual Health:**

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

## Half Term 3



### **Mental Health and Wellbeing:**

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

## Half Term 4



### **Relationships & Identity:**

Intimacy & consent.  
 CSE.  
 Relationships safety.

## Half Term 5



### **Careers:**

**The world of work.**  
 Workplace norms.  
 Readiness for the workplace.  
 Work experience.

## Half Term 6



### **Philosophy and Ethics:**

**How does the media portray religion?**  
 Media influences on the attitudes of individuals, groups of people and communities

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# 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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