YEAR 7 Life Skills Roadmap

CVEA CORE VALUE
TRUST

Autumn term 1- Mental Health
Transition Mental health
Self-worth Internet safety
Child-on-child abuse

CVEA CORE VALUE
DIGNITY

Autumn term 2 – Health
Healthy eating Sleep
Puberty Mindfulness

CVEA CORE VALUE
LEADERSHIP

Spring term 1 - Citizenship
Managing money Being an active citizen
Making laws Protected characteristics

CVEA CORE VALUE
ACCOUNTABILITY

Spring term 2 – Careers
What is a career? Exploring opportunities
Entrepreneurship LMI

CVEA CORE VALUE
POSITIVITY

Summer term 1 – RSHE
Positive relationships Diversity Negative relationships

CVEA CORE VALUE
CARE

Summer term 2 – RSHE
Consent FGM CCE Online content
Impact of alcohol

CVEA CORE VALUE
DETERMINATION

CVEA CORE VALUE
INCLUSIVE

Year 8

Useful websites:
Mental Health: mind.org.uk
Mental Health: kooth.com
Relationships: brook.org.uk
Careers: unifrog.org
In school support: beingsafe@cvea.o.uk

YEAR 8 Life Skills Roadmap

Autumn term 1- RSHE
Personal values Unwanted contact
Relationship abuse Committed relationships
Different families

Autumn term 2 – RSHE
Personal space Consent CCE Different relationships

Spring term 1 – Mental Health
Child-on-child abuse Daily wellbeing Healthy coping strategies Happiness Wellbeing

Spring term 2 – Health
Managing own health Body confidence
First aid Mindfulness

Summer term 1 – Citizenship
Impact of charities Structure of government
Role of democracy Fake news Biased writing

Summer term 2 – Careers
Challenges and rewards or work
Work life balance
What does success mean to me?

CVEA CORE VALUE: TRUST
CVEA CORE VALUE: DIGNITY
CVEA CORE VALUE: LEADERSHIP
CVEA CORE VALUE: ACCOUNTABILITY
CVEA CORE VALUE: POSITIVITY
CVEA CORE VALUE: CARE
CVEA CORE VALUE: DETERMINATION
CVEA CORE VALUE: INCLUSIVE

Year 9

Useful websites:
Mental Health: mind.org.uk
Mental Health: kooth.com
Relationships: brook.org.uk
Career: unifrog.org
In school support: beingsafe@cvea.o.uk

YEAR 9 Life Skills Roadmap

CVEA CORE VALUE
TRUST

Autumn term 1- Citizenship
Political parties Structure of voting Choice in voting Financial choices Planning finances

CVEA CORE VALUE
DIGNITY

Autumn term 2 – Careers
My skills future pathways
Option choices

CVEA CORE VALUE
LEADERSHIP

Spring term 1 - RSHE
Identity and sexuality Conflict management Marriages and civil partnerships Gangs Divorce

CVEA CORE VALUE
ACCOUNTABILITY

Spring term 2 – RSHE
Consent Contraception Introduction to STIs Managing risks CSE

CVEA CORE VALUE
POSITIVITY

Summer term 1 – Mental Health
Child-on-child abuse Laws linked to drugs Masculinity and mental health Personal safety Wellbeing

CVEA CORE VALUE
CARE

Summer term 2 – Health
First aid-CPR Donation Physical exercise Body image Spread of germs Influences on body image

CVEA CORE VALUE
DETERMINATION

CVEA CORE VALUE
INCLUSIVE

Year 10

Useful websites:
Mental Health: mind.org.uk
Mental Health: kooth.com
Relationships: brook.org.uk
Careers: unifrog.org
In school support: beingsafe@cvea.o.uk

YEAR 10 Life Skills Roadmap- delivered in form time

CVEA CORE VALUE TRUST

Autumn term 1- Mental Health
Transition Changes Happiness Dealing with stress When to get help Influences

CVEA CORE VALUE DIGNITY

Autumn term 2 – Sexual Health
Consent Negative sexual behaviour Impact of pornography Importance of contraception Harassment Sex and the law

CVEA CORE VALUE LEADERSHIP

Spring term 1 – R.E.
Ethics & Morality – sanctity of life, animal testing, abortion, euthanasia, capital punishment

CVEA CORE VALUE ACCOUNTABILITY

Spring term 2 –R.E.
Religion & the media

CVEA CORE VALUE POSITIVITY

Summer term 1 – Careers
Preparing for work experience
Wellbeing in the workplace

CVEA CORE VALUE CARE

Summer term 2 – Careers
Employability skills

CVEA CORE VALUE DETERMINATION

CVEA CORE VALUE INCLUSIVE

Year 11

Useful websites:
Mental Health: mind.org.uk
Mental Health: kooth.com
Relationships: brook.org.uk
Careers: unifrog.org
In school support: beingsafe@cvea.o.uk

YEAR 11 Life Skills Roadmap

Autumn term 1- Careers
Post 16 pathways
CV writing Applying for a job

Autumn term 2 –Citizenship
AI Data sharing
Financial exploitation

Spring term 1 – Sexual Health
Pregnancy choices Abortion Fertility
Domestic abuse Safety Revenge pornography

Spring term 2 – Mental Health
Child-on-child abuse Emotional abuse
Effective communication
Stress & exams Thriving post 16

Summer term 1 – RSHE
Valuing diversity Understanding extremism
Radicalisation

CVEA CORE VALUE TRUST

CVEA CORE VALUE DIGNITY

CVEA CORE VALUE LEADERSHIP

CVEA CORE VALUE ACCOUNTABILITY

CVEA CORE VALUE POSITIVITY

CVEA CORE VALUE CARE

CVEA CORE VALUE DETERMINATION

CVEA CORE VALUE INCLUSIVE

Post 16

Useful websites:
Mental Health: mind.org.uk
Mental Health: kooth.com
Relationships: brook.org.uk
Carees: unifrog.org
In school support: beingsafe@cvea.o.uk