Life Skills Curriculum Map Year 7



Building knowledge, skills and confidence for life.

Half term 1 — Health and Wellbeing

- Transition
- Forming friendships
- Bullying
- Healthy relationships

Half term 2 — Health and Wellbeing

- Healthy lifestyles
- Balanced diet
- Alcohol and your health
- Fire and water safety
- Safety in public

Half term 3 — Living in the wider world

- Equalities act 2010
- Role of courts
- Money matters
- What is real online

Half term 4 — Careers

- What is a career
- Work life balance
- Careers of the future

Half term 5 — RSE

- Combat worry
- The stress scale
- Sleep essentials
- Investing in your health

Half term 6 — RSE

- Different types of families
- Changing adolescent body
- FGM
- Building healthy relationships

Our life skills curriculum embodies CVEA's core values:
Ambition, Determination, Respect, Responsibility.

Life Skills Curriculum Map Year 8



Building knowledge, skills and confidence for life.

Half Term 1

RSE

- Forms of relationships
- Managing unhealthy relationships
- Repairing relationships
- Peer pressure
- Online relationships

Half Term 2

RSE

- Trust
- Consent
- Power dynamics
- Explicit sexual imagery
- Online masculine narratives

Half Term 3

Health and Wellbeing

- Sharing information online
- Viewing harmful content online
- Gender-based discrimination
- Racism
- Body confidence
- Happiness

Half Term 4

Health and Wellbeing

- First aid
- Health and hygiene
- Drug awareness
- The impact of alcohol in the individual

Half Term 5

Living in the Wider World

- Democratic process
- Celebrating religious diversity
- Budgeting
- Health service
- Exploitation

Half Term 6

Careers

- Job applications
- Challenges of work
- Rewards of work
- Careers and the climate
- Creating the lifestyle you want

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Life Skills Curriculum Map Year 9



Building knowledge, skills and confidence for life.

Half Term 1

Living in the Wider World

Living in the Wider World

- Financial risk
- Volunteering
- How laws are made
- Deepfakes
- AI

Half Term 2

Careers

Careers

- Identity and value
- Applying for jobs
- Labour market information
- Flexible futures Rights and responsibility
- Entrepreneurial thinking

Half Term 3

Relationships & RSE

RSE

- Knife crime
- Online vs reality
- Digital footprint
- Organ donation
- Ganga
- Contraception

Half Term 4

Relationships & RSE

RSE

- Positive masculinity
- Legal status of relationships
- Harassment
- Online grooming
- Cyberbullying

Half Term 5

Health & Wellbeing

Health and Wellbeing

- Democratic process
- Respecting diversity
- Evolution of money
- Budgeting
- Local health services
- Exploitation

Half Term 6

Health and Wellbeing

- Substance addiction
- Gambling addiction
- Drugs and alcohol risks
- County lines
- Evaluating eating habits
- First aid

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Life Skills Curriculum Map Year 10



Building knowledge, skills and confidence for life.

Half Term 1 — Health and Wellbeing

- Trustworthy source
- Self-esteem
- Safety instincts
- Respect
- Unrealistic online world

Half Term 2 — RSE

- Sexting
- Reality of pornography
- Sexual consent
- Sexual harassment
- Sharing illegal images
- Reproductive health
- Pregnancy choices

Half Term 3 — R.E & Ethics

- Euthanasia
- Moral decision making
- Abortion
- Animal testing

Half Term 4 — Health and Wellbeing

- Fake news
- Online radicalisation
- Online stalking
- Impact of drugs
- Importance of sleep and exercise
- Menstrual health
- Self examination

Half Term 5 — Careers

- Classroom to careers
- Why work matters
- Exploring career pathways
- Building career confidence

Half Term 6 — Careers

- Balancing life and work
- Media careers
- Labour market information trends

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Life Skills Curriculum Map Year 11

Health & Wellbeing | Relationships & RSE | Living in the Wider World | Careers | Personal Development

Building knowledge, skills and confidence for life.

Half Term 1

Careers

Careers

- Choosing pathways
- Recording my journey
- Application interviews
- Digital reputation
- Evaluating pathways and options
- Rights and responsibilities and inclusion

Half Term 2

Living in the Wider World

Living in the Wider World

- Resecting human rights
- Discrimination
- The equality act
- Data sharing
- Incels
- Extremism
- Impact of gambling

Half Term 3

Relationships & RSE

RSE

- Revenge pornography
- Fertility
- Sexual violence and abuse
- Safe relationships online
- Contraception considerations
- The dangers of sextortion

Half Term 4

Health & Wellbeing

Health and wellbeing

- Online content and mental health
- Looking after your mental health
- Managing stress and overthinking
- Rethinking masculinity
- Health conditions
- Exam stress

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