

# Year 7 Life Skills

Determination  
Positivity  
Inclusive  
Care  
Trust  
Accountability  
Leadership  
Dignity

Dignity  
Leadership  
Accountability  
Trust  
Care  
Inclusive  
Positivity  
Determination

Half Term 1



## Health and Wellbeing:

### Transition and safety.

Transition to secondary school.  
Personal safety.  
First aid.

Half Term 2



## Living in the Wider World / Citizenship:

### Financial decision making.

Saving, borrowing and budgeting.  
My community.  
British Values.

Half Term 3



## Relationships:

### Diversity.

Diversity, prejudice and bullying.

Half Term 4



## Health and Wellbeing:

### Health and puberty.

Healthy routines.  
Influences on health.  
Puberty.  
Unwanted contact.  
FGM.

Half Term 5



## Relationships:

### Building relationships.

Self-worth.  
Romance and friendships (including online).  
Relationship boundaries.

Half Term 6



## Careers:

### Aspirations.

Self-awareness, personal skills and qualities.  
Learning and career pathways.

**Achieve your personal best**

# Year 8 Life Skills

Determination

Half Term 1



## Health and Wellbeing:

**Alcohol and drug misuse.**

Peer pressure.

Mental health and emotional wellbeing.

Dignity

Positivity

Half Term 2



## Living in the Wider World /

### Citizenship:

**Digital literacy.**

Online safety.

Being a good citizen.

Leadership

Inclusive

Half Term 3



## Relationships:

### Discrimination.

Including racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia and transphobia.

Accountability

Care

Half Term 4



## Health and Wellbeing:

### Emotional wellbeing.

Body image.

Coping strategies.

Introduction to .b.

Trust

Accountability

Half Term 5



## Relationships:

### Identity and relationships.

Gender identity.

Consent.

Sexting.

Introduction to contraception.

Care

Leadership

Half Term 6



## Careers:

### The changing world of work.

Opportunities.

Work life balance.

Positivity

Dignity

Determination

Achieve your personal best

# Year 9 Life Skills

Determination  
Positivity  
Inclusive  
Care  
Trust  
Accountability  
Leadership  
Dignity

Half Term 1



## Health and Wellbeing:

### Peer influence.

Healthy and unhealthy friendships.

Substance misuse.

Exploitation.

Half Term 2



## Living in the Wider World /

### Citizenship:

#### Democracy.

Parliament.

Rules and Laws.

Half Term 3



## Relationships:

### Respectful relationships.

Families and parenting.

Healthy relationships.

Conflict resolution.

Relationship changes.

Half Term 4



## Health and Wellbeing:

### Healthy Lifestyle.

Diet.

Exercise.

Lifestyle balance and healthy choices.

First aid.

Half Term 5



## Relationships:

### Intimate relationships.

Consent, contraception, risks of STIs.

Attitudes to pornography.

Half Term 6



## Careers:

### Employability Skills.

Rights and responsibilities.

Online presence.

Dignity  
Leadership  
Accountability  
Trust  
Care  
Inclusive  
Positivity  
Determination

Achieve your personal best

# Year 10 Life Skills

Determination

Half Term 1



## Health and Wellbeing:

### Mental health.

Mental health and ill health.

Stigma.

Safeguarding health.

Dignity

Positivity

Half Term 2



## Living in the Wider World /

### Citizenship:

#### Financial decision making.

Impact of financial decisions.

Debt.

Gambling.

Leadership

Inclusive

Half Term 3



## Philosophy and Ethics:

### How does the media portray religion?

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

Accountability

Care

Trust

Trust

Half Term 4



## Health and Wellbeing:

### Exploring influence.

The influence and impact of drugs, gangs, role models and the media.

Care

Accountability

Inclusive

Leadership

Half Term 5



## Relationships:

### Healthy relationships.

Relationships and sex expectations.

Myths, pleasure and challenges.

The impact of the media and pornography.

Positivity

Dignity

Determination

Half Term 6



## Careers:

### The world of work.

Workplace norms.

Readiness for the workplace.

Work experience.

Achieve your personal best

# Year 11 Life Skills

Determination  
Positivity  
Inclusive  
Care  
Trust  
Accountability  
Leadership  
Dignity

## Half Term 1



### Philosophy and Ethics:

**Can we respect and have tolerance for all faiths and beliefs?**

Respect and tolerance

Britain - a pluralistic society ?

## Half Term 2



### Careers:

**Pathway to success.**

Post 16 pathways.

Preparing for post 16.

Progression routes.

## Half Term 3



### Relationships:

**Communication in relationships.**

Personal values.

Assertive communication.

Relationship challenges and abuse.

## Half Term 4



### Health and Wellbeing:

**Building for the future.**

Self-efficacy.

Stress management.

Study skills.

## Half Term 5



### Relationships:

**Families.**

Different families and parental responsibilities.

Pregnancy, marriage.

Forced marriage.

Changing relationships.

Dignity  
Leadership  
Accountability  
Trust  
Care  
Inclusive  
Positivity  
Determination