

Life Skills –Long term plan 2020-21

Year 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Personal identity and transition	Health and wellbeing	Puberty	Healthy relationships	Ethical financial decisions	World of work
	Transition to secondary school Friendships Overcoming challenges Is this me? Personality skills and traits Being assertive Self-esteem	Diet, exercise and how to make healthy choices Dieting, healthy lifestyle balance and unhealthy coping strategies Body image Body positivity Dental health	Personal hygiene Physical changes during puberty Emotional changes during puberty Periods Wet dreams FGM	Positive relationships Conflict resolution Media portrayal of relationships Social media relationships Families and role of parents Marriage	Enterprise skills Saving and spending money Budgeting Handling money Ethical practices	World of work Understand the largest job industries. Evaluate the jobs of the future. Challenging career stereotypes and raising aspirations Understand the options available to me
Year 8	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Health and wellbeing	Rights and responsibilities within the community	Online safety, digital literacy, money and risk	Safe relationships	Independent living	World of work
	Health, hygiene and wellbeing Alcohol and drug misuse and managing peer influence, social norms Managing peer pressure in relation to illicit substances Assessing the risks of drug and alcohol abuse and addiction	What is an emergency? First aid and life saving personal safety, focusing on road safety, accidents	How I present myself online? Digital footprint Social media presence Saving and spending money Budgeting How to make the most of your money Advertising techniques Consumer rights Purchasing decisions	Introduction to sexuality and consent Relationships and sex education including healthy relationships and consent Introduction to contraception: condom and the pill the risks of STIs, sexting and pornography FGM, Forced marriage, radicalisation	Young people and the law Issues within our community: Covid 19? Mental health? Homelessness Young carers Knife crime	World of work Understand the largest job industries. Evaluate the jobs of the future. Equal opportunities in careers and life choices Understand the options available to me

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Health and wellbeing	Relationships	Career ideas	Financial security	Ethical issues	The world of work
	<p>Health and wellbeing</p> <p>Diet and hygiene</p> <p>Healthy active lifestyle; balance work, leisure and exercise</p> <p>Mental health, sleep</p> <p>Managing risk</p> <p>Coping with stress, resilience</p> <p>Managing peer pressure in relation to illicit substances</p> <p>Assessing the health risks of drug and alcohol abuse and addiction</p> <p>Assessing the legal risks of drug and alcohol abuse and addiction</p> <p>Assessing the emotional, financial and physical consequences of drug and alcohol abuse and addiction</p>	<p>Healthy Relationships, social groups</p> <p>Relationship challenges</p> <p>Tackling Gender identity, homophobia, gender expression, transphobia, sexism, sexual orientation</p> <p>Sexual health, sexual activity, being 'ready'</p> <p>Consent</p> <p>Understanding different families and parenting skills</p> <p>Social media, media portrayal of relationships</p> <p>Domestic abuse</p> <p>Forced marriage</p>	<p>Extra curricular activities, school responsibilities, hobbies and clubs</p> <p>GCSE options</p> <p>Research next steps, college course</p> <p>Sector overviews</p> <p>Subjects Other career paths</p> <p>Apprenticeships</p> <p>Colleges</p> <p>Universities</p> <p>Entrepreneurs</p> <p>Volunteering and GAP years</p> <p>Understanding careers and future aspirations</p>	<p>Earning and spending money</p> <p>Keeping track of your money</p> <p>Making financial choices</p> <p>Peer pressure</p> <p>gambling</p> <p>Gangs, risk of belonging to a gang</p> <p>Peer pressure, assertiveness and risk, gang crime</p> <p>Understanding conflict</p>	<p>Relationships and sex education including healthy relationships and consent</p> <p>Learn about condoms and how to use them effectively</p> <p>Safer sex, unprotected sex, pregnancy</p> <p>Manage the risks of STIs, how to access appropriate services, sexting and pornography</p> <p>Eating disorders</p> <p>Self-harm</p> <p>Extremism and radicalisation</p> <p>Managing change, grief and bereavement Managing conflict at home and the dangers of running away from home</p> <p>If time:</p> <p>Embryo research</p> <p>Assisted reproduction</p> <p>Surrogacy</p> <p>Transplants and transfusions</p> <p>Genetic engineering</p> <p>Cloning</p>	<p>Career management</p> <p>Skills for employment</p> <p>Getting a job</p> <p>CV</p> <p>Interviews</p> <p>Job hunting</p> <p>Job profiles</p> <p>Networking</p> <p>Entrepreneurial skills</p> <p>Protection at work</p> <p>Learning to revise</p> <p>Maximise potential</p> <p>Work experience</p>

Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Transition to KS4 and developing study habits Mental health, ill health, tackling stigma	Role models and their influence Social and emotional risk of drug use	Relationship myths Relationship challenges	Preparation for work experience Evaluation of work experience and readiness for work	Causes and effects of debt Risks of gambling	Different families Parenting skills Managing change, grief and bereavement
Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Promoting self-esteem, coping with stress Learning and revision skills	Understanding college application process and plans beyond school Skills for employment and career progression	Personal values, assertive communication Tackling domestic abuse and forced marriage	Health and safety in independent contexts Taking responsibility for health choices	British values, human rights, community cohesion Challenging extremism and radicalisation	N/A

Health and Wellbeing

Relationships

Living in the wider world