

# The Life Skills Learning Journey at Sandymoor OA

## The three strands of Life Skills focus on:

- Your **Health and Wellbeing**
- The importance of **Healthy and Safe Relationships (RSE)**
- **Issues you face living in the wider world**, locally, nationally and internationally, ensuring we assess our CEIAG provision against the eight Gatsby benchmarks of Good Career Guidance

## Cultural Capital in Life Skills

Students respect for democracy and democratic processes, including respect for the basis on which the law is made and applied in Britain. Life Skills plays a vital role in the development of students' cultural capital experience through visits and activities which support our local community, for example Shoebox of Love appeal and external speakers, such as NHS workers, the police and local charitable organisations. Life Skills is enriched with CEIAG opportunities such as Careers Workshops and working with local Colleges and Universities.

### How can I keep myself physically and mentally healthy in the future?

What are the dangers of drug abuse in society at large?  
What are the risks of gambling?  
What are the challenges of social media?  
**Individual revision time in HT6**

### Year 11 Spring Term How do I succeed financially, and how can I look after my body?

How do I finance myself beyond Year 11?  
How do I deal with potential stress and anxiety?  
What are the expectations of the work place?  
How do I check myself for cancer?  
What can affect my fertility?  
What does a healthy pregnancy look like?

### Year 11 Autumn Term How can I prepare for life beyond Year 11?

How do I prepare for college?  
How do I write a CV?  
What makes a successful interview?  
What does successful exam preparation look like?

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### Year 10 Autumn Term

#### How can I deal with the challenges of KS4?

What are the challenges of transition to KS4?  
How can I develop learning and revision skills?  
What ethical issues face the contemporary world?

### Year 10 Spring Term

#### What are abusive and coercive relationships?

How what is relationship abuse?  
How can we identify and deal with inappropriate behaviours?  
What is 'honour based abuse'?  
How can we tackle domestic abuse and forced marriage?

### Year 10 Summer Term

#### How can I best prepare for my Year 10 Work Experience?

What will my Work Experience look like?  
What are the challenges of Work Experience?  
What do I need to do to prepare for my Work Experience?

Key Stage 4 Life Skills is taught as part of the Year 10 Religion and Philosophy course, this is through discreet Life Skills lessons timetabled within Year 10 and 11.

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### Year 9 Summer Term

#### What are the ethical issues facing the 21st century world, and how can I prepare for the world of work?

What are ethics and ethical issues?  
How can I access support to deal with sexting and pornography?  
What ethical issues does science bring us?  
How does religion respond to ethical issues?  
How can I create my own moral compass?

### Year 9 Spring Term

#### What are my potential career ambitions, and why must we challenge prejudice?

Why is the GCSE options process a key milestone in my life?  
What future options might I have, and what are the potential career paths at 14, 16, 18 and 21?  
What are Human Rights?  
What are my rights and responsibilities?  
Why must we challenge prejudice?  
How do we challenge prejudice and discrimination?

### Year 9 Autumn Term

#### How can I keep physically and mentally healthy as I move into young adulthood?

How can I manage the risk of young adulthood?  
Why must we talk about the dangers of eating disorders and self-harm?  
How do I assess the risks to health of drug and alcohol abuse and addiction?  
What are the legal risks of drug and alcohol abuse and addiction?  
What are the emotional, financial and physical consequences of drug and alcohol abuse and addiction?

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### Year 8 Spring Term

#### How can stay safe in relationships and sex? How does the online world try and influence me?

What is a healthy relationship?  
What is sexuality?  
How can I communicate consent, and manage sexual pressure?  
What is contraception, and why is this important in staying safe and having healthy relationships?  
What are the facts about pregnancy?  
What are the dangers of sexting?  
How can I present myself safely online? What is my digital footprint?  
How does advertising attempt to influence me?  
What are my consumer rights when making a purchasing decision?

### Year 8 Summer Term What are the challenges of independent living in Sandymoor? What are British values?

What are the realities of independent living in Sandymoor?  
Why is the issue of County Lines a threat to Halton?  
How can we respond to the dangers of knife crime?  
How does the law protect young people?  
What is a democracy?  
What is a multi-cultural society, and why is this important?

### Year 8 Autumn Term

#### How can I keep physically and mentally healthy, and how can I stay safe in and around Sandymoor?

What are the issues and dangers of drug and substance abuse?  
How can I keep myself, and my relationships with my peers healthy, and deal with the pressure I might feel from those around me?  
What is an emergency, and how should I respond to an emergency situation?  
What skills can I learn that might save a life? (Practical First Aid, CPR and using a defibrillator)  
How can I stay safe on the roads, railways and in the water in and around Sandymoor?

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### Year 8 Spring Term

#### How can I successfully deal with physical and emotional change, and how do outside influences effect my relationships?

Why is personal hygiene important?  
How does my body and personality change during puberty, and how can I deal with this successfully?  
How do I deal with conflict, at school and in my wider community?  
How does the media influence my life?  
How can I stay safe online?  
What are the challenges facing families, parents and carers in the 21st century?  
Why do some couples choose to marry, and others don't, and why should we understand and respect these decisions?

### Year 7 Summer Term Why is thinking about careers important now and how can we make ethical financial decisions?

How can we save, yet still spend?  
How do we budget effectively, and how do we handle money in an ethical manner?  
What is the world of work, and what future options will I have?  
What type of jobs do people do now, and what kind of jobs might exist in the future?  
Why is it important to challenge stereotypes in the world of work?

### Year 7 Autumn Term

#### Why are healthy relationships important, and how do we stay safe?

The transition to Secondary School, and making this successful!  
How can we ensure our relationships are healthy, and keep us safe?  
How can I overcome challenges?  
What are my personality skills and traits?  
Why is a healthy diet and exercise important? How can I avoid making unhealthy choices?  
Why is a positive body image important, and what challenges does society face in this regard?

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KS3

Discussion of key issues that might be worrying you during the Transition process!