The Year 7 Life Skills Learning Journey at Sandymoor Ormiston Academy

Your health and wellbeing, the importance of healthy and safe relationships, careers and financial education, keeping safe and issues you face living in the wider world.

Cultural Capital in Year 7 Life Skills!
During Year 7 we will be working with a variety of external speakers, taking part in local community based projects, and visiting appropriate local sites which support our learning!

Life Skills Assessment Activities - How do we assess your progress in Life Skills?
You will not undertake formal assessments in Life Skills, Instead we assess using a variety of tasks, examples of which include:

Oracy and discussion of student understanding, peer led presentations, quizzes, *"Everything we know sheets"*, role-play, self-reflection, display work, written assignments, Circle Time, completing the *"My Life Skills CV activities"*

Year 8

How can I make ethical financial decisions? *Financial Education*
- *What are my needs versus my wants?*
- *How can we save?*
- *What is tax and National Insurance?*
- *How can I open a bank account?*
- *How do I manage my money safely online?*
- *How do we budget effectively, and how do we handle money in an ethical manner?*

Learning Endpoint
Reflecting on the issues and topics we have investigated this half term, using one of our Life Skills Assessment activities.

Learning Checkpoint
Reflecting on the issues and topics we have investigated this half term using one of our Life Skills Assessment activities.

Why is thinking about careers important now? *Careers Education*
- *What is the world of work?*
- *What future career options will I have?*
- *What type of jobs do people do now,*
- *What kind of jobs might exist in the future?*
- *Why is it important to challenge stereotypes in the world of work?*

Learning Endpoint
Reflecting on the issues and topics we have investigated this half term, using one of our Life Skills Assessment activities.

How do outside influences effect my relationships? *Staying Safe!*
- *How do I deal with conflict, at school and in my wider community?*
- *How does the media influence my life, and how should I deal with these challenges?*
- *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?*

Learning Checkpoint
Reflecting on the issues and topics we have investigated this half term using one of our Life Skills Assessment activities.

How can I successfully deal with physical and emotional change? *Health Education*
- *Why is personal hygiene important? (Including germs and bacteria)*
- *How does my body and personality change during puberty?*
- *How can I deal with physical changes to my body successfully?*
- *How can I deal with emotional changes successfully?*
- *What are the dangers of prescription drugs and antibiotics?*

Learning Endpoint
Reflecting on the issues and topics we have investigated this half term, using one of our Life Skills Assessment activities.

How do I stay safe and healthy? *Health Education*
- *Why is a healthy diet important?*
- *Why is exercise good for physical and mental health?*
- *Why is a positive body image important, and what challenges do young people face in this regard?*
- *How do I keep my teeth and mouth healthy?*
- *Why is a good nights sleep so important?*
- *Why are hobbies so good for my mental health?*

Learning Checkpoint
Reflecting on the issues and topics we have investigated this half term using one of our Life Skills Assessment activities.

Why are healthy relationships important? *Relationship and Sex Education*
- *How do we make a successful transition to Secondary School?*
- *What are my personality skills and traits?*
- *How can I make good friends, that promote healthy relationships?*
- *How do I deal with issues of bullying in Sandymoor?*
- *What is good parenting, and what is a healthy family life?*
- *How do I develop resilience, but also understand when and how to ask for help?*

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