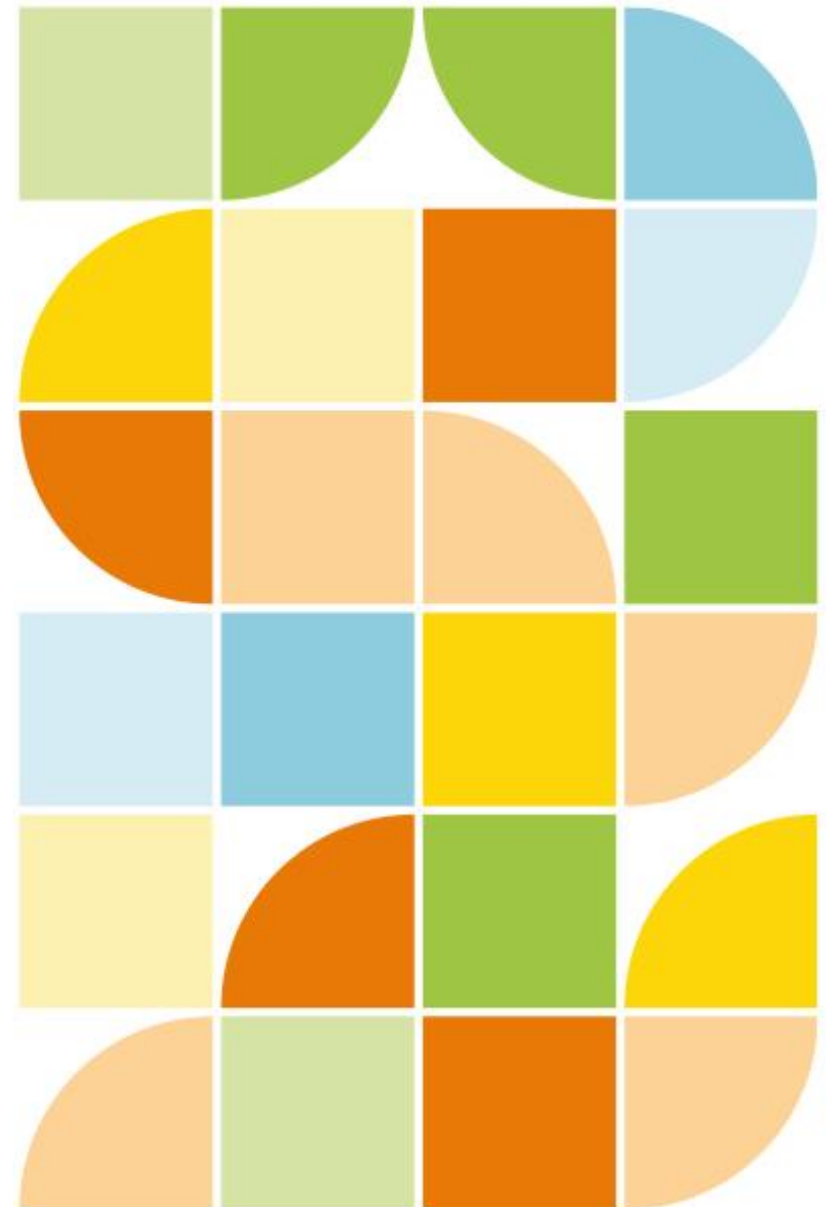


Life Skills and Careers Education Curriculum KS3-KS5

Coombeshead Academy



	Cycle 1	Cycle 1	Cycle 2	Cycle 2	Cycle 3	Cycle 3
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships	Financial decisions (Meet The Employer Career Day)
Year 8	Health and wellbeing	Managing Money	Belonging and community	The online world	Healthy and unhealthy relationships	Personal safety and managing risk
Year 9	Mental health and wellbeing	Careers and future Choices (Career Fair)	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating Online Harms
Year 10	Independence, health choices and wellbeing	Navigating the online world	<i>Religion, Philosophy and Ethics</i>	<i>Religion, Philosophy and Ethics</i> (Life Skills Day)	Exploring consent and recognising abuse	Study, work and careers
Year 11	Life-long wellbeing (Mock Interviews)	Drugs and personal safety	<i>Religion, Philosophy and Ethics</i>	<i>Religion, Philosophy and Ethics</i>	Financial Futures	<i>Exam Season</i>
Year 12/13	Health and Wellbeing (12) Financial Literacy (13)	Health and Wellbeing (12) Financial Literacy (13)	Relationships (12) Living in The Wider World (13)	Relationships (12) Living in The Wider World (13)	Living in The Wider World (12) <i>Exam Season (13)</i>	<i>Exam Season</i>

Year 7

Cycle 1	Cycle 1	Cycle 2	Cycle 2	Cycle 3	Cycle 3
Emotional wellbeing: managing change and transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills. Lessons: ➤ Thriving in Secondary School ➤ Goal Setting ➤ Managing Emotions and Reactions ➤ Developing Positive Thinking Habits ➤ Managing Rumination and Worry ➤ Managing Tension and Stress	Friendship and bullying This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents. Lessons: ➤ Bullying and Bystanders ➤ Similarities, Differences and Peer Influence ➤ Friendships and Empathy ➤ Friendship Challenges ➤ Coercive Friendships	Families and changing relationships This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation. Lessons: ➤ Understanding Changing Relationships ➤ Roles in the Family ➤ Managing Change, Loss and Grief ➤ Family Courts ➤ Committed Relationships	Puberty and keeping safe This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse. Lessons: ➤ Puberty and Emotional Changes ➤ Menstrual Wellbeing and Taking Care of The Vulva ➤ Testicular Health ➤ Making Disclosures ➤ Female Genital Mutilation ➤ Staying Safe in Water	Influences on relationships This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences. Lessons: ➤ Healthy and Unhealthy Relationships ➤ Managing Conflict ➤ Introduction to Consent ➤ Deciding What to Watch – Onscreen Relationships ➤ Managing Challenging Content	Financial decisions This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending. Lessons: ➤ Making Spending Decisions ➤ Budgeting ➤ Getting a Job ➤ The Impact of Inflation ➤ The Critical Consumer

Year 8

Cycle 1	Cycle 1	Cycle 2	Cycle 2	Cycle 3	Cycle 3
Health and wellbeing In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing. Lessons: ➤ Making Healthy Choices ➤ Maintaining Dental Health ➤ Physical Activity ➤ Healthy Sleep Habits ➤ Climate Change and Wellbeing ➤ Navigating Different Views	Managing money This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing. Lessons: ➤ How to Open a Bank Account ➤ The Difference Between Credit and Debit Cards ➤ Reading a Bank Statement ➤ Saving Money ➤ How to Manage Debt	Belonging and community This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion. Lessons: ➤ Identity and Community ➤ Bias and Stereotypes ➤ Discrimination and the Protected Characteristics ➤ Values and Constrictive Disagreement ➤ Diverse and Supportive Communities	The online world This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users. Lessons: ➤ Phones and Financial Risks ➤ Gaming, Social Media and Algorithms – Pressure to Spend Online ➤ Seeking Support with Money Matters ➤ Business of Influence ➤ Feeding The Algorithms	Healthy and unhealthy relationships This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support. Lessons: ➤ Healthy Relationships ➤ Sexualized Media ➤ Sexual Harassment and Harmful Sexual Behavior ➤ The Impact of Sharing Nudes ➤ Consent ➤ Preventing Gender Based Violence	Personal safety and managing risk This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs. Lessons ➤ Firework Safety ➤ Water and Rail Safety ➤ HPV Vaccine ➤ Drug Education ➤ Vaping and Tobacco ➤ Alcohol and Risk

Year 9

Cycle 1	Cycle 1	Cycle 2	Cycle 2	Cycle 3	Cycle 3
Mental health and wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.	Careers and future choices This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.	Drug education This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances.	Managing risk in relation to the law This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.	Intimate sexual relationships In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.	Navigating online harms This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.
Lessons: ➤ Managing Strong Emotions ➤ Managing Distractions ➤ Managing Disappointments and Setbacks ➤ Unhealthy Coping Strategies ➤ Healthy Coping Strategies ➤ Influences and Self Expression	Lessons: ➤ Exploring Career Interests ➤ Work Patterns and Workplaces ➤ Managing Pressure and Seeking Support ➤ Preparing for KS4 Options ➤ Showcasing Personal Strengths ➤ Managing Online Reputation	Lessons: ➤ Vaping ➤ Exploring Attitudes ➤ The Law and Managing Risk ➤ Alcohol and Cannabis ➤ Managing Influence	Lessons: ➤ Serious and Organised Crime ➤ Knife Crime ➤ Causes of Cybercrime ➤ Effects of Cybercrime ➤ Violence Against Women and Girls ➤ Run, Hide, Tell	Lessons: ➤ Avoiding Assumptions ➤ Freedom and Capacity to Consent ➤ Relationship Values ➤ Contraception ➤ Sexual Health ➤ Managing the Ending of Relationships	Lessons: ➤ The Impact of Sharing Nudes ➤ Deepfakes – Motivations and Consequences ➤ Tackling Deepfakes ➤ Misogyny – Exploring Harms and Misconceptions ➤ Misogyny – Challenging It

Year 10

Cycle 1	Cycle 1	Cycle 2	Cycle 2	Cycle 3	Cycle 3
Independence, health choices and wellbeing This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4. Navigating the online world This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images.		RPE	RPE	Exploring consent and recognising abuse This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse. Study, work and careers This unit explores career choices and pathways, work experience, and applications for study or work.	
Lessons: ➤ Organ Donation and Cancer Awareness ➤ Limitations and Impact of AI ➤ Relationships with Chatbots ➤ Online Influencers ➤ The Impact of Misogyny and Challenging It ➤ Female Genital Mutilation ➤ Forced Marriage				Lessons: ➤ Pressure, Persuasion and Coercion ➤ Friendships and Bullying ➤ Understanding and Preventing Extremism ➤ Identifying Career Preferences ➤ Preparing for WEX	

Year 11

Cycle 1	Cycle 1	Cycle 2	Cycle 2	Cycle 3	Cycle 3
Life-long wellbeing This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams. Families, fertility and pregnancy This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.		RPE	RPE	Online financial harms This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation.	
Lessons: ➤ Mental Health, Stress and Sleep ➤ Managing Loss and Grief ➤ Contraception ➤ Sexual Health ➤ Relationships – Power, Control and Boundaries ➤ Marriage and Parenting ➤ Fertility and Pregnancy Outcomes				Lessons: ➤ Gangs and Staying Safe ➤ Making Money and Spending Money Online ➤ Financial Exploitation ➤ Anti-Fraud and Money Laundering ➤ Financial Futures	

Year 12/13

Cycle 1 Year 12	Cycle 1 Year 13	Cycle 2 Year 12	Cycle 2 Year 13	Cycle 3 Year 12	Cycle 3 Year 13
Health and Wellbeing This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams. Lessons: ➤ Transition into KS5 ➤ Mental Wellbeing ➤ Body Image, Enhancements and Alterations ➤ Taking Responsibility for Personal Health ➤ Vaccinations and Immunisations	Financial Literacy This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation. Lessons: ➤ Budgeting ➤ Credit Cards ➤ ISAs ➤ Pay slips and Income ➤ Debt, Scams and Illegal Schemes ➤ Student Loans ➤ Rent and Buying ➤ Pensions	Relationships This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health. This unit also explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy. Lessons: ➤ Healthy and Unhealthy Relationships ➤ Trust and Intimacy ➤ Ending Relationships ➤ Grief ➤ Fertility and Pregnancy Choices	Living In the Wider World This unit supports students to make informed, healthy and responsible health choices as they prepare to leave education. Lessons: ➤ Abuse and Honour Based Violence ➤ Online Sexual Behavior ➤ De-Escalation of Aggressive Situations ➤ Staying Safe when you Leave Home ➤ Career and Life Goals ➤ Rights and Responsibilities ➤ Transition to University ➤ Challenging Fake News	Living In the Wider World This unit supports students to make informed, healthy and responsible health choices as they prepare to leave education. Lessons: ➤ Personal Safety ➤ Safe Travels Abroad ➤ Street First Aid ➤ Alcohol and Drugs ➤ Stalking and Harassment	Exam Season