

YEAR 13 LIFE SKILLS

Theme/ Time	Key Concepts	Enquiry Questions	Substantive Knowledge	Disciplinary Knowledge (the way the subject accumulates the knowledge)	Justification/ Hinterland Knowledge (Embellish / Enrich / Cultural Capital)
Cycle 1 Relationships	<ul style="list-style-type: none"> -Relationships -Our society -Responsibilities -Making choices -Identity 	<p>How can I prepare myself for relationships in adulthood?</p> <p>How can I manage a relationship break-up effectively?</p>	<ul style="list-style-type: none"> Prejudice Discrimination Sex Consent Contraception Bullying Harassment Stalking 	<ul style="list-style-type: none"> Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions Independence 	<p>Relationship values- articulating relationship values, recognising and challenging prejudice and discrimination.</p> <p>Forming relationships- making friends in new places.</p> <p>Managing personal safety in new relationships, including online activity.</p> <p>Managing the ending of relationships safely and respectfully.</p> <p>Bullying, abuse and discrimination- understanding rights in relation to harassment (online, stalking) and how to access support</p>
Cycle 2 Health and Wellbeing	<ul style="list-style-type: none"> Health and wellbeing - My future -Making choices Responsibilities - Our society - Identity 	<p>What are the long-term risks of body enhancement?</p> <p>How can I prepare myself for exams?</p> <p>How can I respond in an emergency?</p>	<ul style="list-style-type: none"> Self- concept Mental health Healthy Lifestyles Managing risk Personal safety Sexual health First Aid Drugs Alcohol Tobacco Road safety 	<ul style="list-style-type: none"> Communication Independence Self-reflection Actively listening Discussion Making decisions Reasoning 	<p>Body image and the pressure to conform- strategies to manage this pressure, real-life case studies. Long-term consequences of body enhancement.</p> <p>Mental health and emotional well-being- how to balance a work-life balance, including the importance of sleep and time offline.</p> <p>Managing risk and personal safety- performing first aid and evaluate when to summon emergency services, irrespective of potential legal implications (alcohol, drugs, gangs, violent crimes)</p> <p>Sexual Health- STIs and where to get further support</p> <p>Drugs, alcohol and tobacco- immediate and long-term health implications</p>
Cycle 3 Living in the Wider world	<ul style="list-style-type: none"> -Health and Wellbeing -Making choices - Responsibilities - Our society - Identity 	<p>What is a gap year?</p> <p>What is a trade union?</p> <p>What are contracts?</p>	<ul style="list-style-type: none"> Applications Interviews CVs Employment rights Trade Unions Consumer Rights Contracts Debt Social Media 	<ul style="list-style-type: none"> Research Planning Self-reflection Actively listening Discussion Making decisions Team work Communication Independence 	<p>Choices and pathways- higher education, further training, apprenticeships and gap year options.</p> <p>Work and career-Interview, CV and career possibilities. Employment rights and responsibilities- the role of trade unions and how to constructively challenge workplace behaviours</p> <p>Financial choices- managing financial contracts including mobile phones, renting items and accommodation</p> <p>Media Literacy and digital resilience- how social media can expand, limit or distort perspectives. Recognising bias, propaganda and manipulation</p>