



Life Skills and Careers Education

At Coombeshead Academy, our Life Skills and Careers curriculum is designed to prepare students for the opportunities, responsibilities and challenges they will encounter both now and in adult life.

Our curriculum runs from Year 7 through to Year 13 and develops progressively as students move through the school. It supports students to develop the knowledge, skills and confidence they need to make informed decisions about their health, relationships, wellbeing, finances, future careers and wider lives.

The curriculum is built around three broad areas:

Health and Wellbeing

Relationships and Sex Education

Living in the Wider World, including Careers and Financial Education

Across these areas, students explore a wide range of age-appropriate topics including mental health and emotional wellbeing, healthy lifestyles, friendships and relationships, consent, sexual health, personal safety, online safety, discrimination, financial literacy, careers and preparing for the world of work.

Relationships and Sex Education (RSE) forms an important part of our Life Skills curriculum. We believe that high-quality RSE equips young people with the knowledge and confidence they need to develop safe, respectful and healthy relationships throughout their lives.

Our curriculum also places significant emphasis on helping students navigate the rapidly changing online world. Students learn about social media, algorithms, online influence, image sharing, misinformation, deepfakes and AI developing the skills to think critically and keep themselves and others safe.

Careers education is embedded throughout the curriculum. Students explore their interests and strengths, consider different career pathways, prepare for GCSE and post-16 choices, undertake work experience preparation and develop the skills needed for applications, interviews, further study and employment. As students move towards the end of their time at Coombeshead, the curriculum increasingly focuses on preparing them for independent life, university, employment and their future goals.

Our Life Skills and Careers lessons encourage students to ask questions, think critically, communicate effectively and understand both themselves and the world around them. Content is delivered in an age-appropriate, inclusive and sensitive way,

supporting all students to develop the confidence, resilience and knowledge they need to make informed choices and participate positively in modern society.