

# YEAR 8 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)	Assessment
<b>Cycle 1 Relationships</b>	<ul style="list-style-type: none"> <li>-Relationships</li> <li>-Health and Wellbeing</li> <li>-Our society</li> <li>-Responsibilities</li> <li>-Making choices</li> <li>-Identity</li> </ul>	What affects my identity? What are relationships? How should I deal with relationships? What is consent and how does it affect me?	<ul style="list-style-type: none"> <li>- Gender Identity</li> <li>- The Equality Act 2010</li> <li>-Consent</li> <li>-Sharing images online/ Sexting</li> <li>-Sex and Contraception</li> </ul>	Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions	<ul style="list-style-type: none"> <li>- Understanding gender identity and relevant case studies.</li> <li>- Challenging stereotypes, prejudice and discrimination- The Equality Act 2010.</li> <li>- Managing my feelings (jealousy, anger, resentment) and dealing with conflict effectively.</li> <li>- Consent and strategies for being assertive in relationships.</li> <li>- Sharing images online/ Sexting.</li> <li>- Sex and the law.</li> <li>- Contraception- different options available and where to get further support and help.</li> </ul>	End of cycle assessment: -- Gender Identity - Stereotypes and discrimination - The Equality Act 2010 -Consent -Sharing images online/ Sexting -Sex and Contraception
<b>Cycle 2 Living in the Wider World</b>	<ul style="list-style-type: none"> <li>- My future</li> <li>-Making choices</li> <li>- Responsibilities</li> <li>- Our society</li> <li>- Identity</li> </ul>	What are the options at the end of KS3?  What are the different types of work?  What is digital literacy?	<ul style="list-style-type: none"> <li>-Contributing to society, qualities and skills</li> <li>-Careers and life choices</li> <li>-Employment types</li> <li>- Media literacy and digital resilience</li> <li>-Financial choices</li> </ul>	Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions	<ul style="list-style-type: none"> <li>- Contributing to society- qualities and skills</li> <li>- Equality of opportunity in life and work- how to challenge stereotypes and discrimination in relation to work and pay</li> <li>- Employment, self-employment and voluntary work</li> <li>- How to set aspirational goals for future careers and challenge expectations that limit choices.</li> <li>- Accessing careers information, advice and guidance</li> <li>- Online safety, digital literacy, media reliability, and gambling hooks- modern day examples and case studies</li> </ul>	End of cycle assessment: -Contributing to society qualities and skills Employment, self-employment and voluntary work -Media literacy and digital resilience -Managing money
<b>Cycle 3 Health and Wellbeing</b>	<ul style="list-style-type: none"> <li>-Health and Wellbeing</li> <li>-Making choices</li> <li>- Responsibilities</li> <li>- Our society</li> <li>- Identity</li> </ul>	How can I make good choices?  What can I do when life is difficult?  How can I live a healthy lifestyle?	<ul style="list-style-type: none"> <li>- Mental Health</li> <li>- First Aid</li> <li>- Personal hygiene</li> <li>- Social media</li> <li>- Smoking</li> <li>- Vaping</li> <li>- Alcohol</li> </ul>	Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions Team work	<ul style="list-style-type: none"> <li>- Understanding mental health triggers and how to identify early signs of ill mental health- Building resilience &amp; dealing with change</li> <li>-First Aid- how to get help in an emergency and perform basic first aid</li> <li>- Personal hygiene and looking after ourselves</li> <li>- Body Image and Social Media- impact on health and real-life case studies</li> <li>- Smoking and Vaping- the law, health risks and case studies</li> <li>- Alcohol</li> </ul>	End of cycle assessment: -Mental Health -Building resilience - Personal hygiene Social media and body image Smoking and vaping -Alcohol