

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
Cycle 1 Relationships	-Relationships -Health and Wellbeing -Our society -Responsibilities -Making choices -Identity	What affects my identity? What are relationships? How should I deal with relationships? What is consent and how does it affect me?	- Gender Identity - The Equality Act 2010 -Consent -Sharing images online/ Sexting -Sex and Contraception	Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions	- Understanding gender identity and relevant case studies. - Challenging stereotypes, prejudice and discrimination- The Equality Act 2010. - Managing my feelings (jealousy, anger, resentment) and dealing with conflict effectively. - Consent and strategies for being assertive in relationships. - Sharing images online/ Sexting. - Sex and the law. - Contraception- different options available and where to get further support and help.	End of cycle assessment: -- Gender Identity - Stereotypes and discrimination - The Equality Act 2010 -Consent -Sharing images online/ Sexting -Sex and Contraception
Cycle 2 Living in the Wider World	- My future -Making choices - Responsibilities - Our society - Identity	What are the options at the end of KS3? What are the different types of work? What is digital literacy?	-Contributing to society, qualities and skills -Careers and life choices -Employment types - Media literacy and digital resilience -Financial choices	Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions	- Contributing to society- qualities and skills - Equality of opportunity in life and work- how to challenge stereotypes and discrimination in relation to work and pay - Employment, self-employment and voluntary work - How to set aspirational goals for future careers and challenge expectations that limit choices. - Accessing careers information, advice and guidance - Online safety, digital literacy, media reliability, and gambling hooks- modern day examples and case studies	End of cycle assessment: -Contributing to society qualities and skills Employment, self-employment and voluntary work -Media literacy and digital resilience -Managing money
Cycle 3 Health and Wellbeing	-Health and Wellbeing -Making choices - Responsibilities - Our society - Identity	How can I make good choices? What can I do when life is difficult? How can I live a healthy lifestyle?	- Mental Health - First Aid - Personal hygiene - Social media - Smoking - Vaping - Alcohol	Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions Team work	- Understanding mental health triggers and how to identify early signs of ill mental health- Building resilience & dealing with change -First Aid- how to get help in an emergency and perform basic first aid - Personal hygiene and looking after ourselves - Body Image and Social Media- impact on health and real-life case studies - Smoking and Vaping- the law, health risks and case studies - Alcohol	End of cycle assessment: -Mental Health -Building resilience - Personal hygiene Social media and body image Smoking and vaping -Alcohol