

YEAR 10 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 and Wellbeing	<ul style="list-style-type: none"> - Health and wellbeing - Relationships - My future - Making choices - Responsibilities - Our society - Identity 	<p>What affects my mental health?</p> <p>What are the pleasures and challenges of an intimate relationship?</p> <p>What do I do when a relationship goes wrong?</p>	<p>Anxiety</p> <p>Depression</p> <p>Mental Wellbeing</p> <p>Intimate relationships</p> <p>Consent and sex</p> <p>Sexual harassment and abuse</p>	<p>Communication</p> <p>Independence</p> <p>Self-reflection</p> <p>Actively listening</p> <p>Discussion</p> <p>Making decisions</p> <p>Teamwork</p>	<p>. Managing mental wellbeing including coping with change</p> <p>Mental Wellbeing – being able to critically evaluate own/ others behaviour on mental health</p> <p>Intimate Relationships- Pleasure and challenges, including pornography</p> <p>Assertive communication in relationships and consent</p> <p>Breakdown of relationships (including online)</p> <p>Sexual harassment and abuse- the law and case studies</p>	<p>End of cycle assessment:</p> <p>Mental wellbeing- coping with change</p> <p>Anxiety and depression</p> <p>Consent and communication</p> <p>Sexual harassment, abuse and online behaviour</p>
Cycle 2 RPE						
Cycle 3 Contributing to Society	<ul style="list-style-type: none"> - How to write a CV - Volunteering and work experience - Human Rights and Employee Rights 	<p>How can I be successful when applying for a job?</p> <p>Why should I volunteer?</p> <p>How can I get the most out of my work experience placement?</p> <p>What are my rights in the workplace?</p>	<p>Persuasive language</p> <p>Formal language</p> <p>CV writing</p> <p>Interpersonal Skills</p> <p>Customer Care</p> <p>Time Management</p> <p>Responsibility</p>	<p>Communication</p> <p>Independence</p> <p>Self-reflection</p> <p>Actively listening</p> <p>Discussion</p> <p>Making decisions</p> <p>Teamwork</p>	<ul style="list-style-type: none"> - All students must partake in a work experience placement. We aim to make sure they get the most out of their placement. - Students must leave Coombeshead with a usable CV ready to enter the workplace - Students need to be aware of their rights in order to make sure they are being treated fairly. - Promoting the benefits of volunteering will encourage more students to make a difference in the local community. 	<p>End of cycle assessment</p> <p>Work experience placement reflection</p>