

YEAR 12 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 Health and Wellbeing	<ul style="list-style-type: none"> -Relationships -Health and Wellbeing -Our society -Responsibilities -Making choices -Identity 	<p>How can I manage the transition into sixth form?</p> <p>What personal risks will I face as I approach adulthood?</p>	<p>Self- concept</p> <p>Mental health</p> <p>Healthy Lifestyles</p> <p>Managing risk</p> <p>Personal safety</p> <p>Sexual health</p> <p>Drugs</p> <p>Alcohol</p> <p>Tobacco</p> <p>Road safety</p>	<p>Actively listening</p> <p>Debate</p> <p>Reasoning</p> <p>Self-reflection</p> <p>Discussion</p> <p>Teamwork</p> <p>Communication</p> <p>Making decisions</p> <p>Independence</p>	<p>Self-concept- skills to manage transitional life phases. Body image and the pressure to conform- strategies to manage this pressure, real-life case studies.</p> <p>Mental health and emotional well-being- anxiety, depression, eating disorders and self-harm).</p> <p>Healthy Lifestyles- recognising illnesses that affect young adults such as 'freshers' flu' and the importance of self-examination. Healthy diet, especially on a budget.</p> <p>Managing risk and personal safety- young driver safety, using taxis, getting home safely</p> <p>Sexual Health- STIs and where to get further support Drugs, alcohol and tobacco- impacts on reputation, career and road-safety</p>
Cycle 2 Relationships	<ul style="list-style-type: none"> - My future -Making choices - Responsibilities - Our society - Identity 	<p>How can I effectively deal with relationship challenges?</p> <p>How can I keep myself safe?</p>	<p>Prejudice</p> <p>Discrimination</p> <p>Sex</p> <p>Consent</p> <p>Contraception</p> <p>Bullying</p> <p>Abuse</p> <p>Gangs</p>	<p>Communication</p> <p>Independence</p> <p>Self-reflection</p> <p>Actively listening</p> <p>Discussion</p> <p>Making decisions</p> <p>Reasoning</p>	<p>Relationship values- articulating relationship values, recognising and challenging prejudice and discrimination. Forming and maintaining respectful relationships.</p> <p>Sex and consent- understanding the emotional, physical, social and legal consequences of failing to respect others' right to not give/ withdraw consent.</p> <p>Contraception and parenthood- how to access support including emergency contraception.</p> <p>Bullying, abuse and discrimination- de-escalating aggressive social situations, gangs, carrying weapons.</p>

Cycle 3 Living in the Wider world	-Health and Wellbeing -Making choices - Responsibilities - Our society - Identity	How can I prepare myself for life after sixth form? What is tax and national insurance? What is a pension and why do I need to think about it now?	Applications Interviews CVs Employment rights Tax National Insurance Pensions Social Media	Research Planning Self-reflection Actively listening Discussion Making decisions Team work Communication Independence	Choices and pathways- higher education, further training, apprenticeships and gap year options. Work and career-Interview, CV and career possibilities. Employment rights and responsibilities- part -time jobs Financial choices- budgeting and planning for change in circumstances (moving out and university) Salary deductions including tax, national insurance and pensions Media Literacy and digital resilience- building and maintaining a professional online presence.
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