

YEAR 7 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 Health and Well-being	<ul style="list-style-type: none"> -Health and Wellbeing -Relationships -Our society -Responsibilities -Making choices -Identity 	<p>How do I feel about starting secondary school?</p> <p>How can I look after myself?</p> <p>How can I stay safe?</p>	<ul style="list-style-type: none"> -Mental Health & Wellbeing -Healthy Diet -Exercise -Social Media -Equality Act -Puberty 	<ul style="list-style-type: none"> Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions 	<p>Managing transition to secondary, the importance of managing physical, mental and emotional health and wellbeing. How to communicate effectively with peers in order to manage friendships effectively, including online safety, using social media appropriately, and consequences of risky behaviour.</p> <p>Preparing students for the physical and emotional effects of puberty.</p>	<p>End of cycle assessment:</p> <ul style="list-style-type: none"> -Diet -Exercise -Sleep -Puberty -Managing friendships -Using social media
Cycle 2 Relationships	<ul style="list-style-type: none"> -Relationships -Health and Wellbeing -Responsibilities - Our society -Making choices 	<p>What are the different types of relationship?</p> <p>What is a healthy relationship?</p> <p>What is bullying?</p> <p>How can I communicate effectively?</p> <p>What is peer pressure?</p>	<ul style="list-style-type: none"> -Different types of relationships (families, friends, school) -Effective communication -Types of long-term relationship including marriage 	<ul style="list-style-type: none"> Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions 	<p>Types of relationship (platonic, familial, intimate, toxic)</p> <p>The qualities of healthy/ unhealthy relationships and how this can contribute towards happiness.</p> <p>How to recognise the different types of bullying, the impact of bullying and how to report it/ get help</p> <p>Dealing with peer pressure.</p> <p>Effective communication- how to reconcile after an argument.</p> <p>Marriage and other types of long-term relationships (including legal status) Real -life case studies.</p>	<p>End of cycle assessment:</p> <ul style="list-style-type: none"> -Different types of relationships (families, friends, school) -Healthy and Unhealthy relationships -Effective communication and handling peer pressure -Types of long-term relationship including marriage
Cycle 3 Living in the Wider World	<ul style="list-style-type: none"> - My future -Making choices - Responsibilities - Our society - Identity 	<p>What am I good at?</p> <p>What helps me to succeed?</p> <p>What is a career?</p> <p>How can I manage money?</p>	<ul style="list-style-type: none"> -Careers -Teamwork and enterprise -Challenging stereotypes -Raising aspirations -Managing money 	<ul style="list-style-type: none"> Communication Independence Learning from experience Self-reflection Actively listening Discussion Making decisions Team work 	<p>How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity.</p> <p>Careers- the broad range and the abilities and qualities required for different careers about equality of opportunity</p> <p>Challenging stereotypes, broadening horizons and how to identify future career aspirations about the link between values and career choices. Real-life case studies.</p> <p>Making safe financial choices including saving, spending and budgeting. How to manage risk-taking behaviour.</p>	<p>End of cycle assessment:</p> <ul style="list-style-type: none"> -Types of careers - Career stereotypes - Enterprising skills - Managing money