

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
Beliefs and Values						
Cycle 2 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 3						