

YEAR 11 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	How are relationships in adulthood different?	Sex and consent Drugs and alcohol Domestic abuse Forced marriage Arranged marriage Fertility Pregnancy Menopause	Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions Independence	Core relationships values and emotions, how to communicate wants and needs, including the effect of sexual pressure and consent (including sharing images) The difference between an arranged marriage and a forced marriage. Different types of domestic abuse, including real-life case studies and links to TV interviews. Pregnancy options, including abortion and adoption and where to get further support. Fertility and the menopause and how it effects people.	End of cycle assessment: Sex and Consent The effects of alcohol Difference between an arranged and forced marriage Fertility, pregnancy and menopause
Cycle 2 Living in the Wider World	- My future - Identity -Making choices - Responsibilities - Our society	What is the world of work like? What are employment rights? What is financial responsibility?	Application process CVs Personal statements Apprenticeships Health and safety Contracts Savings Credit cards Loans Debt	Communication Independence Self-reflection Actively listening Discussion Making decisions Research Planning	Be able to research education, training, apprenticeship, employment and volunteering options including information about the best progression pathways through to specific goals. Completion of personal statements, CVs and post 16 applications. Employments rights and responsibilities, including health and safety, patterns of work, confidentiality and harassment. How to effectively budget and evaluate savings options, how to prevent and manage debt, including understanding credit rating and pay day lending	End of cycle assessment: Employment rights and responsibilities Different types of contractual terms Budgeting Saving Credit Debt
Cycle 3 Health and Wellbeing	-Health and Wellbeing -Making choices - Responsibilities - Our society - Identity	How can I be successful in Year 11? How can I look after my wellbeing during times of stress? How can I stay safe in independent contexts?	Emergency first aid skills Blood, stem cell and organ donation Stress Diet Sleep Exercise	Self-reflection Actively listening Discussion Making decisions Team work Communication Independence Debate	First Aid- life-saving skills, including CPR and what to do in an emergency Blood, organ and stem cell donation Coping strategies for dealing with stress- sleep, diet and exercise Facing challenges and building resilience Work life balance	End of cycle assessment: First Aid skills