

# YEAR 13 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)
<b>Cycle 1 Relationships</b>	<ul style="list-style-type: none"> <li>-Relationships</li> <li>-Our society</li> <li>-Responsibilities</li> <li>-Making choices</li> <li>-Identity</li> </ul>	<p>How can I prepare myself for relationships in adulthood?</p> <p>How can I manage a relationship break-up effectively?</p>	<ul style="list-style-type: none"> <li>Prejudice</li> <li>Discrimination</li> <li>Sex</li> <li>Consent</li> <li>Contraception</li> <li>Bullying</li> <li>Harassment</li> <li>Stalking</li> </ul>	<ul style="list-style-type: none"> <li>Actively listening</li> <li>Debate</li> <li>Reasoning</li> <li>Self-reflection</li> <li>Discussion</li> <li>Teamwork</li> <li>Communication</li> <li>Making decisions</li> <li>Independence</li> </ul>	<p>Relationship values- articulating relationship values, recognising and challenging prejudice and discrimination. Forming relationships- making friends in new places. Managing personal safety in new relationships, including online activity. Managing the ending of relationships safely and respectfully.</p> <p>Bullying, abuse and discrimination- understanding rights in relation to harassment (online, stalking) and how to access support</p>
<b>Cycle 2 Health and Wellbeing</b>	<ul style="list-style-type: none"> <li>Health and wellbeing</li> <li>- My future</li> <li>-Making choices</li> <li>Responsibilities</li> <li>- Our society</li> <li>- Identity</li> </ul>	<p>What are the long-term risks of body enhancement?</p> <p>How can I prepare myself for exams?</p> <p>How can I respond in an emergency?</p>	<ul style="list-style-type: none"> <li>Self- concept</li> <li>Mental health</li> <li>Healthy Lifestyles</li> <li>Managing risk</li> <li>Personal safety</li> <li>Sexual health</li> <li>First Aid</li> <li>Drugs</li> <li>Alcohol</li> <li>Tobacco</li> <li>Road safety</li> </ul>	<ul style="list-style-type: none"> <li>Communication</li> <li>Independence</li> <li>Self-reflection</li> <li>Actively listening</li> <li>Discussion</li> <li>Making decisions</li> <li>Reasoning</li> </ul>	<p>Body image and the pressure to conform- strategies to manage this pressure, real-life case studies. Long-term consequences of body enhancement.</p> <p>Mental health and emotional well-being- how to balance a work-life balance, including the importance of sleep and time offline.</p> <p>Managing risk and personal safety- performing first aid and evaluate when to summon emergency services, irrespective of potential legal implications (alcohol, drugs, gangs, violent crimes)</p> <p>Sexual Health- STIs and where to get further support</p> <p>Drugs, alcohol and tobacco- immediate and long-term health implications</p>

<b>Cycle 3</b> <b>Living in the</b> <b>Wider world</b>	-Health and Wellbeing -Making choices - Responsibilities - Our society - Identity	What is a trade union?  What are contracts?	Applications Interviews CVs Employment rights Trade Unions Consumer Rights Contracts Debt 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- the role of trade unions and how to constructively challenge workplace behaviours Financial choices- managing financial contracts including mobile phones, renting items and accommodation Media Literacy and digital resilience- how social media can expand, limit or distort perspectives. Recognising bias, propaganda and manipulation
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