

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>	-Relationships -Our society -Responsibilities -Making choices -Identity	How can I prepare myself for relationships in adulthood?  How can I manage a relationship break-up effectively?	Prejudice Discrimination Sex Consent Contraception Bullying Harassment Stalking	Actively listening Debate Reasoning Self-reflection Discussion Teamwork Communication Making decisions Independence	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.  Bullying, abuse and discrimination- understanding rights in relation to harassment (online, stalking) and how to access support
<b>Cycle 2 Health and Wellbeing</b>	Health and wellbeing - My future -Making choices Responsibilities - Our society - Identity	What are the long-term risks of body enhancement?  How can I prepare myself for exams?  How can I respond in an emergency?	Self- concept Mental health Healthy Lifestyles Managing risk Personal safety Sexual health First Aid Drugs Alcohol Tobacco Road safety	Communication Independence Self-reflection Actively listening Discussion Making decisions Reasoning	Body image and the pressure to conform- strategies to manage this pressure, real-life case studies. Long-term consequences of body enhancement.  Mental health and emotional well-being- how to balance a work-life balance, including the importance of sleep and time offline.  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)  Sexual Health- STIs and where to get further support  Drugs, alcohol and tobacco- immediate and long-term health implications

<b>Cycle 3</b> <b>Living in the 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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