

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	<ul style="list-style-type: none"> -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 RPE						
Cycle 3 Health and Wellbeing	<ul style="list-style-type: none"> -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