

LIFE SKILLS CURRICULUM- YEARS 7-11

KEY CONCEPTS	YEAR	CYCLE 1	CYCLE 2	CYCLE 3
IDENTITY	7	Health and Wellbeing How do I feel about starting secondary school? How can I look after myself? How can I stay safe?	Relationships What are the different types of relationship? What is a healthy relationship? What is bullying? How can I communicate effectively? What is peer pressure?	Living in the Wider World What am I good at? What helps me to succeed? What is a career? How can I manage money?
RELATIONSHIPS	8	Relationships What affects my identity? What are relationships? How should I deal with relationships? What is consent and how does it affect me?	Living in the Wider World What are the options at the end of KS3? What are the different types of work? What is digital literacy?	Health and Wellbeing How can I make good choices? What can I do when life is difficult? How can I live a healthy lifestyle?
HEALTH & WELLBEING	9	Relationships What constitutes a family? What is parental responsibility? What is a respectful relationship? How can I prepare myself for relationships?	Living in the Wider World Which career might be right for me? How can I find out about careers? Which GCSE options should I choose? What are money risks?	Health and Wellbeing What is mental ill health? What impact can social media and advertising have on my mental health? What are drugs?
MY FUTURE	10	Life Skills- Relationships and Wellbeing What affects my mental health? What are the pleasures and challenges of an intimate relationship? What do I do when a relationship goes wrong?	Beliefs and Values	Contributing to Society CV's Volunteering Human Rights Work Experience
RESPONSIBILITY	11	Relationships How are relationships in adulthood different? What factors influence consent? What is an unhealthy relationship?	Beliefs and Values	
OUR SOCIETY				
MAKING CHOICES				

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