

YEAR 7 LIFE SKILLS OVERVIEW

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Staying safe	Online safety and cyberbullying	Economic wellbeing	Healthy relationships	Democracy and citizenship	Conflict resolution
1. Welcome to Life Skills	1. Healthy relationships	1. Money and debt	1. Types of relationships	1. UK parliament and the role of MPs	1. What is friendship?
2. Risk assessment	2. Causes & effects of online bullying	2. Budgeting	2. Healthy and unhealthy relationships	2. Current political issues	2. Conflict situations
3. Aquarius workshop - drugs inc. vaping	3. Internet safety	3. Employment	3. Protect from unhealthy relationship	3. British Values	3. Respectful behaviour
4. Road safety	4. Online safety & the law	4. Budgeting game	4. Online relationships	4. Rule of law and hate crime	4. Conflict resolution
5. How to respond in an emergency	5. How to create safe online profiles	5. Case study	5. Family	5. Protected characteristics	5. Diverse community
6. Smoking	6. Contingency		6. Emotion coaching		6. Contingency
7. Alcohol	7. Progress check		7. Emotion coaching		7. Progress check

Colour codes for each theme:

Blue = Health education / Yellow = Relationships education / Pink - Community education
 Orange = Careers and finance education / Green = Sex education

YEAR 8 LIFE SKILLS OVERVIEW

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Human rights and responsibilities	The law and British Values	Healthy relationships	Mental health and wellbeing	Health	Careers and work related learning
1. Welcome back	1. Decision making	1. Trust in relationships	1. What is mental health?	1. Disease prevention	1. The local economy
2. Societal roles and responsibilities	2. Terrorism and extremism	2. Good and bad relationships	2. Anxiety disorders	2. Using health services	2. Career stereotypes
3. Human rights and employee rights	3. Valuing diversity	3. Violent relationships	3. Addictions	Healthy body (female anatomy)	3. Employability skills
4. Discrimination	4. Understanding and preventing extremism	4. Forced marriage	4. Eating disorders	4. FGM	4. Applying for jobs
5. The law	5. Radicalisation	5. Sexual relationships and the law	5. Self harming	5. Healthy lifestyle	5. Case study: NHS
6. Sustainability	6. Review / Assessment		6. Emotion coaching		6. Progress check
7. First aid	7. Contingency		7. Emotion coaching		7. Contingency

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YEAR 9 LIFE SKILLS OVERVIEW

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Extremist radicalisation	Drugs awareness	Relationships and sexual health	Personal health	Financial management	Online safety
1. Welcome back	1. What is an addiction?	1. Stable relationships	1. Umbrella workshop (contraception)	1. Managing money and debt	1. Digital footprints
2. Valuing diversity	2. Drugs classification	2. Equality in relationships	2. Puberty and hygiene	2. Career paths from post-16 options	2. Sharing images online
3. Extremism	3. Drugs and the law	3. Pornography	3. Cosmetic surgery	3. Employability skills	3. Online dangers
4. Radicalisation	4. Drugs and gangs	4. Sexually transmitted diseases	4. Disease prevention	4. Media	4. Anti-social behaviour
5. Inclusion and belonging	5. Support	5. Contraception	5. Immunisation and vaccination	5. University life	5. Progress check/evaluation
6. Extremist organisations	6. Review / Assessment		6. Emotion coaching		6. Social media and online dating
7. What to do in an emergency (first aid)	7. Contingency		7. Emotion coaching		7. Contingency

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YEAR 10 LIFE SKILLS OVERVIEW

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Crime and punishment	Sexual harassment and exploitation	Human rights and responsibilities	Drugs education	Careers and work related learning	Emotional resilience
1. Welcome back	1. Grooming	1. Human rights and responsibilities	1. Addiction	1. Writing a CV	1. Exam stress
2. Gang culture	2. Risks of exploitation	2. Relationships and social media	2. Alcohol	2. Interview techniques	2. Resilience
3. Youth violence	3. Teenage relationships	3. Pregnancy and contraception	3. Cannabis	3. Applying for jobs	3. Stress
4. Knife crime	4. Consent in relationships	4. Forced marriage	4. Legal highs	4. Local labour markets (comp. room)	4. Progress check
5. Organised crime	5. Addressing relationship abuse	5. Honour based violence	5. Vaping	5. Work experience	5. Self harm
6. Courts and the law	6. Review / assessment		6. Emotion coaching		6. The media
7. Careers in law and crime prevention	7. Contingency		7. Emotion coaching		7. Contingency

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YEAR 11 LIFE SKILLS OVERVIEW

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Relationships and sexual health	Careers	Religion and worldviews	Religion and worldviews	Emotional resilience	GCSEs
1. Family conflict	1. Job applications			1. Resilience during exam time	
2. Sexual health	2. Options after Y11			2. Coping with stress	
3. Pregnancy outcomes	3. Pre-requisites for career paths				
4. Contraception and sexual health					

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