

Appendix 1: Life Skills Programme of Learning

Curriculum Map Life Skills 2024-2025 Overview

C1-C6 = C Units – Curriculum Lessons (C1 = Term 1, Curriculum Lesson)

T1 – T6 = T Units – Tutor Time Sessions (T1 = Term 1, Tutor Session)

Key: **British Values**

Careers Education

Character Education

Alongside this programme, students in Key Stage 3 receive a fortnightly career focused Tutor Session (**Career of the Fortnight**)

Students in Key Stage 4 receive a weekly career focused Tutor Session (**Career Focus**)

	Living in the Wider World	Health and Wellbeing	Relationships
Year 7 (2 Hrs 40 Mins per fortnight)	C1 – Managing Change <ol style="list-style-type: none"> 1. What is PSHE? 2. Getting to Know People 3. What is a community? 4. Careers and Your Future 5. Sleep and Relaxation 6. Financial Education 7. Transition Points in Your Life 	C2 – Puberty & Body Development <ol style="list-style-type: none"> 1. Introduction to Puberty 2. Girls Puberty & Periods (Double Lesson) 3. Boys Puberty 4. Personal Hygiene 5. Growing Up 6. Self-Esteem 7. Tooth Decay & Dental Health 	C3 – Friends, Respect & Relationships <ol style="list-style-type: none"> 1. Consent and Boundaries 2. Respect and Relationships 3. What Makes a Good Friend? 4. Friendships & Online Relationships 5. Being Positive 6. Pressure, Influence and Friends 7. What Does it Mean to be a Man Today?
	C6 – Politics & Parliament (British Values) <ol style="list-style-type: none"> 1. Why is Politics Important? 2. How is our Country Run? 3. The Role of the Prime Minister 4. The Monarchy and King Charles III 5. Politics, Debates and Parliament 6. Elections and Campaigning 7. Creating a Political Party 	C4 – Staying Safe, Online & Offline <ol style="list-style-type: none"> 1. Avoiding Gangs & Criminal Behaviour 2. Staying Safe Online 3. Online Gaming, Grooming & Addiction 4. Alcohol and Risk 5. Nicotine and Smoking 6. E-Cigs, Vaping and Shisha 7. Energy Drinks and Caffeine 8. Knife Crime and Safety 	C5 – Celebrating Differences (British Values) <ol style="list-style-type: none"> 1. What is your Identity? 2. Multicultural Britain 3. Importance of Being Kind 4. Breaking Down Stereotypes 5. Learning Disabilities 6. Prejudice and Discrimination 7. Challenging Islamophobia
	T1 – BecomingX (Character Education) <ol style="list-style-type: none"> 1. Commencement Speech – Bear Grylls (BecomingX) 2. BecomingX - Leaders 3. BecomingX - Teams 4. BecomingX - Champions 	T2 – Careers Education - Unifrog <ol style="list-style-type: none"> 1. What is a Career? 2. What is a Work-Life Balance? 3. Working & Earning – Managing Your Money 4. What is an entrepreneur? 	T3 – EC Resources – RSHE <ol style="list-style-type: none"> 1. Anti Bullying 2. Falling in Love and Romantic Relationships 3. Healthy Relationships 4. Importance of Trust 5. Marriage

	T6 – EC Resources – Wider World (Careers) <ol style="list-style-type: none"> Budgeting Our Money Careers Skills and Qualities part 1 Careers Skills and Qualities part 2 Importance of Respect 	T4 – EC Resources – Health & Wellbeing <ol style="list-style-type: none"> Dangers of Vaping Kindness & Empathy Introduction to Mental Health Safer Internet 	T5 – Healthy Relationships - Unifrog <ol style="list-style-type: none"> Family Life – Parenthood & Caring Understanding Marriage Social Influences – Tackling Peer Pressure Relationships & Conflict
Year 8 (2 Hrs 40 Mins per fortnight)	C1 – Proud to be me <ol style="list-style-type: none"> Employability & Enterprise Skills Proud to be Me Careers and Aspirations Self-Esteem and the Media The Importance of Happiness What Makes Me Angry? Exploring Careers 	C2 – Physical Health & Mental Wellbeing <ol style="list-style-type: none"> Health and Wellbeing What is Mental Health? Positive Body Image Child Abuse Types of Bullying Healthy Eating and Cholesterol Stress Management 	C3 – Identity, Relationships & Sex Education <ol style="list-style-type: none"> Relationships and Sex Education Being Yourself & Self-Love Healthy Respectful Relationships What is Love? Dealing with Conflict Periods and Menstrual Cycle Introduction to Contraception Sexual Orientation
	C6 – Law, Crime & Society (British Values) <ol style="list-style-type: none"> Desert Island - Living Desert Island - Building a Community Desert Island – Making Decisions Desert Island - Criminals Law & Society How are Laws Made? Prisons, Reform & Punishment 	C4 – Dangerous Society – Online & Offline <ol style="list-style-type: none"> County Lines – What is It? County Lines – Who is at Risk? Substance Misuse Cyberbullying Online Grooming Alcohol Safety Child Exploitation & Online Protection 	C5 – Equality & Diversity Explored <ol style="list-style-type: none"> Equality Act 2010 LGBTQ+ What is it? LGBTQ+ Rights Across the World Gender Equality Ableism and Disability Discrimination Removing the Barriers, Equality for All Racism & Discrimination in Society
	T1 – BecomingX (Character Education) <ol style="list-style-type: none"> BecomingX - Knowledge BecomingX - Reflection BecomingX – Passions Becoming X - Limits 	T2 – Careers Education - Unifrog <ol style="list-style-type: none"> Creating the Life You Want – Vision Board Job applications – Superhero CV's Exploring Possibilities – Dream Jobs Careers and the Future Careers and the Climate 	T3 – EC Resources – RSHE (British Values) <ol style="list-style-type: none"> Being a Great Man Gender Stereotypes Misogyny Tolerance & Mutual Respect Transgender UK
	T6 – EC Resources – Wider World (Careers) <ol style="list-style-type: none"> Employability Skills Introduction Sexism in Society Media Literacy Protected Characteristics 	T4 – EC Resources – Health & Wellbeing <ol style="list-style-type: none"> Social Media Stress Exploring My Identity part 1 Exploring My Identity part 2 Group Messaging and Chats 	T5 – Healthy Relationships – Unifrog <ol style="list-style-type: none"> What Makes a Healthy Relationship? Coping with Change – Bereavement, Divorce & Separation Spotting Unhealthy & Abusive Relationships What is Good Communication?
Year 9	C1 – Essential Life Skills <ol style="list-style-type: none"> From Failure to Success Assertiveness 	C2 – Body Confidence <ol style="list-style-type: none"> How Self-Esteem Changes What is a Penis? 	C3 – Sex, The Law & Consent <ol style="list-style-type: none"> Sexual Consent and the Law FGM and the Law

2 Hrs 40 Mins per fortnight)	<ol style="list-style-type: none"> 3. First Aid 4. Saving and Managing Money 5. Labour Market Information 6. Finance, Budgeting and Employment 7. Social-Media & Online Stress 	<ol style="list-style-type: none"> 3. What is a Vulva? 4. Bullying in all its forms 5. Dealing with Grief and Loss 6. Media and Airbrushing 7. Cancer Prevention and Healthy Lifestyles 	<ol style="list-style-type: none"> 3. Relationships and Partners 4. Domestic Abuse and Domestic Violence 5. Why Have Sex? 6. Delaying Sexual Activity 7. Sexual Harassment and Stalking
	C6 – Combatting Extremism & Terrorism (British Values) <ol style="list-style-type: none"> 1. Conspiracies Theories & Narratives 2. Forms of Extremism 3. What is Terrorism? 4. War & Conflict 5. The Radicalisation Process 6. How Does Counter Terrorism Work? 7. Antisemitism in the UK 	C4 – Legal & Illegal Drugs <ol style="list-style-type: none"> 1. What is a Drug? 2. Different Types of Addictions 3. Cannabis Products 4. Drug Classifications 5. Party Drugs & Illegal Drugs 6. The War on Drugs 7. Volatile Substance Abuse 	C5 – Contraception & STI's <ol style="list-style-type: none"> 1. What are STIs? 2. Treating STIs and the Clinic 3. Contraception Explored 4. Contraception - Condoms 5. Contraception Explored Further 6. HIV and AIDS 7. HIV and AIDS Prejudice and Discrimination
	T1 – BecomingX (Character Education) <ol style="list-style-type: none"> 1. BecomingX - Success 2. BecomingX – Mindset 3. Becoming X – Failure 4. BecomingX – Talent 5. BecomingX - Dreams 	T2 – Careers Education - Unifrog <ol style="list-style-type: none"> 1. What Does Success Mean to Me? 2. Taking Control of Your Career Journey 3. Challenges and Rewards of Work 4. What Comes After School – Learning Pathways 	T3 – EC Resources – RSHE <ol style="list-style-type: none"> 1. Gender & Equality 2. Sexual Harassment & The Law 3. Introduction to STI's – Part 1 4. Introduction to STI's – Part 2
	T6 – EC Resources – Wider World <ol style="list-style-type: none"> 1. Pronouns 2. The Economy 3. How Can I Avoid Debt? 4. Our Rights as Consumers 	T4 – EC Resources – Health & Wellbeing <ol style="list-style-type: none"> 1. Health Advice & Services 2. Healthy Eating on a Budget 3. Knife Crime part 1 4. Knife Crime part 2 	T5 – Healthy Relationships - Unifrog <ol style="list-style-type: none"> 1. Overcoming Conflict & Finding Forgiveness 2. Consent Matters 3. Understanding Pornography 4. Consent & Intimacy – Online & Offline
Year 10 (1 Hr 20 Mins per fortnight)	T1 – Rights & Responsibilities <ol style="list-style-type: none"> 1. Instagram & TikTok Generation 2. Targeted Advertising and Your Data 3. What is Marriage? 4. Rights and Responsibilities 5. Consumer Rights 6. Employment Rights 7. Exploring a Pay Check 	T2 – Mental health & wellbeing <ol style="list-style-type: none"> 1. Child Sexual Abuse 2. Screen Time 3. Mental Health Illnesses 4. Self-Harm 5. Suicidal (Thoughts and Feelings) 6. Promoting Emotional Wellbeing 	T3 – Exploring Relationships & Sex Education <ol style="list-style-type: none"> 1. Pleasure and Delaying Sexual Activity 2. Campaigning Against FGM 3. Sexting, Nudes and Dick Pics 4. Online Pornography (Myths vs Reality) 5. Porn and its Impact on Society 6. Unhealthy Relationships & Sexual Assault 7. Sexualisation of the Media
	T6 – Exploring British Values <ol style="list-style-type: none"> 1. Critical Thinking & Fake News 2. Hate Crime in the UK 	T4 – Violence, Crimes & Seeking Safety <ol style="list-style-type: none"> 1. Honour Based Violence 2. Forced Marriages and Breast Ironing 	T5 – Exploring World Issues <ol style="list-style-type: none"> 1. International Organisations 2. Peace, War & Conflict

	<ul style="list-style-type: none"> 3. British Values and Identity 4. Mutual Respect & Tolerance 5. Individual Liberty 6. What are Human Rights? 7. Democracy Explored 	<ul style="list-style-type: none"> 3. Online Gaming & Gambling 4. Social Media Validation 5. Modern-Day Slavery 6. Keeping Your Data Safe 7. Causes of Knife Crime 	<ul style="list-style-type: none"> 3. Human Rights During War 4. Aid & Supporting Other Countries 5. Striking & Trade Unionism 6. Women's Rights & Equality 7. Fair Trade & Free Trade
	T1 – Careers Focus <ul style="list-style-type: none"> 1. Post-16 – Choices, Choices (Unifrog) 2. What Type of Career is Best for Me? (Unifrog) 3. Careers in the British Army 4. Careers in the National Health Service (Medicine) 5. Careers in the National Health Service (Support) 6. Military Medical Career Options 	T2 – Careers Focus <ul style="list-style-type: none"> 1. A Day in the Life: Paramedic 2. A Day in the Life: Warehouse Manager 3. Careers in the Royal Navy & Submarine Service 4. Careers in the Royal Air Force 5. A Day in the Life: Airline Pilot 6. A Day in the Life: Cabin Crew 	T3 – Careers Focus <ul style="list-style-type: none"> 1. Work Experience – What is it? 2. Work Experience – Approaching an Employer 3. Work Experience – Securing your Placement 4. Work Experience – Using Unifrog to Verify 5. Work Experience – Maximise Your Experience 6. Work Experience – After the Placement
	T6 – Careers Focus <ul style="list-style-type: none"> 1. A Day in the Life: Teacher 2. A Day in the Life: Care Worker 3. Careers in Hospitality 4. Careers in Tourism 5. A Day in the Life: Firefighter 6. A Day in the Life: Lifeguard 	T4 – Careers Focus <ul style="list-style-type: none"> 1. A Day in the Life: Nurse 2. A Day in the Life: Engineer 3. Careers in Engineering 4. Careers in Logistics 5. A Day in the Life: Haulage Driver 6. A Day in the Life: Actor 	T5 – Careers Focus <ul style="list-style-type: none"> 1. A Day in the Life: Vet 2. A Day in the Life: Dentist 3. Careers with Animals 4. Careers in Conservation 5. A Day in the Life: Forestry Worker 6. A Day in the Life: Water Engineer
Year 11 (1 Hr 20 Mins per fortnight)	T1 – Preparing for PPE's Preparing for Success – Revision for PPE's <ul style="list-style-type: none"> 1. Revision and Study 2. Revision and Study 3. Revision and Study 4. Revision and Study 5. Revision and Study 6. Revision and Study 	T2 – Adult Health & Looking After Yourself <ul style="list-style-type: none"> 1. Organ and Blood Donation 2. Teenage Pregnancy Choices 3. Abortion Law, Morals and Ethics) 4. Parenthood for Teenagers 5. Testicular and Prostate Cancer 6. Breast Cancer, Cervical Cancer & Screening 7. Love & Abuse 	T3 – Sexual Health <ul style="list-style-type: none"> 1. Peer-on-Peer Abuse 2. Fertility and What Impacts it 3. Alcohol, Parties & Bad Choices 4. Importance of Sexual Health 5. Revisiting STIs 6. Revisiting Contraception 7. Respect, Love and Relationships
	T6 – Summer Exam Season Revision & Final Exams No Tutor Sessions in Term 6	T4 – Staying Safe <ul style="list-style-type: none"> 1. Virtual Reality and Live Streaming 2. Online Reputation and Digital Footprints 3. Group Chats & Anti-Bullying 4. Cosmetic & Aesthetic Procedures 5. New Psychoactive Substances 	T5 – Your Future & Beyond <ul style="list-style-type: none"> 1. Screen Addiction and Studying 2. Post 16 Options 3. Exam Stress and Anxiety 4. Social Media Vs Real Life 5. CV Writing 6. Writing a Personal Statement

		6. Festivals and Nitrous Oxide 7. Substance Addiction	
	T1 – Careers Focus (Unifrog) 1. Is a UK Apprenticeship Right for Me? 2. Money Talks: Apprenticeships vs Higher Education 3. Is a T Level Right for Me? 4. Are A Levels Right for Me? 5. Decision Making: Choosing your Post-16 Pathway 6. What are my Employability Skills?	T2 – Careers Focus (Unifrog) 1. In Person, Hybrid & Remote – What Works best? 2. Is AI a Threat to our Jobs? 3. Are BTEC's Right for Me? 4. Is a Traineeship Right for Me? 5. Is a Supported Internship Right for Me? 6. Is an NVQ Right for Me?	T3 – Careers Focus 1. Revision & Study Skills part 1 2. Revision & Study Skills part 2 3. Health & Safety at Work 4. How doe Trades Unions Protect us at Work? 5. Preparing for an Interview 6. Hazardous Substances and Dangers in the Workplace.
	T6 – Summer Exam Season No Tutor Sessions in Term 6	T4 – Careers Focus 1. A Day in the Life: Police Officer 2. A Day in the Life: Zookeeper 3. Careers with Children 4. Careers in Finance 5. A Day in the Life: Stockbroker 6. A Day in the Life: Accountant	T5 – Careers Focus 7. Revision and Study 8. Revision and Study 9. Revision and Study 10. Revision and Study 11. Revision and Study 12. Revision and Study
Year 12 & Year 13 (1 Hr 20 Mins per fortnight + added time as required for specialist speakers)	Topics Covered Include: Apprenticeships Careers and Employment Applying for College/University (UCAS) Personal Statements & Applications Careers in STEM and Core Subjects Computer Literacy Plagiarism & ChatGPT/AI Personal Presentation and Interview Skills Personal Skills Leadership Problem Solving Work Ethic Personal Finance & Debt Cars and Driving Pensions and Retirement.	Topics Covered Include: Addiction & Substance Misuse Cosmetic Surgery Miscarriage & Pregnancy Abortion Adoption & Fostering Relaxation Sex, Gender and Identity Festivals, Clubbing and Parties Emotional Wellbeing throughout life Clinics, advice and sexual health Healthy Eating, Exercise and Obesity Toxic Masculinity Living with Climate Change	Topics Covered Include: Consent and Rape Sexual Assault Sexualised Language Racism Sexting Dangers of Pornography Safe Relationships, LGBTQAI+ STI's & Contraception Peer Pressure Coercion & Control Spiking & Date Rape Social Justice Issues Hate Speech Honour Based Violence Feminism & Gender-based attitudes Online Sub-cultures Readiness for Sex & Pleasure in Sex Sexual Encounters and Emotions Sex in the Media Prejudice

Ageism
Cultural Appropriation.

Historical Knowledge- what topics do we teach?

Why these?

The curriculum follows the recommendations set out in the PSHE Framework for England and Wales.

Topics are set out in the three areas as recommended:

Health and Wellbeing

Living in the Wider World

Healthy Relationships and Sex Education

Within these three areas we cover topics as follows:

Health & Wellbeing: Healthy Lifestyles, Smoking & Vaping, Drugs Education, FGM, Mental Health and Self Esteem, Alcohol, Sleep, Tattoos, Gambling, Pregnancy and Miscarriage and Parenting. (see above for exhaustive list).

Living in the Wider World: Resilience and Change, Financial Education, Cyber and Online Security, Careers Education, Employability, British Values, Globalisation and Global Issues and Citizenship. (see above for exhaustive list).

Healthy Relationships and Sex Education: Puberty, Contraception, Consent, CSE, Domestic Violence and Coercive/Controlling Behaviour, STI's, Gender Equality, British Values, Discrimination and Racism, Role Models, LGBTQIA+ Issues, Sexual Harassment, Misogyny, Toxic Masculinity vs Positive Masculinity, Online Behaviour, Bullying and Cyber Bullying, Sexting; etc. (see above for exhaustive list).

What is Life Skills at GA? (Intent)

The aim of the Life Skills curriculum is to educate, inform and encourage students regarding personal, social, health and economic matters. To increase awareness of and involvement in, the life and concerns of their community and society, and so develop their capacity to be active and effective future citizens.

In addition to this the Life Skills curriculum aims to encourage and promote positive character in GA students, including the values of:

- Honesty and Integrity
- Compassion and Empathy
- Humility
- Grit and Determination
- Adaptability
- **British Values: Tolerance, Democracy, Rule of Law, Individual Liberty and Mutual Respect.**

Why teach it?

We teach Life Skills to help ensure that GA students are equipped with the knowledge, skills and understanding to live lives as good citizens marked by:

- Respect
- Aspiration
- Responsibility
- Equality

Knowledge Organiser



Learning, Teaching & Progress= Altered long term memory - Implementation

Knowing more, remembering more and doing more (skills):

- We do this through high quality teaching which ensures students understand our school ethos, supporting children in their development, and underpinning learning in the classroom, school, and in the wider community.
- We help students to gain the social, employability and thinking skills that will help them to reach their full potential.
- We enable students to recognise, accept and shape their identity, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy, and the ability to work with others will help students to form and maintain good relationships, develop essential skills for future employability and better enjoy and manage their lives.
- The curriculum is spiral and iterative, enabling us to revisit topics in ever increasing depth and in an age appropriate way through Key Stages.
- We provide opportunities for students to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.
- We contribute to personal development by helping students to build their confidence, resilience, and self-esteem, and to identify and manage risk, make informed choices, and understand what influences their decisions.
- We use a variety of learning strategies including Cold Calling, Think-Pair-Share, Discussion, Show-Me Boards, Retrieval Practice to reinforce learning over time

Life Skills Days 2023-2024		
<p>Living in the Wider World (Focus on Careers and Enterprise) Visitors: Goodwill Solutions; STEM Literacy Challenge; Cummins Engineering;</p>	<p>Thursday 9th November 2023 Full Day</p>	<p>All</p>
<p>Relationships and Sex Education (Focus on British Values & Healthy Relationships). Topics: Y7 Individual Liberty & Trust Y8 Individual Liberty & Sexual Harassment and the Law Y9 Consent/Contraception & British Community, Religion and Culture Y10 Hate Crime in the UK (Rule of Law) Y11 Study and Revision Skills Y12 & Y13 RAP Foundation & British Values</p>	<p>Wednesday 7th February 2024 2 Hours 20 minutes</p>	<p>All</p>
<p>Health and Wellbeing (Focus on Healthy Lifestyles and Mental Health)</p>	<p>Thursday 9th July 2024 2 Hours 20 minutes</p>	<p>Y7, Y8, Y9, Y10 & Y12</p>

