

Curriculum Map

Subject: Life Skills

		Autumn		Spring		Summer	
		Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 7	Content, Knowledge & Skills	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • What is Life? • Exploring identity & values • Exploring skills for learning • Human rights • Personal safety • Water & rail safety <p><u>Skills:</u> <i>Developing goal setting, organisation skills and self-awareness:</i></p> <ul style="list-style-type: none"> • Personal identity and values • Learning skills and teamwork 	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Managing feelings • Managing your time • Managing money - saving • Managing diet • Managing exercise <p><u>Skills:</u> <i>Developing agency, strategies to manage influence and decision making:</i></p> <ul style="list-style-type: none"> • Regulating emotions 	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Sharing information online – safety • Friendship skills – empathy & compassion • Bullying – recognising & challenging it • Communicating safely online • Peer on peer abuse <p><u>Skills:</u> <i>Developing empathy, compassion, and communication.</i></p>	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Puberty • Puberty • Self-confidence & self-worth • Body image • Diversity in the UK • Immigration <p><u>Skills:</u> <i>Developing self-confidence and self-worth:</i></p> <ul style="list-style-type: none"> • Puberty and managing change • Body satisfaction and self-concept 	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Consent • Unwanted contact • Sexuality • Role models & sexual harassment • FGM & Forced Marriage <p><u>Skills:</u> <i>Developing assertive communication, risk management and support-seeking skills:</i></p> <ul style="list-style-type: none"> • Rights in the community 	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Attraction & crushes • Smoking & energy drinks • Alcohol • Cannabis • Nitrous Oxide • Driving & road awareness <p><u>Skills:</u> <i>Developing agency and decision-making skills:</i></p> <ul style="list-style-type: none"> • Safety and first aid
	Prior Knowledge	<p>Living in the Wider World KS2 – To understand that there are basic human rights shared by all peoples and all societies and that</p>	<p>Health & Wellbeing KS2 – To know what positively and negatively affects their physical, mental, and emotional health. To make informed</p>	<p>Health & Wellbeing KS2 – To recognise, predict & assess risks in different situations and decide how to manage them responsibly and to</p>	<p>Health & Wellbeing KS2 – To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about</p>	<p>Relationships KS2 – To judge what kind of physical contact is acceptable or unacceptable and how to respond. To recognise ways in which a relationship</p>	<p>Health & Wellbeing KS2 – Which, why and how, commonly available substances and drugs can damage their immediate and future health &</p>

		children have their own special rights set out in the UN Declaration of the Rights of the Child	choices and to begin to understand the concept of a 'balanced lifestyle'	use this as an opportunity to build resilience	themselves. To know how their body will, and their emotions may, change.	can be unhealthy and whom to talk to if they need support.	safety; that some are restricted & some are illegal to own, use and give to others.
	Assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment
	Key Vocabulary / reading materials	<ul style="list-style-type: none"> ➤ Citizenship ➤ Rights ➤ Immigration ➤ Consent ➤ Sexual harassment ➤ Cold water shock ➤ Tombstoning 	<ul style="list-style-type: none"> ➤ Responsibility ➤ Organisation ➤ Budget ➤ Debt ➤ Consultant ➤ Credit ➤ Loan ➤ Nutrition ➤ Calorie 	<ul style="list-style-type: none"> ➤ Empathy ➤ Compassion ➤ Connection ➤ Communication ➤ Confidentiality ➤ Intimidation ➤ Discrimination ➤ Betrayal ➤ Jealousy 	<ul style="list-style-type: none"> ➤ Hormones ➤ Penis/Vagina ➤ Periods ➤ Census ➤ Multi-ethnic ➤ Immigration ➤ Minorities 	<ul style="list-style-type: none"> ➤ Role models ➤ Heterosexuality ➤ Homosexuality ➤ Asexuality ➤ Qualities ➤ Respect ➤ Harassment ➤ FGM 	<ul style="list-style-type: none"> ➤ Nicotine ➤ Impair ➤ Classifications ➤ Possession ➤ Supplying ➤ CPR ➤ Resuscitation
	Enrichment / Co-Curricular offer		P.E. – managing exercise Food – managing diet Maths – managing money	Computing – communicating safely online			P.E. – energy drinks
Year 8	Content, Knowledge & Skills	<u>Content & Knowledge:</u> <ul style="list-style-type: none"> • Actions have consequences • Diversity • Prejudice & Discrimination - religion • Prejudice & Discrimination – disability 	<u>Content & Knowledge:</u> <ul style="list-style-type: none"> • CJS: Courts/ Police/Prisons • Fake online information • Online views – extreme/ pressure • Critically analysing online info • Online stress 	<u>Content & Knowledge:</u> <ul style="list-style-type: none"> • Vaping, nicotine & addiction • Caffeine • Saving • Money's worth • Fraud • Budgeting 	<u>Content & Knowledge:</u> <ul style="list-style-type: none"> • Relationships – choices & timing • Consent • Boundaries & healthy relationships • Sexual orientation • Gender identity • Sexting/Nudes 	<u>Content & Knowledge:</u> <ul style="list-style-type: none"> • Consent & desire • Dangers of pornography • Toxic masculinity • Age-appropriate relationships & intimacy • Contraception 	<u>Content & Knowledge:</u> <ul style="list-style-type: none"> • STI's • Sepsis • First Aid • Personal & academic strengths/ interests • Different careers • The career I want

	<ul style="list-style-type: none"> • Prejudice & Discrimination – sexuality • Combating prejudice & discrimination • Hate Crime <p>Skills: <i>Developing respect for beliefs, values and opinions and advocacy skills:</i></p> <ul style="list-style-type: none"> • Promoting diversity and equality 	<ul style="list-style-type: none"> • Safely managing information online • Building a positive online presence • Live Streaming & Gaming <p>Skills: <i>Developing risk management skills, analytical skills and strategies to identify bias:</i></p> <ul style="list-style-type: none"> • Managing online presence • Digital and media literacy 	<p>Skills: <i>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</i></p> <ul style="list-style-type: none"> • Managing conflict • Resisting peer influence 	<p>Skills: <i>Developing goal setting, motivation and self-awareness:</i></p> <ul style="list-style-type: none"> • Aspirations for the future • Career choices • Identity and the world of work 	<ul style="list-style-type: none"> • Giving advice to others <p>Skills: <i>Developing agency and strategies to manage influence and access support:</i></p> <ul style="list-style-type: none"> • Resisting peer influence 	<p>Skills: <i>Developing agency and strategies to manage influence and access support:</i></p> <ul style="list-style-type: none"> • Maintaining positive mental health
<p>Prior Knowledge</p>	<p>KS2 Relationships – To realise the nature & consequences of discrimination, teasing, bullying & aggressive behaviours. Year 7 lesson Autumn 2 on recognising & challenging bullying</p>	<p>Year 7 lesson Autumn 2 on communicating safely online.</p>	<p>Year 7 lessons Summer 2 on alcohol & drugs</p>	<p>Year 7 lessons Summer 1 on timings of relationships as well as recognising harassment.</p>	<p>Year 8 lessons Spring 1 on healthy relationships Year 7 lessons Spring 2 on puberty & wellbeing.</p>	<p>Year 7 Enrichment day – First Aid Year 7 lessons on careers (enrichment days and life lessons) KS2 Citizenship (non-statutory so might not have been covered) – About the range of jobs carried out by people they know, and to understand how they can develop skills to make their own</p>

							contribution in the future.
	Assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment
	Key Vocabulary	<ul style="list-style-type: none"> ➤ Stereotyping ➤ Prejudice ➤ Discrimination ➤ Bias ➤ Heterosexuality ➤ Homosexuality ➤ Asexuality ➤ Echo chambers ➤ Empathy ➤ Equality ➤ Active bystander 	<ul style="list-style-type: none"> ➤ Magistrates Court ➤ Reform ➤ Justice ➤ Disinformation ➤ Misinformation ➤ Propaganda ➤ Omission ➤ Identity fraud ➤ Online reputation ➤ Digital footprint 	<ul style="list-style-type: none"> ➤ Addiction ➤ Caffeine ➤ Fraud ➤ Savings ➤ Profit ➤ Income ➤ Outgoings ➤ Interest 	<ul style="list-style-type: none"> ➤ Growth mindset ➤ Heterosexuality ➤ Homosexuality ➤ Asexuality ➤ Consent ➤ Identity 	<ul style="list-style-type: none"> ➤ Addiction ➤ Desire ➤ Herpes ➤ Syphilis ➤ Warts ➤ Chlamydia ➤ Lice ➤ HIV/AIDS ➤ Condom ➤ Femidom ➤ IAD 	<ul style="list-style-type: none"> ➤ Sepsis ➤ STI's ➤ Self-reflection ➤ Respect ➤ Inspiration ➤ Aspiration ➤ Determination ➤ Empathy ➤ Interpersonal
	Enrichment / Co-Curricular offer		Computing – communicating safely online		Maths – managing money		P.E. – managing exercise
Year 9	Content, Knowledge & Skills	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Friendship challenges • Gangs & violent crime • County Lines • Drugs & effects, the law & risk • Sexuality <p><u>Skills:</u> <i>Developing self-confidence, risk management and</i></p>	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Consent – assumptions & consequences • Sexting • Healthy & unhealthy relationships • Managing unwanted attention • Public Sexual Harassment 	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Bullying or banter • Financial decisions • Managing money • Gambling & addiction • Avoiding Debt • Fraud <p><u>Skills:</u> <i>Developing analytical skills and strategies to</i></p>	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Identity Fraud • Mental Health & Anxiety • Positive Mental Health • Unhealthy & healthy coping strategies • Mental health & alcohol <p><u>Skills:</u> <i>Developing decision making, risk</i></p>	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Careers • Skills for employment • Employability • Jobs & occupations • Workplace relationships & employer expectations <p><u>Skills:</u> <i>Developing assertive</i></p>	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Extremism & Diversity • Radicalisation • Democracy • Politics <p><u>Skills:</u> <i>Developing assertive communication, clarifying values and strategies to manage influence:</i></p>

	<i>strategies to manage influence.</i>	<ul style="list-style-type: none"> Relationship breakdown <p>Skills: <i>Developing empathy, compassion and strategies to access support:</i></p> <ul style="list-style-type: none"> Active bystanders 	<i>identify bias and manage influence.</i>	<i>management and support-seeking skills.</i>	<i>communication, clarifying values and strategies to manage influence:</i>	<ul style="list-style-type: none"> In the workplace
Prior Knowledge	CCE talk delivered by JF in Year 7/8. Year 7 Autumn 2 on friendship skills.	Year 7 Summer 1 and Year 8 Summer 1 on consent Year 8 Spring 1 on boundaries and healthy relationships. Year 8 Autumn 1 on Sexting/sharing nudes.	Year 7 Spring 1 on managing money	Enrichment day Year 7 & 8 on Key Mental Health Issues	Year 7 Spring 2 on self-confidence and self-worth	Year 7 lessons on extremism, diversity & immigration
Assessment	One teacher assessment	One teacher assessment	One peer assessment	One teacher assessment	One peer assessment	One teacher assessment
Key Vocabulary	<ul style="list-style-type: none"> ➤ Coercive ➤ Manipulation ➤ Organised crime ➤ Grooming ➤ Addiction ➤ County Lines ➤ Intimidation 	<ul style="list-style-type: none"> ➤ Consent ➤ Sexual Harassment ➤ Stalking ➤ Intimidation ➤ Controlling ➤ Perpetrator ➤ Inappropriate 	<ul style="list-style-type: none"> ➤ Budget ➤ Interest ➤ Short term loans ➤ Credit score ➤ Gambling ➤ Addiction ➤ Dopamine ➤ Debt ➤ Fraud ➤ Credit ➤ Debit 	<ul style="list-style-type: none"> ➤ Anxiety ➤ Identity fraud ➤ Anorexia ➤ Bulimia ➤ Self-harm ➤ Resilience ➤ Addiction 	<ul style="list-style-type: none"> ➤ Aspirations ➤ Ambitions ➤ Achievable ➤ Enthusiasm ➤ Employability ➤ Skillset ➤ Qualifications ➤ Occupation ➤ Skills ➤ Qualities 	<ul style="list-style-type: none"> ➤ Extremism ➤ Radicalisation ➤ Democracy ➤ Monarchy ➤ Parliament ➤ MP ➤ Constituency ➤ Elected ➤ Policies ➤ Cabinet

	Enrichment / Co-Curricular offer		Computing – communicating safely online	Maths – managing money			Science - pregnancy
Year 10	<p>Content, Knowledge & Skills</p>	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Skills for change – adaptability & resilience • Change & mental health • Reframing negative thinking • Depression, Anxiety & misconceptions • Managing my mental health • Addiction & MH <p><u>Skills:</u> <i>Developing self-awareness, goal setting, adaptability and organisation skills:</i></p> <ul style="list-style-type: none"> • Managing transition to key stage 4 including learning skills • Managing mental health concerns 	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Identifying risk • Substances & risk-taking behaviour • Drugs & safety • Prescription drugs • Tattoos & piercings • Cosmetic & Aesthetic procedures • First Aid <p><u>Skills:</u> <i>Developing agency and decision making, strategies to manage influence and access support:</i></p> <ul style="list-style-type: none"> • First aid and lifesaving 	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Relationship expectations • Healthy & unhealthy relationships • Unhealthy, abusive relationships • Consent • Impact of pornography/ body confidence • Impact of Sexting & online sexual harassment • Relationship Abuse <p><u>Skills:</u> <i>Developing empathy and compassion, strategies to manage influence and assertive communication:</i></p> <ul style="list-style-type: none"> • Identifying and responding to abuse and harassment 	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Marriages • Conflict Management • Exploring job sectors/preparing for work • CV's/building personal skills • Interview skills/strengths for employment <p><u>Skills:</u> <i>Developing respect for diversity, values and opinions and advocacy skills.</i></p>	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Understanding behaviours for work • Understanding the workplace • Employment rights & responsibilities • Workplace relationships • Applications & careers <p><u>Skills:</u> <i>Developing respect for diversity, risk management and support-seeking skills.</i></p>	<p><u>Content & Knowledge:</u></p> <ul style="list-style-type: none"> • Trade Unions • Racism • Religious diversity • Extremism • Refugees • Homelessness • The right to protest • Work experience • Feedback & evaluation of WE <p><u>Skills:</u> <i>Developing goal setting, motivation, organisation, leadership and presentation skills.</i></p>

	Prior Knowledge	Enrichment day Year 7, 8 & 9 on Key Mental Health Issues Year 9 Spring 1 on addiction	Year 7/8/9 lessons on drugs Year 7 Summer 2 on first aid	Year 8 Spring 1 on boundaries and healthy relationships. Year 9 Spring 2 on unhealthy relationships	Year 7/8/9 lessons on careers and future options Enrichment Day on Careers Skills	Year 9 lessons on healthy & unhealthy relationships Year 8 lessons on stereotypes, prejudice & discrimination	Year 8 Autumn 2 on stereotypes, prejudice & discrimination Year 8 Autumn 2 on hate crime
	Assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment
	Key Vocabulary	<ul style="list-style-type: none"> ➤ Resilience ➤ Negative thinking patterns ➤ Reframing ➤ Personalising ➤ Catastrophising ➤ Overgeneralising ➤ Labelling ➤ Filtering ➤ Depression ➤ Anxiety ➤ Stress ➤ Schizophrenia 	<ul style="list-style-type: none"> ➤ Addiction ➤ Self-expression ➤ Septicaemia/ Sepsis ➤ Airways ➤ Recovery position ➤ Insurance ➤ Excess ➤ Comprehensive cover 	<ul style="list-style-type: none"> ➤ Expectations ➤ Consent ➤ Pornography ➤ Readiness ➤ Pressure ➤ Abuse ➤ Coercive ➤ Assertiveness ➤ Gaslighting ➤ Harassment ➤ Stalking ➤ Takedown policy ➤ Pleasure 	<ul style="list-style-type: none"> ➤ Commitment ➤ Marriage ➤ Career ladder ➤ Negotiation ➤ Decision making ➤ Organisation ➤ Proactivity ➤ Resilience ➤ Initiative ➤ Workplace Culture ➤ Communication 	<ul style="list-style-type: none"> ➤ Professional ➤ Conflict ➤ Resolution ➤ Management ➤ Diffuse ➤ Role models ➤ Idolise ➤ Self esteem ➤ Empathy ➤ Criminal Justice system 	<ul style="list-style-type: none"> ➤ Racism ➤ Overt ➤ Covert ➤ Right wing ➤ Nationalism ➤ Terrorism ➤ Holy war ➤ Refugees ➤ Homelessness ➤ Rough sleeping ➤ Inciting ➤ Hate crime ➤ Protesting ➤ Freedom of speech
	Enrichment / Co-Curricular offer		Hair – Cosmetic procedures				R.E. – religious diversity Geography – refugees
Year	Content, Knowledge & Skills	Content & Knowledge: • Income & Tax	Content & Knowledge:	Content & Knowledge:	Content & Knowledge:	Content & Knowledge:	



	<ul style="list-style-type: none"> Income & Pensions Informed financial decisions Consequences of financial decisions Managing financial risk Gambling, choices & debt Saving & borrowing <p>Skills: <i>Developing resilience and risk management skills:</i></p> <ul style="list-style-type: none"> Preparing for adult life 	<ul style="list-style-type: none"> Success, failure, self-worth Education/career pathways Job interviews Employment Employment & finances Balancing time & exam stress Personal safety <p>Skills: <i>Developing confidence, self-worth, adaptability and decision-making skills:</i></p> <ul style="list-style-type: none"> Recognising and celebrating successes Transition and new opportunities Aligning actions with goals 	<ul style="list-style-type: none"> Healthy lifestyle choices Drugs & safety, managing influences Self-examination Grief & Bereavement <p>Skills: <i>Developing confidence, agency and support-seeking skills:</i></p> <ul style="list-style-type: none"> Health promotion and self-examination 	<ul style="list-style-type: none"> Personal values in relationships Consent Contraception & sexual health Sexual health Fertility & options <p>Skills: <i>Developing communication and negotiation skills, risk management and support-seeking skills:</i></p> <ul style="list-style-type: none"> Relationship values Maintaining sexual health Managing relationship challenges and endings 	<ul style="list-style-type: none"> Pregnancy/ Parenting Abortion Accessing appropriate support Parenting Empathy for others Coercive Control <p>Skills: <i>Developing empathy and compassion, clarifying values and support-seeking skills.</i></p>	
Prior Knowledge	<p>Year 7 Spring 1 on managing money (saving)</p> <p>Year 8 Spring 2 on managing money (borrowing)</p> <p>Year 9 Spring 1 on financial decisions</p>	<p>Year 8 Spring 2 on careers and future options</p> <p>Enrichment Day on Careers Skills</p> <p>Year 10 Summer 2 on careers, work experience & preparing for work</p>	<p>Year 8 Summer 2 on physical and mental wellbeing</p> <p>Year 10 Autumn 1 on wellbeing</p>	<p>Year 9 Summer 1 on STI's & sexual health</p> <p>Year 10 Autumn 2 on healthy relationships</p>	<p>Year 8 Spring 1 on healthy relationships</p> <p>Year 9 Spring 2 on healthy relationships</p> <p>Year 10 Autumn 2 on healthy relationships</p>	



Assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment	One peer assessment and one teacher assessment
Key Vocabulary	<ul style="list-style-type: none"> ➤ Gross Income ➤ Net Income ➤ Salary ➤ Contract ➤ PAYE Tax ➤ National Insurance ➤ Pension ➤ Utilities 	<ul style="list-style-type: none"> ➤ Progression ➤ Qualifications ➤ Industry ➤ Tertiary ➤ Secondary ➤ Occupation ➤ Equal opportunities ➤ Shortlisting ➤ References ➤ Hierarchical ➤ Matrix ➤ Autonomy 	<ul style="list-style-type: none"> ➤ Sleep deprivation ➤ Melatonin ➤ Cognitive function ➤ Procrastinating ➤ Active revision ➤ Passive revision ➤ Time management ➤ Self-examination ➤ Asymmetry ➤ Benign ➤ Malignant ➤ Grief 	<ul style="list-style-type: none"> ➤ Pleasure ➤ Orgasm ➤ Intimacy ➤ Stigma ➤ Coercion ➤ Boundaries ➤ Communication ➤ Fertility ➤ Conceive ➤ Oestrogen ➤ Menopause ➤ Trimester ➤ Abortion 	<ul style="list-style-type: none"> ➤ Co-parenting ➤ Divorce ➤ Providing ➤ Friendship ➤ Communication ➤ Intimacy ➤ Expectations ➤ Amicable ➤ Empathy 	
Enrichment / Co-Curricular offer	Maths – managing money		P.E. – Healthy lifestyles Hair – Cosmetic procedures			