

KS3 and KS4 Life Skills Overview 25-26

	Y7	Y8	Y9	Y10	Y11
Autumn 1	BQ: What is self-awareness and why is it important?	BQ: What promotes good mental health and emotional well-being?	BQ: What support is needed to sustain good mental health and emotional well-being?	BQ: How do I make sense of my future finances?	BQ: How can I ensure the physical health and safety of myself and others?
Week 1 4 Sept	(How can understanding how our memory works help my learning?)	(How can understanding brain development help my learning?)	(Why is revision important?)	(How can brain dumps and mind maps support my revision?)	Form classes will work on three separate and linked lessons in weeks 1, 3, 4 -Why is personal safety important?
Week 2 11 Sept	(What are the 'Core 4' and how can they help me?)	Academic Mentoring: Report review focus - The importance of focus	Academic Mentoring: Report review focus - Engaging in class	Academic Mentoring: Report review focus: Accountability	Academic Mentoring: Report review focus - Minimum target grades and aspiration
Week 3 18 Sept	What is <i>Life Skills</i> and how will it help me?	(What are the 'Core 4' and how can they help me?)	(Why are the 'Core 4' effective strategies to use for revision?)	(How can flash cards and self-quizzing support my revision?)	Form classes will work on three separate and linked lessons in weeks 1, 3, 4 -How could you help with emergency first aid?
Week 4 25 Sept	<i>Police Assembly</i>	How does a balanced diet improve physical and emotional well-being?	What are the characteristics of mental and emotional health and how can we manage these?	What are employment rights and responsibilities?	Form classes will work on three separate and linked lessons in weeks 1, 3, 4 -How do I do CPR?

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Week 5 2 Oct	Why is forming genuine friendships important for mental health and emotional well-being?	How does exercise improve mental health and wellbeing and what stops people from partaking?	What happens when things go wrong and how can balancing priorities help?	How do I work out my pay on a payslip?	How can I identify the early signs of cancer?
Week 6 9 Oct	How can embracing our uniqueness promote good health and emotional well-being?	Why is good sleep so important and what helps to attain it?	What are the causes and triggers of unhealthy coping strategies?	How should I spend my money?	What are the risks of tattoos, piercings, cosmetic procedures and sunbeds?
Week 7 16 Oct	Why is it important to be able to name and express emotions?	What strategies can be used to cope in challenging situations?	How can we prevent escalation of poor mental health? (to include suicide)	How can I look after and increase my money?	What is involved in blood, stem cell, and organ donation?
Week 8 23 Oct	How does knowing how to apply first aid, help us respond in an emergency situation?	Why is it important to challenge stigma and misconceptions around mental health?	When should I increase personal responsibility for my own health and well-being?	How does targeted advertisement work?	How can I access NHS services?

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Autumn 2	Y7	Y8	Y9	Y10	Y11
	BQ: What do I need to know, to keep myself safe and healthy?	BQ: What does empowerment look like in a relationship?	BQ: What influences adolescents and why does it hold so much sway?	BQ: How do external influences affect my social, emotional and personal well-being?	BQ: What are my future options when it comes to family planning?
Week 1 6 Nov	Why is a good hygiene routine important, especially during puberty?	How do feelings change during adolescence?	Why do people carry weapons and what are the potential consequences?	How does reputation affect life chances?	(How can we improve our memory retrieval for exams?)
Week 2 13 Nov	Academic Mentoring: Focus - learning behaviour types	Academic Mentoring: Focus - Questioning and staying curious	Academic Mentoring: Focus - seeking feedback	Academic Mentoring: Focus - Staying organised	MHST assembly – exam stress
Week 3 20 Nov	What emotional changes occur during puberty and how can I support myself?	What does, ‘to give consent’ mean?	What factors contribute to gang affiliations and what are the potential consequences?	What are the influences of peer pressure and gang culture?	Academic Mentoring: Focus -Time management
Week 4 27 Nov	What physical changes occur during puberty?	What does the law say about consent?	How can radicalisation lead to extremism and terrorism?	What is the impact of drugs and alcohol on reputation and life chances?	How are STIs transmitted and treated?
Week 5 4 Dec	How can social media positively and negatively impact self-esteem?	What are the types and characteristics of abusive behaviours?	How is sex and sexuality portrayed in the media and what impact does this have on expectations?	What is peer on peer bullying?	How does fertilisation take place and what factors impact fertilisation?
Week 6 11 Dec	What do we mean by personal safety?	How can the consequences of a relationship breakdown be managed?	Why do teenagers engage in risky behaviour?	What risks are associated with alcohol, parties and bad choices?	Which contraception protects against pregnancy and STIs?

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Week 7 18 Dec	What do I know about how to keep myself safe and healthy? Assessment and review.	Assessment and review	When should you use the RUN HIDE TELL safety procedure and why?	What is cybercrime and what are the consequences of it?	Mock exams
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Spring 1	Y7	Y8	Y9	Y10	Y11
	BQ: What underpins positive, healthy relationships?	BQ: What are the key structures and my rights in the workplace?	What are my post-16 options and how does KS4 impact this?	BQ: What influences my mental health and how can I take care of it?	BQ: How can I develop more resilience?
Week 1 8 Jan	What values are important to make relationships successful?	What is a work-life balance and what can we do to improve it?	What options do I have when I leave school?	What is the impact of mental health stigmatisation and how can we tackle it?	Mock exams
Week 2 15 Jan	Academic Mentoring: Report review focus - Positive mental attitude	Academic Mentoring: Report review focus: Perseverance	Academic Mentoring: Report review focus: importance of homework	Academic Mentoring: Report review focus: Taking initiative	What are my future parenthood options?
Week 3 22 Jan	When does a healthy relationship become unhealthy and why is trust so important?	What would you like your life to look like in the future?	What are traditional/academic post-16 choices? What are practical/work experience based post-16 options?	What causes mental health problems in teens and where can you get help?	How can social media affect our lives?
Week 4 29 Jan	How does the media's portrayal of relationships impact expectations?	What are the challenges and rewards of work?	What should I consider when choosing subjects for KS4?	How can we promote mental and emotional wellbeing?	(2026) icash sex ed assembly + optional testing workshop at lunchtime
Week 5 5 Feb	What qualities and skills are required to maintain relationships?	What does success mean to me?	What is a living wage and how should we budget around it?	How can we develop mental resilience?	Academic Mentoring: Focus - Goal setting after mocks
Week 6 12 Feb	What is required to safely form, maintain	How could your future career relate to the climate?	Should I select an apprenticeship or higher education?	How do you deal with change, loss, grief and bereavement?	How can we relax and de-stress in a healthy way?

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Spring 2	Y7	Y8	Y9	Y10	Y11
	BQ: What skills and attributes are linked to different careers?	BQ: What are the benefits of long-term, stable and respectful relationships?	BQ: How can we assess and manage risk in relation to financial decisions?	BQ: How do I make sense of the emotional and social aspects of personal and sexual relationships?	BQ: How do we communicate with others to ensure healthy relationship boundaries?
Week 1 26 Feb	What is a career and why does it matter to me?	What does diversity look like in relationships?	What do I need to know, in order to understand bank accounts?	What are relationship values?	How can we make good decisions and communicate effectively about sex and relationships?
Week 2 5 Mar	Academic Mentoring: Focus - Positive self-talk	Academic Mentoring: Focus - Collaboration and working effectively with others	Academic Mentoring: Focus - Adaptability	Academic Mentoring: Focus - Active note taking	What happens if we share explicit images?
Week 3 12 Mar	What skills do I have and how can they help me in the future?	What do we mean by roles and responsibilities in relationships?	What are the different financial decisions we have to make?	How does the media impact sexual attitudes, expectations and behaviours?	How can we manage unwanted attention?
Week 4 19 Mar	What job sectors exist and how do they differ?	Should specific roles and/or behaviours be expected in a relationship?	What social and moral dilemmas affect our use of money?	What are the ethical and legal implications of consent?	How should we deal with conflict in relationships?
Week 5 26 Mar	What options and support are available for my future?	What is marriage and is it important?	What do we mean by financial exploitation?	How can we recognise an unhealthy relationship?	What are the warning signs that a person might be in danger of forced marriage and honour-based violence?

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Summer	Y7	Y8	Y9	Y10	Y11
1	BQ: What impact can negative language and behaviour have on a person's life?	BQ: What are the misconceptions about illegal substances and how can I protect myself?	BQ: What do I need to know in order to identify, assess and reduce risk successfully?	BQ: What are the laws and organisations that govern our nation, and how do they fit into the wider global context? <i>(impacted by Year 10 exams and possible exams assembly)</i>	BQ: Am I exam-ready? <i>(impacted by GCSE exams)</i>
Week 1 16 Apr	What effect can it have when relationships break-down?	What are the short-term and long-term consequences of smoking / vaping?	How can dependence or addiction negatively impact lives and what can be done to help?	How does our government work?	Are you ready for your exams?
Week 2 23 Apr	Academic Mentoring: Focus - Metacognition	Academic Mentoring: Report review focus: Breaking tasks down into smaller steps	Academic Mentoring: Report review focus - Active listening	MHST assembly – exam stress	Studying – what works for you?
Week 3 30 Apr	How does stereotyping, prejudice and discrimination impact lives?	What are the short-term and long-term consequences of alcohol use?	What are the risks of gambling?	Academic Mentoring: Report review focus: Revision strategies and healthy study habits	Academic Mentoring: Focus - What can I do in the time I have left to make an impact?
Week 4 7 May	Why is prejudiced-based language unacceptable under any circumstances?	What are the short-term and long-term consequences of using drugs?	What information is needed to make informed choices about contraception?	How does the justice system work?	How good is my sleep, rest and study?

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Week 5 14 May	Why is it important to challenge discrimination and promote inclusion?	What are the influences and risks associated with illegal substances?	What is a sexually transmitted infection and how can they be prevented?	What is your role as a global citizen?	
Week 6 21 May	Why should peers encourage each other to resist pressure, challenge social norms and access support?	What does the law say about: supply, use and misuse of legal and illegal substances?	What are the risks of unprotected sex?	When should you use the RUN HIDE TELL safety procedure and why?	

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Summer 2	Y7	Y8	Y9	Y10	Y11
	BQ: What are the benefits and N/A risks associated with an online profile?	BQ: How is our country run and maintained?	BQ: When is the right time for sexual intimacy and on what basis should this decision be made?	BQ: What are my post-16 pathways and what are my next steps linked to these?	
Week 1 4 Jun	What are the benefits of the internet and social media?	What are politics and democracy, and how do they affect me?	What does sexual intimacy mean?	What do my strengths and values tell me about my future?	
Week 2 11 Jun	Is everything on the internet trustworthy?	How is parliament organised and elected?	2026 icash sex ed assembly	How can I stay motivated and bounce back from setbacks?	
Week 3 18 Jun	Academic Mentoring: Focus - Reflection and goal setting	Academic Mentoring: Focus - Reflection and goal setting	Academic Mentoring: Focus - Reflection and goal setting	Academic Mentoring: Focus - Reflection on end of year exams and goal setting	
Week 4 25 Jun	What is cybercrime and how can I protect myself?	What is a political party?	What do we mean by sexting, sextortion and pornography?	How can I recognise and challenge inequality in the workplace?	
Week 5 2 Jul	Is there a link between cybercrime and social media?	What is the law and how does it affect me?	Why does the concept of consent need to be respected?	What are my rights and responsibilities at work? How can I stay safe and manage my wellbeing at work?	
Week 6 9 Jul	What is online grooming and how	How are laws made?	How can the use of drugs and alcohol affect decision making?	2026 icash sex ed assembly	

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	can I keep myself safe?				
Week 7 16 Jul	What do you think young people need to know?	How can I make my voice heard?		How can I present myself professionally in the workplace?	

A series of Friday tutor sessions in **Year 10**:

BQ: What are the main workplace skills and how do these relate to career pathways?

- 1). What are my post-16 options and how do they compare?
- 2). How do I choose the path that suits me best?
- 3). What careers are growing and how can I use labour market information?
- 4). How do I write a CV or personal statement that stands out?
- 5). How can I prepare for an interview with confidence?
- 6). What support is available to help me plan my next steps?