KS3 and KS4 Life Skills Overview 26-27

Autumn 1	Y7 **BQ: What is self-awareness and why is it important?**	Y8 **BQ: What promotes good mental health and emotional well-being?**	Y9 **BQ: What support is needed to sustain good mental health and emotional well-being?**	Y10 **BQ: How do I make sense of my future finances?**	Y11 **BQ: How can I ensure the physical health and safety of myself and others?**
Week 1 **3 Sept**	**No session**	**No session**	**No session**	**No session**	**No session**
Week 2 **10 Sept**	How can understanding how our memory works help my learning?	How can understanding brain development help my learning?	Why is revision important?	What are the Core 4 revision techniques?	Why is personal safety important?
Week 3 **17 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 4 **24 Sept**	What is Life Skills?	What are the 'Core 4' and how can they help me?	Why are the 'Core 4' effective strategies to use for revision?	What are employment rights and responsibilities?	How could you help with emergency first aid?
Week 5 **1 Oct**	Why is forming genuine friendships important for mental health and emotional well-being?	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?	How do I work out my pay on a payslip?	Practical – CPR awareness
Week 6	How can embracing our uniqueness promote good health	How does exercise improve mental health and wellbeing and what	What happens when things go wrong and	How should I spend my money?	How can I identify the early signs of cancer?

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8 Oct	and emotional well-being?	stops people from partaking?	how can this trigger unhealthy coping strategies?		
Week 7 **15 Oct**	Why is it important to be able to name and express emotions?	Why is good sleep so important and what helps to attain it?	How can we prevent escalation of poor mental health?	How can I look after and increase my money?	What are the risks of tattoos, piercings, cosmetic procedures and sunbeds?
Week 8 **22 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 and what strategies can we use to cope in challenging situations?	When should I increase personal responsibility for my own health and well-being?	How does targeted advertisement work?	WORK EXPERIENCE – no session

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Autumn 2	Y7 **BQ: What do I need to know, to keep myself safe and healthy?**	Y8 **BQ: What does empowerment look like in a relationship?**	Y9 **BQ: What influences adolescents and why does it hold so much sway?**	Y10 **BQ: How do external influences affect my social, emotional and personal well-being?**	Y11 **BQ: What are my future options when it comes to family planning?**
Week 1 **5 Nov**	What do we understand about bullying?	How do feelings change during adolescence?	Why do people carry weapons and what are the potential consequences?	How does reputation affect life chances?	What is involved in blood, stem cell, and organ donation?
Week 2 **12 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 **19 Nov**	Why is a good hygiene routine important, especially during puberty?	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 **26 Nov**	What emotional changes occur during puberty and how can I support myself?	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 can I access NHS services?
Week 5 **3 Dec**	What physical changes occur during puberty?	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 are STIs transmitted and treated?
Week 6 **10 Dec**	What do we mean by personal safety (1)?	MHST assembly	How do subcultures, the internet and media, influence the	What risks are associated with alcohol, parties and bad choices?	Which contraception protects against pregnancy and STIs?

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			understanding of sexual ethics?		
Week 7 **17 Dec**	What do we need to know about FGM?	What do we need to know about FGM?	What do we need to know about FGM?	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 **7 Jan**	What is positive self-esteem and why is it important?	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 **14 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	How does fertilisation take place and what factors impact fertilisation?
Week 3 **21 Jan**	What values, skills and qualities are important to build and maintain successful relationships?	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?	What are my future parenthood options?
Week 4 **28 Jan**	What is required to safely form, maintain and manage relationships online?	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?	How can social media affect our lives?
Week 5 **4 Feb**	When does a healthy relationship become unhealthy and why is trust so important?	What does success mean to me?	What is a living wage and how should we budget around it?	How can we develop mental resilience?	(2027) iCaSH sex ed assembly + optional testing workshop at lunchtime

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Week 6 **11 Feb**	How does the media's portrayal of relationships impact expectations?	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?	Academic Mentoring: Focus - Goal setting after mocks

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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 ensure healthy relationship boundaries?**
Week 1 **25 Feb**	What is a career?	What does diversity look like in relationships?	How do I know which is the best bank account for me?	What are relationship values?	How can we make good decisions and communicate effectively about sex and relationships?
Week 2 **4 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 **11 Mar**	What skills do I have?	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 **18 Mar**	How might careers look different in the future?	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 **25 Mar**	How could your future career relate to the climate?	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 1	Y7	Y8	Y9	Y10	Y11
	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?** *(impacted by Year 10 exams and possible exams assembly)*	**BQ: How do we ensure healthy relationship boundaries?**
Week 1 **15 Apr**	What effect can it have when relationships break-down?	What are the short-term and long-term consequences of smoking / vaping?	Why do teenagers engage in risky behaviour?	How does our government work?	What is the impact spreading misogynistic narratives?
Week 2 **22 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	How can I safely challenge misogynistic beliefs and attitudes?
Week 3 **29 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 **6 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?	TBC
Week 5 **13 May**	Why is it important to challenge	What are the influences and risks associated with illegal substances?	What is a sexually transmitted infection	What is your role as a global citizen?	TBC

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	discrimination and promote inclusion?		and how can they be prevented?		
Week 6 **20 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?	TBC
Week 7 **27 May**	What are the positive and negative impacts of the internet and social media on mental and physical well-being?				

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Summer 2	Y7	Y8	Y9	Y10	Y11
	BQ: What are the benefits and 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?** *(impacted by Year 10 exams)*	
Week 1 **10 Jun**	Is everything on the internet trustworthy?	What are politics and democracy, and how do they affect me?	2027 iCaSH sex ed assembly	What are my post-16 pathways? (1)	
Week 2 **17 Jun**	Academic Mentoring: Focus - Reflection and goal setting	Academic Mentoring: Focus - Reflection and goal setting	Academic Mentoring: Focus - Reflection and goal setting	What are my post-16 pathways? (2)	
Week 3 **24 Jun**	What do we mean by AI and why might it be dangerous?	How is parliament organised and elected?	Why does the concept of consent need to be respected?	How can I recognise and challenge inequality in the workplace?	
Week 4 **1 Jul**	Why do I need to evaluate the credibility and accuracy of information online?	What is a political party and who are they?	How can the use of drugs and alcohol affect decision making?	What are my rights and responsibilities at work? How can I stay safe and manage my wellbeing at work?	

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Week 5 **8 July**	What is cybercrime and how can I protect myself?	What other political parties are there and how do I know who to vote for?	What do we mean by sexting, sextortion and pornography?	2027 iCaSH sex ed assembly	
Week 6 **15 Jul**	What is online grooming and how can I keep myself safe?	What is The Law, how does it affect me and how are laws made?	How is sexual intimacy linked to exploitation and what can you do to protect yourself?	Academic Mentoring: Focus - Reflection on end of year exams and goal setting	

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?