

## KS3 and KS4 Life Skills Overview 26-27

| <b>Autumn<br/>1</b>       | <b>Y7</b>                                                                                | <b>Y8</b>                                                             | <b>Y9</b>                                                                                 | <b>Y10</b>                                              | <b>Y11</b>                                                                       |
|---------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------------------------|
|                           | <b>BQ: What is self-awareness and why is it important?</b>                               | <b>BQ: What promotes good mental health and emotional well-being?</b> | <b>BQ: What support is needed to sustain good mental health and emotional well-being?</b> | <b>BQ: How do I make sense of my future finances?</b>   | <b>BQ: How can I ensure the physical health and safety of myself and others?</b> |
| <b>Week 1<br/>3 Sept</b>  | <b>No session</b>                                                                        | <b>No session</b>                                                     | <b>No session</b>                                                                         | <b>No session</b>                                       | <b>No session</b>                                                                |
| <b>Week 2<br/>10 Sept</b> | 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?                                                |
| <b>Week 3<br/>17 Sept</b> | 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   |
| <b>Week 4<br/>24 Sept</b> |                                                                                          | 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?                                     |
| <b>Week 5<br/>1 Oct</b>   | 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                                                        |
| <b>Week 6</b>             | 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                                                 | How should I spend my money?                            | How can I identify the early signs of cancer?                                    |

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| <b>8 Oct</b>                   | and emotional well-being?                                                           | stops people from partaking?                                                                                                                      | can this trigger unhealthy coping strategies?                                    |                                             |                                                                            |
| <b>Week 7</b><br><b>15 Oct</b> | 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? |
| <b>Week 8</b><br><b>22 Oct</b> | 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<br>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?         |
| <b>Week 1</b><br><b>5 Nov</b>  | 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?                                            | How can I access NHS services?                                           |
| <b>Week 2</b><br><b>12 Nov</b> | 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                                              |
| <b>Week 3</b><br><b>19 Nov</b> | 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                               |
| <b>Week 4</b><br><b>26 Nov</b> | 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 are STIs transmitted and treated?                                    |
| <b>Week 5</b><br><b>3 Dec</b>  | 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?                                                      | Which contraception protects against pregnancy and STIs?                 |
| <b>Week 6</b><br><b>10 Dec</b> | What do we mean by personal safety (1)?                                   | How can the consequences of a relationship breakdown be managed? | How do subcultures, the internet and media, influence the                                       | What risks are associated with alcohol, parties and bad choices?                    | How does fertilisation take place and what factors impact fertilisation? |

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|                                |                                    |                                    | understanding of sexual ethics?    |                                                         |                   |
| <b>Week 7</b><br><b>17 Dec</b> | 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? | <b>Mock exams</b> |

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| Spring<br>1             | Y7                                                                                              | Y8                                                              | Y9                                                                                                       | Y10                                                                          | Y11                                                                   |
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|                         | 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?                                |
| <b>Week 1</b><br>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                                                            |
| <b>Week 2</b><br>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                   | Mock exams                                                            |
| <b>Week 3</b><br>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?                                |
| <b>Week 4</b><br>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?                                |
| <b>Week 5</b><br>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 |
| <b>Week 6</b><br>11 Feb | How does the media's portrayal of                                                               | 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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|  | relationships impact expectations? |  |  |  |  |
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## KS3 and KS4 Life Skills Overview 26-27

| Spring<br>2                    | Y7                                                              | Y8                                                                               | Y9                                                                        | Y10                                                                                               | Y11                                                                                                       |
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|                                | 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?                                                     |
| <b>Week 1</b><br><b>25 Feb</b> | 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?                   |
| <b>Week 2</b><br><b>4 Mar</b>  | Academic Mentoring:<br>Focus - Positive self-talk               | Academic Mentoring:<br>Focus - Collaboration and working effectively with others | Academic Mentoring:<br>Focus - Adaptability                               | Academic Mentoring:<br>Focus - Active note taking                                                 | What happens if we share explicit images?                                                                 |
| <b>Week 3</b><br><b>11 Mar</b> | 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?                                                                     |
| <b>Week 4</b><br><b>18 Mar</b> | 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?                                                        |
| <b>Week 5</b><br><b>25 Mar</b> | 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? |

# KS3 and KS4 Life Skills Overview 26-27

| Summer<br>1                    | Y7                                                                                  | Y8                                                                                            | Y9                                                                                           | Y10                                                                                                                                                                                         | Y11                                                                                  |
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|                                | <b>BQ: What impact can negative language and behaviour have on a person's life?</b> | <b>BQ: What are the misconceptions about illegal substances and how can I protect myself?</b> | <b>BQ: What do I need to know in order to identify, assess and reduce risk successfully?</b> | <b>BQ: What are the laws and organisations that govern our nation, and how do they fit into the wider global context?</b><br><i>(impacted by Year 10 exams and possible exams assembly)</i> | <b>BQ: How do we ensure healthy relationship boundaries?</b>                         |
| <b>Week 1</b><br><b>15 Apr</b> | 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?                                |
| <b>Week 2</b><br><b>22 Apr</b> | 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?                       |
| <b>Week 3</b><br><b>29 Apr</b> | 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? |
| <b>Week 4</b><br><b>6 May</b>  | 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                                                                                  |
| <b>Week 5</b><br><b>13 May</b> | 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?         |                                                                 |     |
| <b>Week 6</b><br><b>20 May</b> | 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 |
| <b>Week 7</b><br><b>27 May</b> | What are the positive and negative impacts of the internet and social media on mental and physical well-being? |                                                                                      |                                        |                                                                 | TBC |

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| Summer 2                       | Y7                                                                            | Y8                                                          | Y9                                                                                                    | Y10                                                                                                                       | Y11 |
|--------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----|
|                                | <b>BQ: What are the benefits and risks associated with an online profile?</b> | <b>BQ: How is our country run and maintained?</b>           | <b>BQ: When is the right time for sexual intimacy and on what basis should this decision be made?</b> | <b>BQ: What are my post-16 pathways and what are my next steps linked to these?</b><br><i>(impacted by Year 10 exams)</i> |     |
| <b>Week 1</b><br><b>10 Jun</b> | Is everything on the internet trustworthy?                                    | What are politics and democracy, and how do they affect me? | 2027 iCaSH sex ed assembly<br><br>What does sexual intimacy mean?                                     | What are my post-16 pathways? (1)                                                                                         |     |
| <b>Week 2</b><br><b>17 Jun</b> | 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)                                                                                         |     |
| <b>Week 3</b><br><b>24 Jun</b> | 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?                                                            |     |
| <b>Week 4</b><br><b>1 Jul</b>  | 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?<br><br>How can I stay safe and manage my wellbeing at work?              |     |

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| <b>Week 5</b><br><b>8 July</b> | 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                                                   |  |
| <b>Week 6</b><br><b>15 Jul</b> | 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?