

GOLDINGTON ACADEMY: BIG QUESTIONS IN LIFE SKILLS EDUCATION 2025-2026

Health and wellbeing

Relationships

Life beyond school/Living in the wider world

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Year 7 | What is self-awareness and why is it important? | What do I need to know, to keep myself safe and healthy? | What underpins positive, healthy relationships? | What skills and attributes are linked to different careers? | What impact can negative language and behaviour have on a person's life? | What are the benefits and risks associated with an online profile? |
| Year 8 | What promotes good mental health and emotional well-being? | What does empowerment look like in a relationship? | What are the key structures and my rights in the workplace? | What are the benefits of long-term, stable and respectful relationships? | What are the misconceptions about illegal substances and how can I protect myself? | How is our country run and maintained? |
| Year 9 | What support is needed to sustain good mental health and emotional well-being? | What influences adolescents and why does it hold so much sway? | What are my post-16 options and how does KS4 impact this? | How can we assess and manage risk in relation to financial decisions? | What do I need to know in order to identify, assess and reduce risk successfully? | When is the right time for sexual intimacy and on what basis should this decision be made? |
| Year 10 | How do I make sense of my future finances? | How do external influences affect my social, emotional and personal well-being? | What influences my mental health and how can I take care of it? | How do I make sense of the emotional and social aspects of personal and sexual relationships? | What are the laws and organisations that govern our nation, and how do they fit into the wider global context? | What are my post-16 pathways and what are my next steps linked to these? |
| Year 11 | A series of Friday tutor sessions in Year 10 : What are the main workplace skills and how do these relate to career pathways? | | | | | |
| | How can I ensure the physical health and safety of myself and others? | What are my future options when it comes to family planning? | How can I develop more resilience? | How do we communicate with others to ensure healthy relationship boundaries? | Am I exam-ready? | |

According to the PSHE Association, PSHE (Life Skills at Goldington Academy) is an 'Education that prepares for life today, and tomorrow.'

What is taught in the classroom will help you foster lifelong aspirations, goals and values. Therefore, Life Skills isn't just another school subject. It's a chance to give you an equal opportunity to develop the skills and knowledge you need to thrive now and in the future. This includes helping you to deal with critical issues you face every day such as friendships, emotional wellbeing and change. And giving you a solid foundation for whatever challenging opportunities lie ahead, so you can face a world full of uncertainty with hope. From making informed decisions about alcohol to succeeding in your first job, Life Skills helps you prepare for all the opportunities, challenges, life decisions and responsibilities you'll face.'