

LIFE SKILLS AT GOLDINGTON ACADEMY

Life Skills education gives students the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain.

Why Life Skills?

Life Skills is a planned programme of learning through which students develop the knowledge, skills and attributes they need to manage their lives now and in the future. As part of a whole school approach, Life Skills helps to keep students healthy and safe, supports their spiritual, moral, social and cultural development and prepares them for life and work in modern Britain. At Goldington Academy, PSHE, Citizenship and Careers learning is taught through timetabled Life Skills lessons.

How does Life Skills benefit students?

The Life Skills curriculum acknowledges and addresses the changes that learners are experiencing, beginning with transition to secondary education, the challenges of adolescence and their increasing independence. It teaches the skills which will equip them for the opportunities and challenges of life. Students are encouraged to manage diverse relationships and the increasing influence of peers and the media. Life Skills allows them to be more confident in addressing the challenges of effective learning and making a full and active contribution to society.

At key stage 4 students will further explore attitudes and values, and deepen the knowledge and understanding they acquired during key stage 3. The Life Skills curriculum reflects the fact that learners are moving towards an independent role in adult life, taking on greater responsibility for themselves and others. By key stage 4 increasing numbers of students will be gaining direct experience of issues taught through Life Skills lessons and the curriculum is tailored to ensure that our students are equipped with the skills to allow them to be responsible citizens, morally astute decision makers and ambitious individuals.

What content does KS4 Life Skills education include?

Life Skills provides opportunities for students to develop key skills and attributes to keep themselves healthy and safe, and to thrive in life and work. These include resilience, self-regulation, empathy, communication and negotiation, team-working, adaptability, risk management and critical thinking. Students develop these skills and attributes while learning about subjects such as:

- **Careers:** learning about the world of work, enterprise and employability skills.
- **Change and loss:** managing transition, adversity and developing resilience; bereavement, separation and divorce.
- **Health:** healthy lifestyles; mental and emotional health; drug, alcohol and tobacco education.
- **Personal finance:** savings, debt and budgeting, consequences of gambling
- **Risk:** financial and careers choices; personal safety; internet safety and violent incidents.
- **Sex and relationships:** developing and maintaining positive relationships; consent; dealing with negative relationships, including bullying and sexual violence; exploring different types of relationships and maintaining sexual health.