Garstang Community Academy Life Skills and PSHE Curriculum Overview

Yr 7&8 PSHE (Including RSE, Health Education and Citizenship, Careers, Economic Wellbeing)

Yr 9-11 Life Skills (Including RE, Careers and PSHE)

Year 7	Term 1		Christmas	Term 2		Easter	Term 3	
One lesson per week	**Health & Wellbeing** **Transition** to secondary school. (2) **Personal Strengths** **Growth Mindset** **Friendship** & **Bullying** **Mental health** early signs of concern & and **stress** **Personal hygiene.** Importance of **sleep**, **exercise** and a balanced **diet**. **Homework** and **assessment** tips	**Living in the wider world** **Rules, laws** and the **justice** system **Citizenship** & the **Local community** **Government, Political parties** and **voting** **People** and the **environment** **British Values** and **liberties** Tackling **discrimination**		**Relationships** Positive and negative **relationships** **Respectful relationships** and **self-esteem** **Friendship** & **sexual orientation**. Exploring **family** life. **Managing conflict** at home **Parenting** and the dangers of **running away** from home Managing **peer influences, Stereotypical relationships** and the media	**Health & Wellbeing** **Dental hygiene.** Why is it important? **Eating healthy** and **healthy lifestyle**. Why it is important? The risks of **alcohol** and consumption of **energy drinks** **Tobacco** and **E-cigarette** use. **Introduction** to illegal, legal and medical **drugs**. **Puberty**- Girls/Boys, personal hygiene and emotional well-being. **Periods-** what happens and when		**Relationships** **Internet safety** and Cyber bullying Managing **on- and off-line friendships** **Social media** and **Digital footprint,** rights and responsibilities. Challenging **bullying** or **banter** **Marriage** and **committed relationships** **Trusting others** and sources of information	**Living in the wider world** **Animal rights** **Communication- Phonetic alphabet & basic sign language** Looking after the **environment** Dangers in our local community, including **road safety**.

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Year 8	Term 1			Term 2			Term 3	
One lesson per week	**Health & Wellbeing** **Bullying** or **Banter**? **Mindfulness** **Importance of sleep** **Peer pressure**, assertiveness and risk, gang crime **First aid**: Bleeding, bones, muscle and head injuries **First aid**: Breathing and heart problems. Inc. CPR	**Relationships** **Personal Development** **Body Image** and **eating disorders** **Anger Management** **Managing Conflict** and **running away from home** **Discrimination** and **stereotypes** **Racism**		**Relationships** **Online opportunities** and **risks** **Online safety- selfies** **Online Safety- Grooming** **Intro to consent** **LGBTQAI+** and **homophobia** **Dangers of viewing harmful content** **Domestic Conflict**	**Living in the wider world** **Anti-social behaviour** **County Lines** **Personal Identity** and **British Values** **Income** and **expenditure** **Avoiding debt** **Tax** and **national insurance.**		**Health & Wellbeing** **Healthy eating** **Food labels** **Nutrition**	**Careers** **Intro to careers. This is me and this was me** **Proud to be me** **Careers** and **Aspirations** **Breaking career stereotypes** **What does it mean to be an entrepreneur?** **Kudos**

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Yr 9-11 Life Skills (Including RE, Careers and PSHE)

Year 9	PSHE		Careers
Year 9 One lesson per week- same teacher. (Taught within the Life Skills Curriculum)	**Living in the wider world** **Gangs, Knife crime and punishment** **Racism (Black Lives Matter)** **How does marketing impact me? (on and offline)** **Democracy –** in the UK and beyond	**Relationships** **Marriage** including legal status, forced and arranged **marriages**, and same sex marriages. **FGM** **Equality, respect and FGM** **Sexting** and **Grooming** Healthy **relationships**, **sex** & **consent** **Contraception** and the risks of **STI's,** Managing romantic **relationship challenges** **Relationship break ups (Inc. revenge porn)** **Harassment** – what is it?	**Employability** and **workplace skills** **Being enterprising** – Dragon's Den Enterprise project **Transferable Skills** **Post-16 Options –** An introduction How to write an excellent CV Creating a digital record of achievement using START
	Health & Wellbeing **Mental health** and **wellbeing** **Digital media resilience**. Including Instagram vs Reality **Alcohol and drug** misuse and addiction Benefits of an **active lifestyle** **Eating disorders** **Cosmetic Procedures**		**RE** **Introduction to Life after death** **Christian views on Life after death, funerals and Symbolism** **The soul -** views on this **Christian views on the soul and comparisons** **Hindu key ideas -** life and death **Hindu funerals and symbolism** **Reincarnation** **Introduction to Humanism –** life and death perspectives **Humanist Rites of Passage** **The Golden Rule-** How we live a meaningful life

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Year 10			
Year 10 One lesson per week. (Taught within the Life Skills Curriculum)	**Living in the Wider World** **Human Rights** **Law** and **Order** **Mutual respect** of diversity within the UK **Income** and **expenditure**- including insurance, savings and pensions **Criminal justice system**	**Relationship & Sex Education** **Sexual consent**, harassment, stalking and sexual violence. Domestic abuse. Different **STIs** (including HIV/Aids) are transmitted. **Contraception** and testing. **Sex in the media**, including **pornography** and viewing harmful content. **LGBT+ and Gender and trans identity**	**Careers** What is the LMI? LMI information Post 16 Options Inc. Apprenticeships The right career for me Preparing for the world of work Personal statements and developing of digital record of achievement using START
	Health and wellbeing **Alcohol & drugs-** effects and consequences, abuse, drink driving, long term effects. **Cosmetic procedures**- Inc Botox, breast implants and lip augmentation **Suicide, grief** and **bereavement** **Immunisation** and **vaccination**	**RE** **Introduction to belief in God** – arguments for and against beliefs **Christian upbringing** **Religious Experiences** **Science v Religion**	**RE** **Sanctity of Life** **Abortion –** social and religious views **Euthanasia –** social and religious views **Near death experiences** – the Soul

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Year 11			
Year 11 One lesson per week. (Taught within the Life Skills Curriculum)	**Living in the Wider World** **What is multiculturism?** **What is right-wing extremism?** **Identity and diversity** **Privilege –** how does this affect us all? **Globalisation** – how does this affect us?	**Relationship & Sex Education** Symptoms of testicular/breast/cervical **cancer** **Parenting** (including teenage pregnancy) and being a single parent. Including what **pregnancy** and **childbirth** entails. Maternal and paternal rights. **Abortion**. **Adopting** and **fostering** **Safe sex** and **dangers of unsafe sex** (Inc **chem sex**) and **consent**	**Careers** Preparing for interviews Competency questions -STAR technique Intro to Higher Education Completing applications Development of digital record of achievement using START
	Health and wellbeing **Fertility and reproductive health** **Symptoms** of testicular/breast/cervical cancer **Personal safety –** Adult health and looking after yourself (Inc. Firs Aid) **Bullying** – body shaming	**RE** **Human Rights** - Rights and Responsibilities **Sexuality –** Gareth Thomas Case study **Christian attitudes to same sex relationships** **Roles of men and women** in 21st Century **The family and Faith**	**RE** **Social Harmony** – multi-cultural UK **Government and Community Cohesion** **Christian teaching –** racial harmony **Multi Faith UK** **Prejudice and discrimination** **Islama Phobia**