



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	<p style="text-align: center;"><b>Health &amp; Wellbeing</b></p> <p><b>Proud to be GCA – Community.</b></p> <p><b>Personal Strengths &amp; self-esteem.</b></p> <p><b>Growth Mindset.</b></p> <p><b>Friendship &amp; Bullying.</b></p> <p><b>Mental health</b> early signs of concern &amp; and <b>stress.</b></p> <p><b>Personal hygiene.</b> Importance of <b>sleep, exercise</b> and a balanced <b>diet.</b></p> <p><b>Homework and assessment tips.</b></p>	<p style="text-align: center;"><b>Living in the wider world</b></p> <p><b>British Values.</b></p> <p><b>Rules, laws and the justice system.</b></p> <p><b>Citizenship &amp; the Local community.</b></p> <p><b>Government, Political parties and voting.</b></p> <p><b>People and the environment.</b></p> <p>Tackling <b>discrimination.</b></p>		<p style="text-align: center;"><b>Relationships</b></p> <p>Positive and negative <b>relationships</b>, including <b>peer on peer abuse.</b></p> <p><b>Respectful relationships</b> and <b>self-esteem.</b></p> <p><b>Friendship &amp; sexual orientation.</b></p> <p>Exploring <b>family life.</b> <b>Managing conflict</b> at home.</p> <p><b>Parenting</b> and the dangers of <b>running away</b> from home.</p> <p>Managing <b>peer influences.</b> <b>Stereotypical relationships</b> and the media.</p>	<p style="text-align: center;"><b>Health &amp; Wellbeing</b></p> <p><b>Personal &amp; Dental hygiene.</b> Why is it important?</p> <p><b>Eating healthy and healthy lifestyle.</b> Why it is important?</p> <p>The risks of <b>alcohol</b> and consumption of <b>energy drinks.</b></p> <p><b>Tobacco and E-cigarette</b> use.</p> <p><b>Introduction</b> to illegal, legal and medical <b>drugs.</b></p> <p><b>Puberty-</b> Girls/Boys, personal hygiene and emotional well-being.</p> <p><b>Periods-</b> what happens and when.</p>		<p style="text-align: center;"><b>Relationships</b></p> <p><b>Internet safety</b> and Cyber bullying.</p> <p>Managing <b>on- and off-line friendships.</b></p> <p><b>Social media &amp; Digital footprint.</b></p> <p>Challenging <b>bullying</b> or <b>banter.</b></p> <p><b>Marriage and committed relationships.</b></p> <p><b>Trusting others</b> and sources of information.</p>	<p style="text-align: center;"><b>Living in the wider world</b></p> <p><b>Communication- Phonetic alphabet &amp; basic sign language.</b></p> <p><b>Budgeting &amp; shopping ethically.</b></p> <p>Looking after the <b>environment.</b></p> <p>Dangers in our local community, including <b>road safety.</b></p> <p><b>Basic treatment</b> for common injuries.</p>



**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 8	Term 1		Term 2		Term 3	
One lesson per week	<p style="text-align: center;"><b>Health &amp; Wellbeing</b></p> <p><b>Proud to be GCA – Community.</b></p> <p><b>Peer on peer abuse.</b></p> <p><b>Bullying or Banter?</b></p> <p><b>Mindfulness</b></p> <p>Importance of <b>sleep.</b></p> <p><b>Peer pressure &amp; influences.</b></p>	<p style="text-align: center;"><b>Relationships</b></p> <p><b>Personal Development.</b></p> <p><b>Body Image &amp; eating disorders.</b></p> <p><b>Anger Management.</b></p> <p><b>Healthy relationships &amp; consent.</b></p> <p><b>Managing Conflict &amp; running away from home.</b></p> <p><b>Discrimination &amp; stereotypes.</b></p> <p><b>Racism.</b></p>	<p style="text-align: center;"><b>Relationships</b></p> <p><b>Online opportunities and risks.</b></p> <p><b>Online safety- selfies.</b></p> <p><b>Online Safety-Grooming.</b></p> <p><b>Intro to consent.</b></p> <p><b>LGBTQAI+ and homophobia.</b></p> <p><b>Dangers of viewing harmful content.</b></p> <p><b>Domestic Conflict.</b></p>	<p style="text-align: center;"><b>Living in the wider world</b></p> <p><b>British Values.</b></p> <p><b>Anti-social behaviour</b></p> <p><b>County Lines</b></p> <p><b>Personal Identity and British Values</b></p> <p><b>Income and expenditure</b></p> <p><b>Avoiding debt</b></p> <p><b>Tax and national insurance.</b></p>	<p style="text-align: center;"><b>Health &amp; Wellbeing</b></p> <p><b>Healthy eating &amp; Nutrition.</b></p> <p><b>First aid:</b> Bleeding, bones, muscle and head injuries.</p> <p><b>First aid:</b> Breathing and heart problems. Inc. CPR.</p>	<p style="text-align: center;"><b>Living in the Wider World - Careers</b></p> <p><b>Proud to be me.</b></p> <p><b>Transferable skills.</b></p> <p><b>Careers and Aspirations.</b></p> <p><b>Breaking career stereotypes.</b></p> <p><b>Step into the NHS.</b></p>



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



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 10**

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



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 11**

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