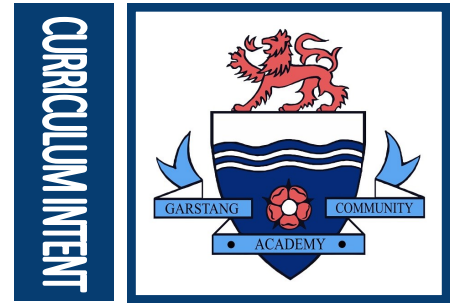


# Life Skills

## PSHE, RSE, Citizenship & Careers Education



Life Skills education at GCA is a subject through which our pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain.

Our program helps all our learners to achieve their academic potential, and leave school equipped with skills they will need throughout later life, from making responsible decisions about alcohol to succeeding in their first job. Life Skills helps our pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up, developing their ability to make sound decisions when facing risks and complex contexts.

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Everyone faces difficult situations in their lives, but our ambitious curriculum helps support our pupils to develop resilience, to know how and when to ask for help, and to know where to access support.

Our mindful approach when developing our programme, brings together PSHE, Relationship, Health and Sex Education, Citizenship, Careers, emotional literacy, and resilience development in comprehensive schemes for learning. Teaching strategies are varied and mindful of preferred learning styles and the need for differentiation. Furthermore, our program is supported, at times, from external agencies and visitors to help bring topics to life.

More specifically, Careers education, information and guidance is a key aspect of our KS4 provision, with group and individually targeted careers guidance for students; building on that delivered in Years 7, 8 and 9. It is our belief here at GCA, that Careers guidance is completely impartial and enables every student to explore potential pathways. Although Careers education is addressed explicitly in PSHE, it is also delivered in all other subject areas across the school, alongside visiting employers, different workplace encounters and opportunities to discuss pathways with further and higher education providers.

Furthermore, our Careers education program encourages each student to make informed, balanced, impartial and appropriate decisions about many key areas of their future development, progression and career pathway. It enables them to learn skills and realise talents, develop character and resilience.

To conclude, our Life Skills program of study offers a holistic learning journey spanning each pupil's high school career, with a progressive, spiral curriculum that addresses real needs in a rapidly changing world. We aim to deliver a carefully sequenced curriculum that revisits the relevant topical areas, each time extending and deepening the learning in an age and developmentally appropriate way. We robustly evaluate our curriculum on an ongoing basis to ensure it is up to date with developments and tailored to feedback from GCA students, staff and parents/guardians, making it a such a dynamic subject area.