

Year 7 Life Curriculum

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2 and Summer Term 1	Summer Term 2
Focus	Health and Wellbeing	Living in the wider world	Relationships	Health and Wellbeing	Living in the wider world
Topic	Transition to high school	Safety, Teamwork and Raising Aspirations	Friendships (including online), diversity and respect	Health, puberty, emotional wellbeing	Financial decision making
In this unit of work, students will learn	Transition to secondary school from primary Values and expectations Who can help and support me in school	Road safety Preparing for assessments Enterprise skills Growth mindset Working as a team First Aid	How to be a good friend Families and parenting Being safe online Safe use of social media What is Bullying and how can we stop it	Healthy routines Influences on health Puberty Self-esteem Ways to promote positive emotional wellbeing Unwanted attention and keeping safe	Saving, borrowing, budgeting and making financial choices

Year 8 Life Curriculum

	Autumn Term 1 and Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Focus	Health and Wellbeing	Relationships	Living in the wider world	Health and wellbeing	Living in the wider world
Topic	Emotional Wellbeing	Positive relationships, prejudice, stereotyping and discrimination	Community and Careers	Drugs and alcohol	Digital literacy and safety
In this unit of work, students will learn	Mental health and emotional wellbeing, including body image and coping strategies. Digital Resilience	Positive and negative relationships Impact of the media Self esteem Forms of discrimination and stereotypes	Equality of opportunity in careers and life choices Different types and patterns of work	Alcohol and drug misuse and pressures relating to drug use Understanding the law	Online safety Digital literacy Media Reliability Image sharing Navigating the world of digital media

		Positive online relationships, including cyber bullying Sexual orientation and gender identity			
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Year 9 Life Curriculum

	Autumn Term 1	Autumn Term 2 and Spring Term 1	Spring Term 2	Summer Term 1 and Summer 2
Focus	Health and Wellbeing	Relationships	Living in the wider world	Health and Wellbeing
Topic	Healthy physical and mental health	Intimate relationships	Setting goals and employability skills	Healthy choices and lifestyle
In this unit of work, students will learn	Importance of sleep Reframing negative thinking Healthy routines Promoting emotional wellbeing Mental ill health, stigma and getting help	Healthy and unhealthy relationships Relationships and sex education Consent Contraception and the risk of STIs and attitudes to pornography Marriage Diversity and LGBTQ	Learning strengths Career options and goal setting Employability and online presence	Making the right choices Attitudes towards drugs and alcohol Managing risks Peer influence and organised crime

Year 10 Life Curriculum – Under review

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Focus	Health and Wellbeing		Relationships			
Topic	Positive mental health		Inclusion, belonging and addressing extremism			
In this unit of work, students will learn	Physical and mental wellbeing Building connections Wellbeing goals Supporting others		Valuing diversity Understanding and preventing extremism How people are drawn to extremist groups Building resilience Risks of gambling			

Year 11 Life Curriculum – under review

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Focus	Relationships		Health and Wellbeing			
Topic	Respectful relationships		Promoting resilience and wellbeing			
In this unit of work, students will learn	Healthy and unhealthy relationships Abusive relationships Consent Keeping safe online and sharing of sexual images		How to deal with exam stress and change Positive body image Making safe choices around alcohol How to promote physical and mental wellbeing			

