

Life Skills Curriculum Overview (Years 7–11)

Year 7

HT	Curriculum Focus	Key Lessons	Main Knowledge & Skills	Builds Towards
HT1	Transition & Belonging	Starting Secondary, Managing Emotions, Trusted Adults, Respectful Communication, School Community, Strengths & Aspirations	School systems, help-seeking, belonging, respectful conduct, emotional literacy	Identity and self-management in Y8
HT2	Friendships & Online Conduct	Healthy Friendships, Conflict Resolution, Bullying, Group Chats, Passwords & Privacy	Healthy friendships, boundaries, online safety, digital footprints	Consent, peer influence and cyberbullying in Y8
HT3	Health & Wellbeing	Puberty, Hygiene, Healthy Routines, Nutrition, Help-Seeking	Physical development, self-care, healthy habits, wellbeing	Body image and emotional regulation in Y8
HT4	Citizenship & Community	Rights & Responsibilities, British Values, Diversity, Sustainability, Community Contribution	Fairness, inclusion, democracy, belonging	Equality and discrimination in Y8
HT5	Financial Foundations & Careers	Needs & Wants, Budgeting, Aspirations, Careers, Challenging Stereotypes	Basic financial literacy, aspirations and future pathways	Saving, spending and employability in Y8
HT6	Confidence & Communication	Listening Skills, Presentation Skills, Goal	Oracy, confidence, self-reflection	Debate and advocacy in Y8

		Setting, Reflection	and communication	
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Year 8

HT	Curriculum Focus	Key Lessons	Main Knowledge & Skills	Builds Towards
HT1	Identity & Self-Esteem	Identity, Self-Esteem, Emotional Regulation, Peer Pressure, Online Identity	Confidence, self-awareness, emotional regulation, influence	Relationship decision-making in Y9
HT2	Equality & Respect	Stereotypes, Protected Characteristics, Discrimination, Respectful Disagreement, Consent & Boundaries	Equality, fairness, inclusion, respectful challenge	Rights, consent and relationships in Y9
HT3	Online Lives	Cyberbullying, Algorithms, Influencers, Misinformation, Digital Reputation	Critical thinking and media literacy	Online harms and misinformation in Y9
HT4	Health Choices	Body Image, Vaping, Smoking, Alcohol Awareness, Healthy Coping Strategies	Risk awareness and wellbeing	Substance misuse and risk in Y9
HT5	Finance & Enterprise	Saving, Budgeting, Consumer Choices, Scams	Financial decision-making	Debt, credit and gambling in Y9
HT6	Careers & Communication	Skills, Employability, Teamwork, Presentation Skills	Employability and aspiration	GCSE decision-making in Y9

Year 9

HT	Curriculum Focus	Key Lessons	Main Knowledge & Skills	Builds Towards
HT1	Mental Wellbeing & Identity	Mental Wellbeing, Anxiety, Body Image, Difficult Conversations, GCSE Options	Self-awareness, resilience and future planning	Independence and transition in Y10
HT2	Relationships & Consent	Healthy Relationships, Consent, Sexual Harassment, Grooming, Assertiveness	Boundaries, respect, safeguarding, consent	Sexual health and intimate relationships in Y10
HT3	Online Harm & Influence	Image Sharing, Pornography, Misogyny, Harmful Influencers, Misinformation	Online safeguarding and critical thinking	Exploitation, AI and deepfakes in Y10–11
HT4	Rights & Society	Human Rights, Equality Act, Hate Crime, Democracy	Citizenship and legal understanding	Democracy and law in Y10
HT5	Risk & Decision-Making	Gambling, Substance Misuse, Risk Assessment, Peer Influence	Understanding consequences and risk	Adult responsibility in Y10
HT6	Futures & Aspirations	Employability, Labour Market, Careers Pathways	Future planning and aspiration	Post-16 pathways in Y10

Year 10

HT	Curriculum Focus	Key Lessons	Main Knowledge & Skills	Builds Towards
HT1	Wellbeing & Independence	Stress Management, Mental Health Support, Difficult Conversations, Post-16 Pathways	Independence, resilience and communication	Transition and adulthood in Y11
HT2	Sexual Health & Relationships	Healthy Intimate Relationships, Consent, Contraception, Pregnancy Choices, Marriage & Law	Sexual health, consent and legal knowledge	Adult relationships in Y11
HT3	Abuse & Safeguarding	Coercive Control, Domestic Abuse, FGM, Strangulation Risks, Online Sexual Harm	Advanced safeguarding knowledge	Adult safeguarding and support services in Y11
HT4	Democracy & Society	Parliament, Government, Extremism, Political Literacy	Citizenship and democratic participation	Civic responsibility in Y11
HT5	Finance & Employability	Wages, Tax, Credit, Debt, Renting, CVs, Interviews	Adult financial literacy and employability	Independent living in Y11
HT6	Reflection & Readiness	Goal Setting, Next Steps, Personal	Consolidation and future planning	Final transition preparation

		Development Review		
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Year 11

HT	Curriculum Focus	Key Lessons	Main Knowledge & Skills	Builds Towards
HT1	Exam Wellbeing & Transition	Revision Planning, Stress Management, Applications, Interviews	Resilience and preparation for next steps	Successful transition beyond school
HT2	Independent Living	Budgeting, Banking, Travel, Housing Costs, Digital Reputation	Practical adulthood skills	Post-16 independence
HT3	Adult Relationships & Society	Adult Relationships, Consent, Support Services, Civic Participation	Adult responsibilities and support networks	Transition beyond school
HT4	Technology, Work & Rights	AI, Deepfakes, Workplace Rights, Employment Law	Employment readiness and critical digital literacy	Adult life and employment
HT5	Exams & Next Steps	Wellbeing, Reflection, Results Preparation, Staying Safe	Safe and successful transition	Post-16 education, employment or training