

Year 7 Life Skills Curriculum Sequence

Subject Intent:

The aim of our Life Skills curriculum is to create **confident** individuals who are able to live healthy, safe and fulfilling lives. Our students will become responsible citizens who **pride** themselves on making a positive contribution to society.

Our curriculum is influenced by the ethos, learning and relationships throughout the academy. Our spiral curriculum gives us the ability to be flexible, at times bespoke and to be innovative and current in the topics we teach. We can be reactive to events within school and society.

We strive to create a safe environment where students have the **opportunity** to explore, take risks and discuss and debate contentious issues from a personal perspective. This allows students to experience **success** in that others respect their opinions and they feel able to challenge views in a positive way which further helps to build their **confidence**.

	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6
Big idea/Theme	Relationships Transition	Living in the wider world Personal safety	Health & wellbeing Healthy living	Health & wellbeing Puberty	Relationships Identity & diversity	Living in the wider world Careers & finance
Big Idea/Theme	Target setting Why should I set targets & how to make them SMART?	Internet safety How do I stay safe online?	Healthy eating How does my food and drink affect me?	Puberty How do I deal with it?	Growth Mindset How can I be a better me?	Career planning Why do I need to decide now!
Big idea/Theme	Bullying How do I deal with bullying & peer pressure?	Personal safety How do I react in a tricky / dangerous situation?	Mental Health Am I mentally healthy & how do I care for it and get support if I need it?	Relationships What is consent?	Equality and extremism What is equality? Am I equal or greater?	Personal finance How can budgeting help me in the future?