

# Life Skills YEAR 7

## Units taught:

Autumn Term	Spring Term	Summer Term
Relationships	Physical Health	Dangers of Smoking
Changing Me (Mental Health)	Personal Safety	Changes that prepare me for adulthood

## Main skills developed:

PSHE focuses on the everyday skills that are needed to flourish in life outside of school. In year 7 it also looks to support their transition from Primary School. Looking at key questions like, what are healthy relationships? This then moves on to key aspects of everyday life of how they are changing as individuals. This then leads into looking at self-care.

## How parents can help to support their child's learning:

Encourage students to attempt all PSHE homework tasks. Discussion of family values is very useful in helping students to understand their own wellbeing. We encourage students from all backgrounds to engage in discussion on values, and further research and family debate on these ideas would be useful in enabling students understanding of who they are and where their values originate

## The following websites can help your child's learning:

<https://www.bbc.com/bitesize/subjects/ztv9j6>

## Extra-Curricular opportunities:

We have the 'Tomorrow's Leaders' group that use the motto, "Today's Reader, Tomorrow's Leader", the group looks to develop tomorrow's leaders (our students) to have Equity, Diversity and Inclusion at the heart of their vision. We do this by reading texts that cover a wide range of topics that come under both the PSHE and RS umbrella and empower our students to be able to share well-structured discussions.

## SMSC & British Values:

Social, moral, spiritual and cultural values run through everything we do!

We focus mainly on the fundamental British Value of Tolerance and mutual respect in PSHE, ensuring that all voices and opinions are heard in a safe and nurturing environment

## Career Opportunities:

Health care

Education

Fire service

Police

Counselling

Journalism

Sport

Media

Equity, Diversity and Inclusion

Events management

# Life Skills YEAR 8

## Units taught:

Autumn Term	Spring Term	Summer Term
Money Matters	Family	Online Behaviour
The Law and Relationships	Relationship with myself	Managing intimate relationships

## Main skills developed:

PSHE focuses on the everyday skills that are needed to flourish in life outside of school. In year 8, it helps them to reflect on their year 7 experience and how this can inform progress moving forward. We look at key questions like, what does the law say about relationships? What role does the family have in wider society? And, how should I act online? This informs, key aspects of everyday life of looking at relationships they have in school life and how to handle those different relationships. This then leads into looking at their role in wider society.

## How parents can help to support their child's learning:

Encourage students to attempt all PSHE homework tasks. Discussion of family values is very useful in helping students to understand their own wellbeing. We encourage students from all backgrounds to engage in discussion on values, and further research and family debate on these ideas would be useful in enabling students understanding of who they are and where their values originate

## The following websites can help your child's learning:

<https://www.bbc.com/bitesize/subjects/ztv99j6>

## Extra-Curricular opportunities:

We have the 'Tomorrow's Leaders' group that use the motto, "Today's Reader, Tomorrow's Leader", the group looks to develop tomorrow's leaders (our students) to have Equity, Diversity and Inclusion at the heart of their vision. We do this by reading texts that cover a wide range of topics that come under both the PSHE and RS umbrella and empower our students to be able to share well structured discussions.

## SMSC & British Values:

Social, moral, spiritual and cultural values run through everything we do!

We focus mainly on the fundamental British Value of Tolerance and mutual respect in PSHE, ensuring that all voices and opinions are heard in a safe and nurturing environment

## Career Opportunities:

Health care

Education

Fire service

Police

Counselling

Journalism

Sport

Media

Equity, Diversity and Inclusion

Events management

# Life Skills YEAR 9

## Units taught:

Autumn Term	Spring Term	Summer Term
Dreams and Goals	Dangers of addiction	Self Management (mental health)
Celebrating Difference	The importance of choice in relationships	Sexual Health and Staying safe

## Main skills developed:

PSHE focuses on the everyday skills that are needed to flourish in life outside of school. In year 9, it helps them to reflect on their year 8 experience and how this can inform progress moving forward. We look at key questions like, who do I dream of becoming? What are the signs of addiction? And, how do I maintain safe and healthy relationships? This informs, key aspects of everyday life of looking at relationships they have in and outside school life and how to handle those different relationships.

## How parents can help to support their child's learning:

Encourage students to attempt all PSHE homework tasks. Discussion of family values is very useful in helping students to understand their own wellbeing. We encourage students from all backgrounds to engage in discussion on values, and further research and family debate on these ideas would be useful in enabling students understanding of who they are and where their values originate

## The following websites can help your child's learning:

<https://www.bbc.com/bitesize/subjects/zvtg9j6>

## Extra-Curricular opportunities:

We have the 'Tomorrow's Leaders' group that use the motto, "Today's Reader, Tomorrow's Leader", the group looks to develop tomorrow's leaders (our students) to have Equity, Diversity and Inclusion at the heart of their vision. We do this by reading texts that cover a wide range of topics that come under both the PSHE and RS umbrella and empower our students to be able to share well structured discussions.

## SMSC & British Values:

Social, moral, spiritual and cultural values run through everything we do!

We focus mainly on the fundamental British Value of Tolerance and mutual respect in PSHE, ensuring that all voices and opinions are heard in a safe and nurturing environment

## Career Opportunities:

Health care

Education

Fire service

Police

Counselling

Journalism

Sport

Media

Equity, Diversity and Inclusion

Events management