

Life Skills MTP 2025/26

		KS3			KS4		
AUT 1	Year 7	Year 8	Year 9	Year 10	Year 11		
TBQ	TBQ: How can I ensure my relationships are positive and healthy?	TBQ: How can I prepare for life in the wider world?	TBQ: How can I prepare for life in the wider world?	TBQ: How can I ensure my relationships are positive and healthy?	TBQ: How can I take care of my health and wellbeing?		
Topic	Behaviour and Relationships	Money Matters	My Aspirations	Personal Relationships	Mental Health Support		
1	BASELINE KNOWLEDGE CHECK	BASELINE KNOWLEDGE CHECK	BASELINE KNOWLEDGE CHECK	BASELINE KNOWLEDGE CHECK	BASELINE KNOWLEDGE CHECK		
2	Torch Values	Financial decisions	Aspiration	Social Media and Relationships	Coping with exams		
3	Who am I?	Forms of payment	Interpersonal skills	Online relationships - staying safe	Study skills, beating procrastination		
4	Bullying vs. banter	Savings accounts	Apprenticeships	Pornography and the law	Stigma around mental health		
5	Cyber bullying	Borrowing money and interest rates	Future proof careers	Sextortion	Panic disorder		
6	Harmful Stereotypes	Financial exploitation	Workplace Laws	Deep fakes and the law	Post-Traumatic Stress Disorder (PTSD)		
7	Bystander mentality	Online Financial Safety and GDPR	Writing a CV	Online Safety Act	Borderline Personality Disorder (BPD)		
8	Teamwork	Consolidation lesson	Personal Statements	How ethical is AI?	Social Anxiety Disorder (SAD)		
HALF TERM							
TBQ	TBQ: How can I take care of my health and wellbeing?	TBQ: How can I ensure my relationships are positive and healthy?	TBQ: How can I ensure my relationships are positive and healthy?	TBQ: How can I prepare for life in the wider world?	TBQ: How can I prepare for life in the wider world?		
Topic	My Mental Health	Importance of Family	Embracing Difference	Financial Literacy	Impact of Gambling		
9	AUT 1 KNOWLEDGE CHECK	AUT 1 KNOWLEDGE CHECK	AUT 1 KNOWLEDGE CHECK	AUT 1 KNOWLEDGE CHECK	AUT 1 KNOWLEDGE CHECK		
10	Talking about my emotions	Equality Act 2010 - Protected Characteristics	British Values (Tolerance and Respect)	Financial Responsibility	What is gambling?		
11	Conflict management	Types of family	Protected characteristics	Pay slips	Gambler's Fallacy		
12	Resilience	Marriage and Marriage Laws	LGBT rights and the Law	Mortgages and Loans	Targeted advertising (gambling and the law)		
13	Is something good or bad for my mental health	Parenting	Prejudice/discrimination (LGBT scenarios)	Payday Loans	Gambling within Games		
14	Mindfulness	Coping with divorce / separation	Hate Crime and extremism	Independent Living	Support for gambling / debt		
15	Personal Space	Coping with bereavement	Role of the police in reducing risk	Work experience	Are violent Games unethical?		
HALF TERM							
SPR 1							
TBQ	TBQ: How can I take care of my health and wellbeing?	TBQ: How can I prepare for life in the wider world?	TBQ: How can I take care of my health and wellbeing?	TBQ: How can I ensure my relationships are positive and healthy?	TBQ: How can I prepare for life in the wider world?		
Topic	My Physical Health	Staying Safe Online	Lifestyle and Physical Wellbeing	Sexual Health	Preparing for Employment		
16	Personal hygiene and dental hygiene	Online Safety Act 2025	Accessing the NHS and Gillick Competence	Sex - knowing when you are ready (consent)	Employability		
17	Healthy eating / exercise	Digital Safety	Healthy eating / eating disorders	Sexual coercion (definitions and laws)	Employment rights		
18	Importance of sleep	Fake News and AI	Contraceptives	Harassment and stalking	Confidentiality and the law		
19	Sun safety	Harmful Content (incl. self harm)	STIs	Pregnancy	Different types of employment		
20	Importance of vaccinations and use of antibiotics (AMR)	Radicalisation - harmful groups	Serious Health Conditions	Who teaches Morality?	Citizen's Advice Bureau		
21	First aid	Countering INCELS - good role models	Self-examination	Menopause	Business Ethics		
HALF TERM							
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Topic	Rights and Responsibilities	Managing Emotions	Impact of Addictions	Mental Health Stigma	Controlling Relationships		
22	SPR KNOWLEDGE CHECK	SPR KNOWLEDGE CHECK	SPR KNOWLEDGE CHECK	SPR KNOWLEDGE CHECK	SPR KNOWLEDGE CHECK		
23	British Values - overview	Negative self-thoughts	Reasons for addiction	Positive thinking	Forced marriage		
24	Human Rights	Coping strategies / CBT	Prescription drugs (buying drugs online)	Growth mentality and resilience	Honour based violence		
25	Discrimination and Microaggressions	Self-confidence and resilience	Impact of drugs - personal and social	Self-harm and suicidal thoughts	FGM and Hymenoplasty		
26	Racism and its impact	Loneliness	Impact of Cannabis	Support for mental health issues	Controlling Relationships - Cultural Stereotypes		
HALF TERM							
SUM1							
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Topic	Lifestyle Choices	County Lines	Healthy Intimate Relationships	Democracy	Staying Safe		
28	The cost of smoking	British Values - Rule of Law	Misogyny	UN and Human Rights	First Aid		
29	Long and short term effects of smoking	County Lines - CCE	INCEL	British Values - Democracy	CPR		
30	Second hand smoke	Alfie's story - county lines	Positive Masculinity	Houses of Parliament	Organ, blood and stem cell donation		
31	Vaping	Exploitation - CSE (incl. consent)	Positive Femininity	How laws are made	Self-examination		
32	Long and short term effects of vaping	Sextortion (incl. malicious use of AI)	Recognising negative behaviours and the cycle of abuse	Equality Act 2010	Safe sun - risk of cancer		
	Consolidation lesson	Consolidation lesson	Domestic Abuse (strangulation / suffocation)	Consolidation lesson	Consolidation lesson		
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Topic	Preparing for Adulthood	Peers and My Mental Health	Managing Risk	Substance Addiction and the Law			
33	Puberty and body development	Peer pressure	Risk taking	Drugs and the Law			
34	Hormones and my emotions	Social groups and influences (huffing*)	First Aid	The Cycle of Addiction			
35	Brain changes during adolescence	Anxiety	Road and rail safety	Drug Abuse - Personal Stories			
36	Menstruation	Anger and aggression	Water safety	Impact of Alcohol - personal and social			
37	Coping with change	Self Awareness	Missing from Education	Alcohol dependency and ARD			
38	Positive friendships	Anti-social Behaviour	Weapons and Knives	Seeking help for addiction			
39	Consolidation lesson	Consolidation lesson	Gang violence	Consolidation lesson			

Relationships	TBQ: How can I ensure my relationships are positive and healthy?
Health and Wellbeing	TBQ: How can I take care of my health and wellbeing?
The Wider World	TBQ: How can I prepare for life in the wider world?