

Life Skills @HHS - Long Term Plan 2020/21

Year 7	Year 8	Year 9	Year 10	Year 11
<div>Autumn 1 (3 lessons)</div> <div><div>Health and Wellbeing</div><div><div>Transition and Safety:</div><div>1. Emotions and change</div><div>2. Managing change</div><div>3. Friendships and change</div></div><div><div>CARES Values</div><div>Courage, Self-control</div></div><div><div></div><div></div></div></div>	<div>Autumn 1 (3 lessons)</div> <div><div>Health and Wellbeing</div><div><div>Drugs and Alcohol:</div><div>1. What is mental health?</div><div>2. Drug and alcohol use</div><div>3. Case studies</div></div><div><div>CARES Values</div><div>Courage, Self-control, Respect</div></div><div><div></div><div></div><div></div></div></div>	<div>Autumn 1 (3 lessons)</div> <div><div>Health and Wellbeing</div><div><div>Peer Influence:</div><div>1. Healthy and unhealthy friendships (gangs)</div><div>2-3. Safeguarding health during periods of change</div></div><div><div>CARES Values</div><div>Courage, Self-control, Respect</div></div><div><div></div><div></div><div></div></div></div>	<div>Autumn 1 (3 lessons)</div> <div><div>Health and Wellbeing</div><div><div>Mental Health:</div><div>1. Mental health stigma</div><div>2-3. Safeguarding health during periods of transition and change</div></div><div><div>CARES Values</div><div>Courage, Self-control, Respect</div></div><div><div></div><div></div><div></div></div></div>	<div>Autumn 1 (3 lessons)</div> <div><div>Health and Wellbeing</div><div><div>Building for the Future:</div><div>1. Stress management</div><div>2-3. Dealing with change and worry</div></div><div><div>CARES Values</div><div>Courage, Self-control, Respect</div></div><div><div></div><div></div><div></div></div></div>
<div>Autumn 2 (3.5 lessons)</div> <div><div>Relationships</div><div><div>Diversity:</div><div>1. What is a relationship?</div><div>2. Diversity and prejudice</div><div>3. Bullying</div></div><div><div>CARES Values</div><div>Courage, Self-control, Equality, Respect</div></div><div><div></div><div></div><div></div><div></div></div></div>	<div>Autumn 2 (3.5 lessons)</div> <div><div>Relationships</div><div><div>Discrimination:</div><div>1-3. Discrimination in all its forms (equality act)</div></div><div><div>CARES Values</div><div>Courage, Self-control, Equality, Respect</div></div><div><div></div><div></div><div></div><div></div></div></div>	<div>Autumn 2 (3.5 lessons)</div> <div><div>Relationships</div><div><div>Respectful Relationships:</div><div>1. Families: long term commitments</div><div>2. The legal status of marriage</div><div>3. Parenting</div></div><div><div>CARES Values</div><div>Courage, Self-control, Equality, Respect</div></div><div><div></div><div></div><div></div><div></div></div></div>	<div>Autumn 2 (3.5 lessons)</div> <div><div>Relationships</div><div><div>Healthy Relationships:</div><div>1. Expectations of sex</div><div>2-3. Impacts of the media and pornography</div></div><div><div>CARES Values</div><div>Courage, Self-control, Equality, Respect</div></div><div><div></div><div></div><div></div><div></div></div></div>	<div>Autumn 2 (3.5 lessons)</div> <div><div>Relationships</div><div><div>Communication in Relationships:</div><div>1-3. Assertive communication</div></div><div><div>CARES Values</div><div>Courage, Self-control, Equality, Respect</div></div><div><div></div><div></div><div></div><div></div></div></div>
<div>Spring 1 (3 lessons)</div> <div><div>Living in the Wider World</div><div><div>Life Skills:</div><div>1-2. Study skills (science of learning)</div><div>3. Problem solving</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div></div></div>	<div>Spring 1 (3 lessons)</div> <div><div>Living in the Wider World</div><div><div>Careers:</div><div>1. Equality in careers</div><div>2-3. The UK legal system</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div></div></div>	<div>Spring 1 (3 lessons)</div> <div><div>Living in the Wider World</div><div><div>Setting Goals:</div><div>1. Target setting</div><div>2-3. Study skills (science of learning)</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div></div></div>	<div>Spring 1 (3 lessons)</div> <div><div>Living in the Wider World</div><div><div>Financial Decision Making:</div><div>1. Debt (gambling)</div><div>2-3. Impact of advertising</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div></div></div>	<div>Spring 1 (3 lessons)</div> <div><div>Living in the Wider World</div><div><div>Study Skills:</div><div>1-3. Study Skills</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div></div></div>
<div>Spring 2 (2.5 lessons)</div> <div><div>Health and Wellbeing</div><div><div>Health and Puberty:</div><div>1. Routine (sleep/diet)</div><div>2. Puberty (FGM)</div><div>3. Menstruation to menopause</div></div><div><div>CARES Values</div><div>Courage, Respect, Self-Control</div></div><div><div></div><div></div><div></div></div></div>	<div>Spring 2 (2.5 lessons)</div> <div><div>Health and Wellbeing</div><div><div>Emotional Wellbeing:</div><div>1. Mental health (2)</div><div>2-3. Body image</div></div><div><div>CARES Values</div><div>Courage, Respect, Self-Control</div></div><div><div></div><div></div><div></div></div></div>	<div>Spring 2 (2.5 lessons)</div> <div><div>Health and Wellbeing</div><div><div>Healthy Lifestyle:</div><div>1. Diet and exercise</div><div>2-3. Lifestyle balance</div></div><div><div>CARES Values</div><div>Courage, Respect, Self-Control</div></div><div><div></div><div></div><div></div></div></div>	<div>Spring 2 (2.5 lessons)</div> <div><div>Health and Wellbeing</div><div><div>Exploring Influence:</div><div>1. Drugs and gangs</div><div>2-3. Role models and the media</div></div><div><div>CARES Values</div><div>Courage, Respect, Self-Control</div></div><div><div></div><div></div><div></div></div></div>	<div>Spring 2 (2.5 lessons)</div> <div><div>Living in the Wider World</div><div><div>Next Steps:</div><div>1-2. Completing applications</div><div>3. Career progression</div></div><div><div>CARES Values</div><div>Courage, Respect, Self-Control</div></div><div><div></div><div></div><div></div></div></div>
<div>Summer 1 (3.5 lessons)</div> <div><div>Relationships</div><div><div>Building Relationship:</div><div>1. Self-worth and self-esteem</div><div>2. Romantic relationships</div><div>3. Boundaries</div></div><div><div>CARES Values</div><div>Courage, Self-Control, Equality, Respect</div></div><div><div></div><div></div><div></div><div></div></div></div>	<div>Summer 1 (3.5 lessons)</div> <div><div>Relationships</div><div><div>Identity and Relationship:</div><div>1. Gender identity</div><div>2. Nude photographs</div><div>3. Introduction to contraception</div></div><div><div>CARES Values</div><div>Courage, Self-Control, Equality, Respect</div></div><div><div></div><div></div><div></div><div></div></div></div>	<div>Summer 1 (3.5 lessons)</div> <div><div>Relationships</div><div><div>Intimate Relationships:</div><div>1. Sex and consent</div><div>2. Attitudes to pornography</div><div>3. Contraception and STIs</div></div><div><div>CARES Values</div><div>Courage, Self-Control, Equality, Respect</div></div><div><div></div><div></div><div></div><div></div></div></div>	<div>Summer 1 (3.5 lessons)</div> <div><div>Relationships</div><div><div>Addressing Extremism and Radicalisation:</div><div>1-3. Communities and belonging</div></div><div><div>CARES Values</div><div>Courage, Self-Control, Equality, Respect</div></div><div><div></div><div></div><div></div><div></div></div></div>	<div>Summer 1 (3.5 lessons)</div> <div><div>Living in the Wider World</div><div><div>Finding balance in times of stress:</div><div>1-3. Stress Management</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div><div></div><div></div></div></div>
<div>Summer 2 (3.5 lessons)</div> <div><div>Living in the Wider World</div><div><div>Financial Decision Making:</div><div>1. Saving money</div><div>2. Budgeting</div><div>3. Financial choices</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div></div></div>	<div>Summer 2 (3.5 lessons)</div> <div><div>Living in the Wider World</div><div><div>Digital Literacy:</div><div>1. Online safety</div><div>2. Digital literacy</div><div>3. Media literacy</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div></div></div>	<div>Summer 2 (3.5 lessons)</div> <div><div>Living in the Wider World</div><div><div>Employability Skills:</div><div>1-3. Employability and online platforms/ presence</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div></div></div>	<div>Summer 2 (3.5 lessons)</div> <div><div>Living in the Wider World</div><div><div>Work Experience:</div><div>1-3. Skills for the 21st century workplace</div></div><div><div>CARES Values</div><div>Aspiration, Self-Control</div></div><div><div></div><div></div></div></div>	<div></div>