# Life Skills @HHS - Long Term Plan 2020/21

## Year 7

## Autumn 1 (3 lessons)

## **Health and** Wellbeing



## Transition and Safety:

- 1. Emotions and change
- 2. Managing change 3. Friendships and change

## **CARES Values**

Courage, Self-control





## Autumn 2 (3.5 lessons)

## **Relationships**



### Diversity:

- 1. What is a relationshin?
- 2. Diversity and prejudice
- 3. Bullying

## **CARES Values**

Courage, Self-control, Equality, Respect











## Spring 1 (3 lessons)

## Living in the Wider World



Life Skills: 1-2. Study skills (science of learning) 3. Problem solving

### **CARES Values** Aspiration, Self-Control





## Spring 2 (2.5 lessons)

## Health and Wellbeing



## **Health and Puberty:**

- 1. Routine (sleep/diet)
- 2. Puberty (FGM)
- 3. Menstruation to menopause

### **CARES Values** Courage, Respect, Self-Control









## Summer 1 (3.5 lessons)

# **Relationships**



## **Building Relationship:**

- 1. Self-worth and self-esteem
- 2. Romantic relationships
- Boundaries

## **CARES Values**

Courage, Self-Control, Equality, Respect











## Summer 2 (3.5 lessons)

## Living in the Wider World



## Financial Decision Making:

- 1. Saving money
- 2. Budgeting
- 3. Financial choices

## **CARES Values** Aspiration, Self-Control





## Year 8

## Autumn 1 (3 lessons)

## **Health and** Wellbeing



## **Drugs and Alcohol:**

- 1. What is mental health? 2. Drug and alcohol use
- 3. Case studies

## **CARES Values**

Courage, Self-control, Respect







## Autumn 2 (3.5 lessons)

# **Relationships**



### Discrimination: 1-3. Discrimination in all its forms

(equality act)

## **CARES Values**

Courage, Self-control. Equality, Respect









## Spring 1 (3 lessons)

## Living in the **Wider World**



1. Equality in careers 2-3. The UK legal system

## **CARES Values** Aspiration, Self-Control





## Spring 2 (2.5 lessons)

## **Health and** Wellbeing



### **Emotional Wellbeing:** 1. Mental health (2) 2-3. Body image

# **CARES Values**







# Summer 1 (3.5 lessons)

## **Relationships**



## **Identity and Relationship:**

- 1. Gender identity
- 2. Nude photographs 3. Introduction to contraception

## **CARES Values**

Courage, Self-Control, Equality, Respect









## Summer 2 (3.5 lessons)

## Living in the **Wider World**



- 1. Online safety 2. Digital literacy
- 3. Media literacy

## **CARES Values** Aspiration, Self-Control





## Year 9

## Autumn 1 (3 lessons)

## Health and Wellbeing



## Peer Influence:

1. Healthy and unhealthy friendships (gangs) 2-3. Safeguarding health during periods of change

## **CARES Values**

Courage, Self-control, Respect







# Autumn 2 (3.5 lessons)

## **Relationships**



## Respectful Relationships:

1. Families: long term commitments 2. The legal status of marriage

## **CARES Values**

3. Parenting

Courage, Self-control, Equality, Respect







## Spring 1 (3 lessons)

## Living in the Wider World

**Setting Goals:** 1. Target settina 2-3. Study skills (science of learning)

## **CARES Values** Aspiration, Self-Control







# **Health** and



1. Diet and exercise

2-3. Lifestyle balance

# **CARES Values**







# Summer 1 (3.5 lessons)

# **Relationships**



## Intimate Relationships:

- 1. Sex and consent
- 2. Attitudes to pornography 3. Contraception and STIs

## **CARES Values** Courage, Self-Control,





## Summer 2 (3.5 lessons)

1-3. Employability and online

## Living in the Wider World

**Employability Skills:** 

platforms/ presence



# **CARES Values**





## Year 10

# Autumn 1 (3 lessons)

## Health and Wellbeing



## Mental Health:

1. Mental health stigma 2-3. Safeguarding health during periods of transition and change

**CARES Values** Courage, Self-control, Respect



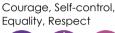




# **Relationships**



**Healthy Relationships:** 1. Expectations of sex 2-3. Impacts of the media and pornography





**CARES Values** 



# Spring 1 (3 lessons)

## Living in the Wider World

Financial Decision Making: 1. Debt (gambling) 2-3. Impact of advertising





## Spring 2 (2.5 lessons)

Wellbeing **Exploring Influence:** 

1. Druas and gangs

2-3. Role models and the media

Courage, Respect, Self-Control

Health and

# **CARES Values**





## Radicalisation: 1-3. Communities and belonging

**CARES Values** 

Addressing Extremism and







### Work Experience: 1-3. Skills for the 21st century

**CARES Values** 

Living in the

**Wider World** 

workplace



Living in the

Wider World

# **CARES Values**

# Spring 2 (2.5 lessons)



## Wider World Finding balance in times of











# Year 11

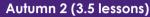
**Building for the Future:** 1. Stress management 2-3. Dealing with change and

**CARES Values** 









# **Relationships**







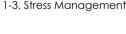




## Living in the Wider World







stress:









## Autumn 1 (3 lessons)



**Health and** 

Wellbeing



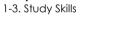




# 1-3. Assertive communication











## Summer 1 (3.5 lessons) Living in the



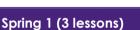


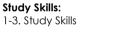














### **Next Steps:** 1-2. Completing applications 3. Career progression









