

Skills for life Scheme of work 2024

Overall intent

To support students own, and others', wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.

Year 7

Lesson title	Learning objectives	Mapping to compulsory content for SRE, HSE and Citizenship.	Reasoning
<p>Term 1 Self esteem, aspiration and being healthy.</p> <p>Lesson 1 Aspiration</p>	<p>How can we be aspirational students and reach our full potential?</p>		<p>Building self esteem and aspirations as a starting point are designed to boost their confidence when starting secondary school.</p> <p>Healthy living and eating help maintain attendance and also concentration and achievement.</p>
<p>Term 1 Self esteem, aspiration and being healthy.</p> <p>Lesson 2 Self esteem</p>	<p>Why do we need self esteem and how do we build it up?</p>	p.36 Mental wellbeing Point 2 & 5	
<p>Term 1 Self esteem, aspiration and being healthy.</p> <p>Lesson 3-4 Healthy living and eating</p>	<p>How can I keep a balanced diet?</p> <p>Healthy meals, food groups and nutrition.</p> <p>How do I know if I'm eating healthily?</p> <p>Reading our food labels and recognising dangers</p>	P.37 Healthy eating	
<p>Term 2 Friendships, anti-smoking and alcohol.</p> <p>Lesson 1 Smoking and vaping</p>	<p>To examine tobacco and see its effects. To examine vaping, what's different and what's similar and why it can also be harmful.</p>	P.37 Drugs, alcohol and tobacco Point 6	<p>Initial anti-smoking and alcohol lessons as we know from experience some of our younger students start mixing with older ones early on, down areas such as the Manor, where they are potentially exposed to smoking and alcohol.</p>

			Friendship issues commonly arise during the first term and into Christmas
Term 2 Friendships, anti-smoking and alcohol. Lesson 2 Alcohol	To examine alcohol and see its effects.	P.37 Drugs, alcohol and tobacco Point 3&4	
Term 2 Friendships, anti-smoking and alcohol. Lesson 3 Peer Pressure	Peer pressure– why is it so powerful and how can we overcome it?	P.36 Mental wellbeing Point 5. P.37 points 3, 4 & 6	
Term 2 Friendships, anti-smoking and alcohol. Lesson 4 Toxic friendships and dilemmas.	Maintaining genuine friendships and avoiding toxic ones.	P.36 Mental wellbeing Point 5. P.27 families point 7 p.27 respect Point 1&2 p.29 Intimate relationships Point 1	
Term 3 Respectful relationships and RSE using Busy Bodies Lesson 1 Busy Bodies	What is puberty? What happens when I go through puberty?	P.38 changes point 1&2	RSE is building on from primary school, and moved earlier in the year as we know some primary schools missed out sections during lockdown. It concentrates primarily on puberty and bodily changes but also starts to bring in relationship aspects.
Term 3 Respectful relationships and RSE using Busy Bodies Lesson 2 Busy Bodies	What do I need to know about sex? What is a condom and what are the reasons to use them?	P.29 Intimate relationships points 6,7 & 9	
Term 3 Respectful relationships and RSE using Busy Bodies Lesson 3 Busy Bodies	CHANGE CHANGE CHANGE What will it be like when I have a romantic relationship? What do I need to know about dating?	p.29 Intimate relationships points 9, 1 & 4 p.27 Respect point 1 p.28 Point 5 p.29 point 1	
Term 3 Respectful relationships and RSE using Busy Bodies Lesson 4 Personal hygiene	How can I have excellent personal hygiene?	p.37 Health and prevention point 1	

Term 4 Diversity and others Lesson 1 Diversity – Aliens in Whittlesey	You will understand what makes up your local identity and who influences this and your community.	p. 30 hate crime p.28 point 7, 2 & 3 Citizenship	Assemblies and Themes for the week earlier in the year cover many aspects of protected characteristics along with anti-bullying week. The topic now reiterates these issues to get them embedded further into deeper memory.
Term 4 Diversity and others Lesson 2 Diversity	Evaluate the meaning of prejudice and stereotyping. Examining homophobia and stereotypes.	p. 30 hate crime p.28 point 7, 2 & 3 Citizenship	
Term 4 Diversity and others Lesson 3 Diversity	To assess the social attitudes towards disability.	p. 30 hate crime p.28 point 7, 2 & 3 Citizenship	
Term 5 British Values Lesson 1 Values for Modern Britain introduction and democracy.	To understand the history of democracy and how democracy works.	Citizenship	
Term 5 British Values Lesson 2 Values for Modern Britain - law.	To understand why the Rule of Law is an important value for Modern Britain.	Citizenship	British values are fully introduced and look not just at what they are but the underlying skills they produce. Completed after diversity to give an extra angle to this and build on this.
Term 5 British Values Lesson 3 Values for Modern Britain – individual liberty.	You will examine the ideas behind all four values for modern Britain You will look in more detail at Individual Liberty	Citizenship	
Term 6 Personal development, enterprise and careers. Lesson 1 Personal Development and Self Discipline.	Taking control of my future – Personal development planning	Careers	Personal development at this point is aimed to get students reflecting on how they have achieved this year and how they aim to achieve going forward, along with examining possible career goals too.

Term 6 Personal development, enterprise and careers. Lesson 2 Employment and careers.	Employability – preparing for and nailing the job interview	Careers	
Term 6 Personal development, enterprise and careers. Lesson 3 Enterprise and Entrepreneurs	What does it mean to be an entrepreneur?	Careers	

Year 8

Lesson title	Learning objectives	Mapping to compulsory content for SRE, HSE and Citizenship.	Reasoning
Term 1 British values recap and health teeth and vaccines. Lesson 1 Personal safety and first aid.	What do we need to know about personal safety and first aid?	P38 First aid point 1	Personal health covers the main sections in order to keep them safe and healthy, also starts the year ahead of HPV vaccines. British values recap is aimed to re-iterate to students the positive approach they should have to themselves and others, and why, serving as a reminder and link to Year 7.
Term 1 British values recap and health teeth and vaccines. Lesson 2 Vaccinations	Who are 'anti-vaxxers' and how is this movement a danger to public health?	P.38 point 1	
Term 1 British values recap and health teeth and vaccines. Lesson 3 looking after your teeth.	To understand the importance of teeth To understand that sugar causes decay To reflect on good habits to prevent gum disease and dental decay	P.37 Health and prevention point 2	
Term 1 British values recap and health teeth and vaccines. Lesson 4 British values recap		Citizenship	

Term 2 RSE Consent, Porn, Sexting and Homophobia Lesson 1 Consent	What is consent and why is it so important we learn about it?	p.28 Point 6 p.29 point 2	Having spoken to Y10 and 11 students previously both told us that it was far better doing these RSE topics at the start of Y8 as they felt that was the peak time for students sexting and starting to experiment.
Term 2 RSE Consent, Porn, Sexting and Homophobia Lesson 2 Pornography	Why is pornography so dangerous?	p.28 Online points 5&6	
Term 2 RSE Consent, Porn, Sexting and Homophobia Lesson 3 Sexting	What is 'sexting' and why should I be bothered about it?	P.28 Online points 7, 2 & 3	
Term 2 RSE Consent, Porn, Sexting and Homophobia Lesson 4 LGBT Homophobia	LGBT rights – but there's still so much to be done	p.28 points 2, 4 & 7	
Term 3 Online media, body image, internet safety and anti bullying. Lesson 1 Media and body image	How can we keep good mental health and a positive body image?	P.36 Internet point 1 P.37 Physical point 2	Assemblies and Themes for the week earlier in the year cover many aspects of protected characteristics along with anti-bullying week. The topic now reiterates these issues to get them embedded further into deeper memory.
Term 3 Online media, body image, internet safety and anti bullying. Lesson 2 Internet safety and online grooming	What is online grooming and how can we recognise the warning signs?	p.28 point 5 p.29 point 1	
Term 3 Online media, body image, internet safety and anti bullying. Lesson 3 Anti bullying	Bullying or banter – what is and what isn't acceptable?	p.28 point 4 p.37 point 1	
Term 4 Positive relationships and finance	How can we keep safe and positive relationships?	p.27 Respect point 1 p.28 Point 3	Student voice of older students suggested doing relationships

Lesson 1 Positive relationships		p.29 Intimate relationships p.1 p.36 Mental wellbeing point 2	with Y8 as they felt again they were more at risk at this point. Finances were seen as good to introduce here as many students begin to be more financially independent at this stage gaining their own cards and accounts.
Term 4 Positive relationships and finance Lesson 2 Finance lesson 1	How can I understand credit and debt?	p.36 Internet point 1	
Term 4 Positive relationships and finance Lesson 3 Finance lesson 2	How do I keep my finances secure?		
Term 4 Positive relationships and finance Lesson 4 Finance lesson 3	How can my money choices affect my mental wellbeing?	p.36 Mental wellbeing points 3, 4 & 5	
Term 5 Drugs and the law Lesson 1 Alcohol and cigarettes	Why must we be so careful of cigarettes and alcohol?	P.37 Drugs, alcohol and tobacco points 3&6	Longer summer months means more going out and mixing and with younger students mixing more with older ones in the local area at places like the Manor.
Term 5 Drugs and the law Lesson 2 Drugs and Law	Drugs, risks and the law – what do I need to know	P.37 Drugs, alcohol and tobacco point 2	
Term 5 Drugs and the law Lesson 3 Drugs – Class A, B and C drugs.	How dangerous are drugs and what are the different types?	P.37 Drugs, alcohol and tobacco point 1	
Term 6 Politics Lesson 1 Government introduction.	How does the British government work?	Citizenship	Many recent elections and votes have been in May and June time so designed to capitalise on possible political activity and interest generated ahead of the topic.
Term 6 Politics Lesson 2 Local Government	What is local government? Who makes decisions about our community and how can we get involved?	Citizenship	
Term 6 Politics	How does the British Parliamentary system work?	Citizenship	

Lesson 3 Parliament			
Term 6 Politics	Democracy, voting and elections. How does it all work and how do I get involved?	Citizenship	
Lesson 4 Voting			
Term 6 Politics	What are the origins of British Democracy?	Citizenship	
Lesson 5 Origins			

Year 9

Lesson title	Learning objectives	Mapping to compulsory content for SRE, HSE and Citizenship.	Reasoning
Term 1 British values recap, families and respectful relationships Lesson 1 Different relationships and how they are portrayed.	What is a relationship? Do you think the media changes the way we see relationships	p.27 families points 1&2 p.27 Respect point 1 P.36 internet point 1 p.28 point 2	The british values lesson provides a link to Y8 and recaps and re-iterates points there after the holidays. The Health related survey shows a major change in relationships between Y8 and 10, so based on this Y9 is quite RSE heavy to prepare students.
Term 1 British values recap, families and respectful relationships Lesson 2-3 Good and bad qualities in relationships.	What makes a relationship negative? What can you do if you are in a negative relationship? What can you do to help someone in a negative relationship?	p.27 Respect point 1 p.28 points 1, 5 & 6 p.29 point 1 p.29 Intimate relationships point 1, 4 & 2	
Term 1 British values recap, families and respectful relationships Lesson 4 British Values recap	To understand what British values are To respond to a real-life scenario using British values to inform your actions	Citizenship	
Term 2 Respectful relationships, online media and safety.	When is sex appropriate?	P.29 Intimate relationships points 1 & 5	

Lesson 1 When is sex appropriate and sexting	Is it illegal to send a naked Snapchat?	p.28 Online points 2, 4 & 7	
Term 2 Respectful relationships, online media and safety. Lesson 2 Ending a relationship and losing someone.	Why might you want to end a relationship? What can you do when you've lost a friend?	P.27 Respect point 1 P.36 Mental wellbeing point 1	
Term 2 Respectful relationships, online media and safety. Lesson 3 E-safety	Why must we be so careful with social media?	P.28 Online point 1, 2 & 3 P.36 Internet point 1	
Term 2 Respectful relationships, online media and safety. Lesson 4 Anti Bullying	Anti bullying and staying safe. To consider how it feels to be unsafe and develop our empathy for people in a difficult situation. To understand what is meant by rights and responsibilities when we are talking about bullying. To discuss how young people being bullied can be supported	P.37 point 1 P.28 Online Point 4 P.28 Point 4	
Term 3 RSE, sex, contraception, STI's, CSE and teen pregnancy Lesson 1 Sex and contraception.	To discuss the reasons people have sex To understand the basic mechanics of sex To understand the different types of contraception	P.29 Intimate relationships points 1, 6 & 12	
Term 3 RSE, sex, contraception, STI's, CSE and teen pregnancy Lesson 2 STI's and sexual health.	You will look at STI's, what they are, what different ones there are and their symptoms, and how they are passed on	P.29 Intimate relationship points 2, 9, & 10	
Term 3 RSE, sex, contraception, STI's, CSE and teen pregnancy Lesson 3 What is it like to be a teen parent?	You will the effects that teenage pregnancy and looking after a baby as a result can have on your lives – both as mum or dad	P.29 Intimate relationship points 2, 8 & 12	

Term 4 Equality, protected characteristics and anti bullying. Lesson 1 Protected characteristics and sexism	How everyone has the right to be treated equally Sexism and gender prejudice – what is it and is it still such an issue today?	P.27 Respect point 1 P.28 Pons 1, 2, 3, 4, 6 & 7	Assemblies and Themes for the week earlier in the year cover many aspects of protected characteristics along with anti-bullying week. The topic now re-iterates these issues to get them embedded further into deeper memory.
Term 4 Equality, protected characteristics and anti bullying. Lesson 2 Homophobia	Homophobia and homophobic bullying	P.27 Respect point 1 P.28 Pons 1, 2, 3, 4, 6 & 7	
Term 4 Equality, protected characteristics and anti bullying. Lesson 3 Stereotyping	Prejudice and Discrimination: Stereotyping	P.27 Respect point 1 P.28 Pons 1, 2, 3, 4, 6 & 7	
Term 4 Equality, protected characteristics and anti bullying. Lesson 4 safe online	How to use the internet safely	P.37 point 1	
Term 5 Equality continued with racism and disability. Lesson 1 religious discrimination	What is religious discrimination and why does it still happen?	P.28 points 2, 3 & 7 Citizenship	
Term 5 Equality continued with racism and disability. Lesson 2-3 Show racism the red card.	To understand what racism and discrimination is. To examine cultural identity.	P.28 points 2, 3 & 7 Citizenship	
Term 6 Personal health and wellbeing. Lesson 1 Fitness freak or couch potato	You will consider how your environment promotes a healthy lifestyle.	P.37 Physical point 1 & 2 P.36 Mental Health point 6	Chosen ahead of the summer holidays to help students keep themselves safe and healthy.
Term 6 Personal health and wellbeing. Lesson 2 Body image and eating disorders.	How can we recognise and prevent developing eating disorders?	P.37 Physical point 2 P.37 Healthy point 1 P.36 Internet point 1	
Term 6 Personal health and wellbeing. Lesson 3 safe students.	How can we prevent online bullying?	P.37 point 1	

Term 6 Personal health and wellbeing. Lesson 4 resilience.	How can we keep good mental health and be resilient?	P.36 points 2, 3, 4 & 5	
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Year 10

Lesson title	Learning objectives	Mapping to compulsory content for SRE, HSE and Citizenship.	Reasoning
Term 1 Online media, body image, impacts and internet safety. Lesson 1 Media and body image	What is body image? What influence can the media have on young people?	P.36 Internet point 1 P.37 Physical point 2	Start of GCSE years, these topics are seen as developing critical thinking skills along with personal development.
Term 1 Online media, body image, impacts and internet safety. Lesson 2 Media influence	What is media and what influence can it have?	P.36 Internet point 1 P.37 Physical point 2	
Term 1 Online media, body image, impacts and internet safety. Lesson 3 Internet safety	To think about why people ignore social media advice. To examine the dangers of trying to fit in on social media and how 'See it, Stop it, Sort it.' can help.	P.36 Internet point 1 P.37 point 1 P.28 Online point 1	
Term 2 Respectful relationships and abortion Lesson 1 Abortion	What is an abortion? Why do women choose to have an abortion? Pro life and pro choice points of view.	Intimate relationships points 2, 8 and 12	Older students can be less black and white on issues and approach them more evenly, so issues like Abortion and FGM can be better discussed and these lessons aim to do that. Stress links in with students approaching GCSE's and beginning to do mock exams.
Term 2 Respectful relationships and abortion Lesson 2 FGM	FGM – what is it, why is it so serious and what can we all do to help?	P.29 point 1	

Term 2 Respectful relationships and abortion Lesson 3 Stress	How can we keep good mental health and cope successfully with stress?	P.36 Mental wellbeing points 3 & 4 P.37 Physical point 1	
Term 3 Drugs and life saving first aid. Lesson 1-2 Seven dwarves of big tobacco and alcohol impacts.	You will look at how cigarette companies have acted and how they make and sell cigarettes. You will examine the responsibility you have to others when using alcohol.	P.37 Drugs, alcohol & tobacco points 3, 4 & 6	Many of these aspects build from previous years and are seen as recapping and developing topics further, to re-iterate points.
Term 3 Drugs and life saving first aid. Lesson 3-4 Ebenezer Goode or bad.	You will look at a range of drugs and their effects	P.37 Drugs, alcohol & tobacco points 1 & 2	
Term 3 Drugs and life saving first aid. Lesson 4 First aid.	What do we need to know about personal safety and first aid?	P.38 First Aid point 1	
Term 4 Discrimination and finance. Lesson 1 Discrimination	What are Protected Characteristics? What does 'equal opportunities' mean?	P.28 point 7	Protected characteristics is building on Themes for the week earlier in the year. Finance, money and work based topics are aimed to get them thinking about work and careers and give a mid course boost to help them see indirectly a goal for their exam success. Many students also begin to do part time work and become more financially independent at this time.
Term 4 Discrimination and finance. Lesson 2 Finance and budgeting, and payslips.	How do I understand payslips and deductions?	Finance	
Term 4 Discrimination and finance. Lesson 3 Finance – staying in control	How do I stay in control of my money?	Finance	
Term 5 Human rights and employment rights.	Do we still need the Human Rights Act in the UK today?	Citizenship	

Lesson 2 Human rights			
Term 5 Human rights and employment rights.	Employment law, employee protection and trade unions	Citizenship	
Lesson 3 Employment rights			
Term 6 Money L1 money management	How can I successfully manage my money? The importance of budgeting.	Finance	
Term 6 Money L3 money management	How can I successfully manage my money? Savings, loans and interest rates.	Finance	
Term 6 Money L4 money management	How can I successfully manage my money? Using the right financial products for you.	Finance	
Term 6 Money L5 money management	How can I successfully manage my money? Accounts, savings, loans and financial organisations.	Finance	
Term 6 Money L6 money management	How can I successfully manage my money? Making and checking transactions	Finance	
Term 6 Money L7 Ethical financial decisions	Making Ethical Financial Decisions	Finance	

Year 11

Lesson title	Learning objectives	Mapping to compulsory content for SRE, HSE and Citizenship.	Reasoning
<p>Term 1 Staying healthy, physical health, lifestyle choice.</p> <p>Lesson 1 Staying healthy.</p>	<p>What are the consequences of not living healthily?</p>	<p>P.36 Mental wellbeing point 6 P.37 Physical Points 1 & 2</p>	<p>Y11, especially girls, see a drop off in sports and activity so these aim to boost that back up and counteract it along with examining other healthy alternatives.</p>
<p>Term 1 Staying healthy, physical health, lifestyle choice.</p> <p>Lesson 2 Healthy choices</p>	<p>What do we mean by a 'healthy lifestyle'?</p> <p>Healthy Living Introduction</p>	<p>P.36 Mental wellbeing point 6 P.37 Physical Points 1 & 2</p>	
<p>Term 1 Staying healthy, physical health, lifestyle choice.</p> <p>Lesson 3 Activity</p>	<p>How can I commit to a healthy life?</p> <p>Living a healthy, active life and exercising</p>	<p>P.36 Mental wellbeing point 6 P.37 Physical Points 1 & 2</p>	
<p>Term 2 RSE, Fertility, families and choices.</p> <p>Lesson 1 Parenting</p>	<p>Being a new parent – what is this like and why can it be so challenging?</p>	<p>P.29 Intimate relationships point 2 P.27 Family points 2 & 6</p>	<p>RSE is more based towards having families and long term relationships.</p>
<p>Term 2 RSE, Fertility, families and choices.</p> <p>Lesson 2 Fertility</p>	<p>What do we need to know about fertility and our reproductive health?</p>	<p>P.29 Intimate relationships points 3, 7 & 8</p>	
<p>Term 2 RSE, Fertility, families and choices.</p> <p>Lesson 3 Choices</p>	<p>To understand how sexual activity and lifestyle choices can lead to unforeseen consequences and lifestyle choices through infections such as HIV.</p>	<p>P.29 Intimate relationships points 2, 8 & 9</p>	
<p>Term 2 RSE, Fertility, families and choices.</p> <p>Lesson 4-5 STI Recap and choices.</p>	<p>You will look at, and discuss, the places you can go for help on a range of sexual health issues.</p> <p>You will look at loving and family relationships and consider how these can go wrong and how to spot this.</p>	<p>P.29 Intimate relationships points 2, 8, 9 & 11</p>	<p>Abusive relationships and STI's are recapped with extra detail added for an older audience.</p>

Term 3 The law and consent, and abuse Lesson 1 respect and consent	Exploring what respectful relationships involve and starting to identify what a respectful relationship does not involve.	P.27 Respect point 1 P.28 Respect 1, 3, 4 & 5 P.29 Points 1 & 2 P.29 Intimate relationships points 1, 2, 4 & 5	
Term 3 The law and consent, and abuse Lesson 2 positive and negative relationship traits	Look at what is important in relationships and how to spot the signs of an abusive relationship.	P.27 Respect point 1 P.28 Respect 1, 3, 4 & 5 P.29 Points 1 & 2 P.29 Intimate relationships points 1, 2, 4 & 5	
Term 3 The law and consent, and abuse Lesson 3 Domestic violence	Learning about domestic violence, its prevalence and where to get help if you or someone you know is experiencing domestic violence.	P.27 Respect point 1 P.28 Respect 1, 3, 4 & 5 P.29 Points 1 & 2 P.29 Intimate relationships points 1, 2, 4 & 5	
Term 4 revision and wellbeing Lesson 1 Mindfulness	What is mindfulness? How can it help us with our mental health?	P.36 Mental wellbeing point 3 P.37 Physical point 1	Heading into GCSE exams the final sessions are based around mental health re exams and revisions strategies.
Term 4 revision and wellbeing Lesson 2 Revision tips	How can I successfully revise and prepare for my exams?	P.36 Mental wellbeing point 3 P.37 Physical point 1	
Term 4 revision and wellbeing Lesson 3 Revision strategies part 1	You will examine ways of coping with exams and revision strategies	P.36 Mental wellbeing point 3 P.37 Physical point 1	
Term 4 revision and wellbeing Lesson 4 Revision strategies part 2	You will examine ways of coping with exams and revision strategies	P.36 Mental wellbeing point 3 P.37 Physical point 1	