Life Skills

Key Stage 3

Conflict Resolving

Aspirations

Resilience

Confidence

Co-Operation

Integrity

Self-Motivation

Inclusion

Equality & Diversity

Tolerance

Respect

Responsibility

Character

Personal Trainer

Nutritionist

PE Teacher

Human Rights Lawyer

Event Planner

Paramedic

Social Worker

Counsellor

Nurse

Accountant

Careers

Key Stage 4

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Relationships
Character Skill: Co-operation

Relationships and sex education, including consent, contraception, the risks of STIs.
Recognising Hate Crime.
Exploitation including County Lines.

Health & Wellbeing
Character Skill: Respect

Attitudes to Mental Health.
The impact of Social Media on Mental Health.
First Aid.

Living in the Wider World
Character Skill: Integrity

Understanding the Labour Market.
Illegal Financial Activities: Fraud and Cybercrime.
Illegal Online Behaviour.

Health & Wellbeing
Character Skill: Responsibility

Self Identification and Screening.
Developing a positive body image.
Importance of sleep

Relationships
Character Skill: Resilience

What is a healthy relationship?
Relationship Spectrum.
Challenging Unhealthy Relationship Behaviours.

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Relationships
Character Skill: Co-operation

Puberty: The Impact on Relationships.
Stereotyping, Discrimination, Prejudice.
Personal Safety: Road, Rail, Water

Health & Wellbeing
Character Skill: Respect

Resilience and managing set ups.
Managing emotions.
First Aid.

Living in the Wider World
Character Skill: Integrity

Possible Career Pathways: Skills and Interests.
Money: Credit and Debt
Artifical Intelligence and Deep Fakes.

Health & Wellbeing
Character Skill: Responsibility

How can I look after my health?
Smoking and Vaping.
Energy Drinks.
The impact of screen time on sleep.

Relationships
Character Skill: Resilience

Different types of relationships.
Positive peer influences and the effect of Power.
Consequences of Sharing Explicit Images.

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Relationships
Character Skill: Co-operation

Puberty: Menstrual Cycle and Period Products.
Community: Anti-Social Behaviour.
Keeping yourself safe: Beach Awareness

Health & Wellbeing
Character Skill: Respect

Identifying strengths and areas for development.
Understanding and managing stress responses.
First Aid.

Living in the Wider World
Character Skill: Integrity

Identifying importance milestones.
Budgeting: Income and Spending.
e-Safety: Manging misinofrmation online.

Health & Wellbeing
Character Skill: Responsibility

Personal Hygiene including Dental Hygiene.
Balanced Diet.
The importance of Sleep.

Relationships
Character Skill: Resilience

What makes a good friend?
Recognise and reporting bullying.
Managing Friendship Challenges and Conflict.

Learning Journeys