

LIFE SKILLS: Scheme of Learning Long Term Plan

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1	What is Life?	Actions have consequences	Friendship Challenges	Dealing with Change	Expectations around sex
2	Personal Beliefs	P&D – Religion	Gangs & Violent Crime	Managing Change	Consent: responsibilities & consequences
3	Personal Skills	P&D – Disability	County Lines	Reframing negative thinking	Consent: Communicating wants & needs
4	Human Rights	P&D – Difference	Drugs & effects	Depression, Anxiety & Misconceptions	Contraception
5	Water safety	Being an active bystander	Drugs & the law	Managing Mental Health	Safe sex
6	How do I manage my time?	Police & Emergency Services	Drugs & Risk	Alcohol & Mental health	STI's
7	How do I manage my sleep?	Courts	Sexuality Timeline	Substances & Risk-taking behaviour	Fertility & options
8	How do I manage my diet?	Prisons	Consent & Assumptions	Drugs & Safety	Dealing with Exam Stress
9	How do I manage diet & exercise?	Online safety	Consent & Consequences	Prescription Drugs	MOCK EXAM WEEK
10	How do I manage my feelings?	Online Propaganda	Sexting	Tattoos & Piercings	Pregnancy & Miscarriage
11	How do I manage my money?	Should I watch that	Healthy & Unhealthy Relationships	Cosmetic & Aesthetic Procedures	Abortion – incl. emergency contraception & unwanted pregnancy
12	Autumn Term Assessment	Autumn Term Assessment	Autumn Term Assessment	Autumn Term Assessment	Autumn Term Assessment
13	How do I manage relationships?	Live Streaming & Gaming	Public Sexual Harassment	Talking about sex	Having a baby, adopting & fostering
14	What is a good friendship?	Drugs & Caffeine	Managing Unwanted Attention	Enthusiastic Consent	Parenting
15	Online safety	Drugs & Nicotine	Bullying or Banter?	Consent: Pressure, Persuasion & Coercion	Coercive control
16	Social media – the pros and cons	Saving & Borrowing	Managing my Money	Impact of Pornography	Coercive control
17	Bullying or Banter?	What's it worth	Gambling & Addiction	Consent – Pornography	Drugs – Managing Influences
18	Cyberbullying	Fraud	Avoiding Debt	Revenge Pornography	Drugs – Help Seeking
19	Peer Pressure	Budgeting	Financial Exploitation (fraud)	Sexual Harassment	Digital Footprints
20	Online Bullying	Consent	Identity Fraud	Reporting sexual harassment	Personal Safety
21	Peer on Peer Abuse	Safe Relationships	Mental Health & Anxiety	Relationship Abuse	Self-examination
22	Puberty	Comparisons	Positive Mental Health	Marriages	Grief & Bereavement
23	Spring Term Assessment	Body Shaming	Unhealthy vs Healthy coping strategies	Conflict Management	Suicide prevention
24	Puberty & me	Body Confidence	Mental health & alcohol	Spring Term Assessment	Income & Tax
25	Puberty & periods	Spring Term Assessment	Spring Term Assessment	Privilege	Income & Pensions
26	Identity & Diversity	Sexting & Nudes	Careers	Racism	Somewhere to Live (ICT)
27	Immigration	Dangers of pornography	Skills for Employment	Extremism	Getting to work (ICT)
28	Diversity & Extremism	The Unwritten Rules of being a man	Employability	MOCK EXAMS	Just until pay day
29	Relationships – starting with me	Gender based violence & misogyny	Jobs & Occupations	MOCK EXAMS	Risk & Reward 1
30	Consent	Choices & timings	Workplace relationships & employer expectations	Digital Footprints & Careers	Risk & reward 2
31	Human Reproduction & sex	Age-appropriate relationships & intimacy	Spotting Extremist Views	Understanding the workplace	
32	Attraction & crushes	Red flags & ending relationships	Extremism & Radicalisation	Understanding behaviours for work	
33	FGM & forced marriage	Contraception	The History of UK Democracy	Making applications & careers	
34	Smoking & Vaping	STI's	Politics & Me	ICT - Work Experience Preparation	Conflict Management & Constructive Feedback
35	Alcohol	Sepsis	Our Political Party 1	Employment rights & responsibilities	
36	Cannabis	First Aid - bleeding	Our Political Party 2	WORK EXPERIENCE	
37	Nitrous Oxide	My personal & academic strengths	Local Democracy	Trade Unions	
38	Driving & Road Awareness	Different Careers (ICT)	Community Involvement	ICT - Work Experience Review	
39	Growth Mindset	My Career Ladder (ICT)	Growth Mindset	Budgeting	
Cover	My Club	Better Things to do	Fake News	Blood, organ & stem cell donation	Homelessness
	Managing my Mental Health	What is an MP?	Screen time	20's plenty	
	Vaping	Cigarette Packaging	Antisocial behaviour	Social media	
	Everyone is Awesome	The Right to Protest	How laws are made	Dating apps & relationships	
	Smartphones	Airbrushing	Entrepreneurship	Is honesty overrated?	
	Sleep	The work of the UN			