

Term 1	Term 2	Term 3
<p>INTENT – Through Life Skills lessons pupils will gain an understanding of the world around them and how they fit into it. This curriculum links to the PSHE lessons pupils study.</p>		
Relationships	Living in the Wider World	Health and Wellbeing
<p><b>Implementation</b>  <b>Being a good friend</b>            What is a friend and what does it mean to be a good one? Look at relationships with friends and how they evolve over time.</p> <p><b>Respectful Relationships</b>            Understanding what a positive relationship is and having clear boundaries. Recognising an unsafe or negative relationship and knowing how to deal with it.</p> <p><b>Bullying – Project Work</b>            Definition of bullying and having a clear understanding of what bullying is. Being able to appreciate when there are times of bullying and what to do about it. How to keep safe.</p> <p><b>Peer Pressure</b>            Identify what it is and how to handle it. To be clear about increasing peer pressure and the end result.</p> <p><b>Identity</b>            Define identity and why it is so important to have a personal identity.</p> <p><b>Discrimination and Diversity</b>            To have an understanding about the community around us and the differences that make up that group. Be clear about discrimination and prejudice and its effect on others.</p>	<p><b>Implementation</b>  <b>Budgeting/ Money Matters</b>            Understanding money, using acquired skills to run a budget and being able to prioritise. Pupils will also be assisted to open a bank account</p> <p><b>Travel and Journeys</b>            Planning a journey, planning routes, reading timetables and paying for tickets. Practical sessions where pupils will be able to practise what they have learned.</p> <p><b>Homelessness - Project Work</b>            Having a clear understanding of the scale of homelessness both in the local area as well as nationally. Recognising the need for help and the help available.</p> <p><b>Community and the elderly</b>            Working with the local community to look at what can be achieved as a group. Looking at local charities for different interests and organising fundraising.</p> <p><b>Aspirations and Goals, Employability Skills, how to complete an application, interview techniques and personal presentation.</b>            Looking towards the future and where they can see themselves. How does this link to school and academic purpose? Job applications – how to complete one and prepare for an interview. Presentation skills and what to wear.</p>	<p><b>Implementation</b>  <b>Personal Hygiene</b>            Links to PSHE            How to keep clean, changing clothes, washing hands            Understanding the risk of infection.</p> <p><b>Healthy Lifestyle/Diet (Cross Curricular with Cooking)</b>            Link with Cooking – Healthy eating, planning healthy diet, Eat Well Plate.            Exercise</p> <p><b>What to do if...</b>            How to deal with an emergency, who to call and when.            How to deal with other important issues such as power cut, no transport, getting lost etc.</p> <p><b>Practical Skills</b>            Skills that will help throughout life such as – changing a plug, repairing a cycle puncture, filling screen wash in a car, sending an email, calling to make an appointment at the doctors or dentist.</p> <p><b>Transition and safety</b>            How to keep safe at all times.            Limit risks to self and others.</p> <p>The importance of change and transition in life and how to overcome anxieties and worries.</p>
<p><b>IMPACT</b> - Pupils will gain confidence and the ability to make judgements and form opinions based on their own beliefs and ideas. Pupils will gain empathy and an understanding of the world around them from this subject. They will also develop in their independent skills as well as being more tolerant of cohesive learning.</p>		