



## Learning for Life KS3 & KS4 Curriculum plus KS5 statement

Topic Area	Year 7	Year 8	Year 9	Year 10	Year 11
Politics, Law and Order	Citizens in the community. Introduction to EDI. E-Safety.	Role of the police. Criminal courts. Justice system. British Values.	Tackling extremism. International relations.	Democracy and Electoral systems in the UK. Who would you vote for?	Gang Crime (Mob Mentality). E-Safety - protecting data and risks of misinformation / harmful content.
Healthy Mind	Resilience - delivered by Phase. How the brain works. Study skills. Growth mindset theory.	Resilience - delivered by Phase. Mental Well-being. Body Image. Self-esteem. Body Modifications. Anger management.	Let's talk (why we need to talk about mental health). Identity and sense of self. FUEL resilience programme - delivered by Phase.	Screen time. Gaming and online gambling. Resolving conflict. Understanding homelessness.	Coping with exam stress and managing anxiety. Steps to success study skills programme is embedded in Y11 Careers and Finance lessons.
Healthy Body	Healthy eating.	Alcohol. Drugs. Smoking and vaping. Energy drinks.	Alcohol and vaping. Drugs and the law: cannabis and county lines. First aid & CPR. Sleep health.	Pornography and body image. Revenge porn and upskirting - Alcohol. Body Modifications.	Cancer awareness: cervical screening and coppafeel. First Aid & CPR Refresher.
Careers and Finance	Budgeting. Intro to careers.	Finances: savings, national insurance & tax.	Careers: Identifying interests, GCSE options. Finances: bank accounts and budgeting.	Finances: wants vs needs, understanding bank statements.	Finances: credit and debt, value for money, taxes and pensions, mortgages and rent, fraud. Careers: next steps, making career decisions, CVs and cover letters.
Relationships, sex and identity	Friendships and communication. Forms of bullying. Safe online relationships. Puberty - periods, hygiene and the changing body. FGM. Family and relationships.	Challenging stereotypes and discrimination. Assertiveness (saying no in relationships) Resolving conflict. Sexting and image sharing.	Healthy relationships and consent. Condoms. HIV. STIs.	Types of contraception. Evaluating the different types of contraception. Consent and forced marriage Domestic abuse. Stalking and harassment.	Menstrual Health. Fertility and reproductive health. The menopause. Pregnancy and birth. Miscarriage. Raising children. Workplace Harassment / Professionalism.



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In Key Stage 5, students learn how to contact employers and gain valuable work experience. They reflect on how to study effectively, manage their time and prioritise their wellbeing during their A level studies. Students are given time to reflect actively on their future goals and become aware of any negative thought patterns they may unconsciously develop. This focus on metacognition enables students to persevere and consider how to 'fail forward', thereby becoming resilient lifelong learners. Students are equipped with strategies for managing stress and learning from mistakes. They also learn about the importance of diversity and inclusion, including LGBTQ+ rights. Students are educated on the risks surrounding drug and alcohol abuse and how to keep themselves safe and happy as they become young adults.

This subject content is delivered through assemblies, tutor periods and various enrichment activities, as well as through the use of Unifrog software and following the VESPA model which prioritises the cultivation of study skills and positive attitudes to learning.