

# Year 10 and 11

## Subject: Life Skills

	Unit of work & brief outline of what will be covered	
1	<u>Relationships and Sex Education</u> Usually delivered in workshops <ul style="list-style-type: none"> <li>• Readiness and consent</li> <li>• STI's</li> <li>• Contraception, fertility and parenthood</li> <li>• Sex in the digital age (Pornography, sexting and body image).</li> <li>• Positive masculinity</li> </ul>	2 <u>First Aid</u> Delivered tutor time activities – these are recap activities <ul style="list-style-type: none"> <li>• Basic life support</li> <li>• Bone, muscle and joint injuries</li> <li>• Chest pain</li> <li>• Stab wounds</li> </ul>
3	<u>Personal Finance</u> Delivered tutor time activities <ul style="list-style-type: none"> <li>• Take-home pay</li> <li>• Budgeting</li> <li>• Investing</li> <li>• Insurance</li> </ul>	4 <u>Health</u> Delivered tutor time activities – these are recap activities <ul style="list-style-type: none"> <li>• Exercise, diet and sleep</li> <li>• Dental health, cancer and self-check-ups</li> <li>• Mental health and mindfulness</li> </ul>
5	<u>Drugs</u> Delivered by a mixture of workshops and tutor time activities <ul style="list-style-type: none"> <li>• Alcohol and cannabis</li> <li>• Invisible risks of party drugs.</li> <li>• Party behaviours and alcohol</li> <li>• Decision making</li> </ul>	6 <u>Careers</u> Delivered by a mixture of workshops and tutor time activities <ul style="list-style-type: none"> <li>• Pathways e.g. T-Level, A level, BTEC, Apprenticeships</li> <li>• Entrepreneurship</li> <li>• Work Experience</li> <li>• Planning a career</li> <li>• Interview skills</li> <li>• Making a CV</li> <li>• Post-16 pathways</li> </ul>