

Year 7

Subject: Life Skills

	Unit of work & brief outline of what will be covered	Key Objectives – what will students learn	Assessment
1	<u>Friendships</u> Learning about personal values, friendships, everyday consent and unhealthy relationships	To understand what we value and how this affects our relationship with other people. To understand what everyday consent means. To understand how to identify and manage/leave unhealthy relationships.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
2	<u>Basic First Aid 1</u> Students will learn about basic life support and supporting people with head injuries and who are bleeding.	To understand the need to stay safe if helping others. To be able to put somebody into the recovery position. To be able to support people with head injuries or who are bleeding.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
3	<u>My Healthy Life 1</u> Recapping puberty including the menstrual cycle and personal hygiene.	To understand the impact puberty has on the human body. To understand how we can maintain basic personal hygiene	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
4	<u>Personal Finance</u> Students will learn about spending decisions, budgeting, getting a job and inflation.	To understand the need to budget money in the future. To understand how to budget money. To understand the role of inflation in the UK	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
5	<u>Life Online 1</u> Learning about the benefits and problems of life online including fake news, poor behaviour and how we should be good digital citizens.	To understand the benefits and costs of online life. To understand how we can be good digital citizens. To understand how to report inappropriate or upsetting content.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
6	<u>UK Government</u> Learning about the history of parliament, how our government works, what political parties are and the role of local government.	To understand how our government has changed over time to become what it is today. To understand the role of elections and how elections impact us.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC
7	<u>My Healthy Life 2</u> Students will also learn about healthy diets, exercise alcohol and tobacco.	To understand how we can maintain bodily and mental health. To understand the physical, mental and financial dangers of tobacco and alcohol.	Online: Baseline and end of topic assessment. Essential Skills Assessment: TBC