

Appendix 1: Life Skills Scheme of Learning

Curriculum Map Life Skills 2025-2026

Year 7

2 hours in Curriculum per fortnight

40 minutes in Tutor Time per fortnight

Living in the Wider World

Health & Wellbeing

Relationships & Sexual
Health Education

Careers Education

Harmful Sexual Behaviours

Term	Curriculum Lesson	BV	Tutorial Session	BV
1 Managing Change	1. What is PSHE? 2. Getting to Know People 3. What is a community? 4. Careers and Your Future 5. Sleep and Relaxation 6. Financial Education 7. Transition Points in Your Life	Res Res Lib Law Lib	Careers Education - Unifrog 1. What is a Career? 2. What is a Work-Life Balance? 3. Working & Earning – Managing Your Money 4. What is an entrepreneur?	Lib
2 Puberty & Body Development	1. Introduction to Puberty 2. Girls Puberty & Periods 3. Boys Puberty 4. Personal Hygiene 5. Growing Up 6. Self-Esteem 7. Tooth Decay & Dental Health		Pol-Ed – Relationships 1. What is child on child abuse? 2. How do I deal with conflict? 3. How can we deal with friendships breaking down? 4. Why is trust important?	Law Res Res Res Lib Res
3 Friends, Respect & Relationships	1. Consent and Boundaries 2. Respect and Relationships 3. What Makes a Good Friend? 4. Friendships & Online Relationships 5. Pressure, Influence and Friends 6. What Does it Mean to be a Man Today?	Law Res Res Res Lib Res	Pol-Ed – Understanding the Law 1. What are protected characteristics? 2. What is hate crime? 3. What is anti-racism? 4. What is LGBT-phobia?	Law Law Law Law Res
4 Staying Safe, online and offline	1. Avoiding Gangs & Criminal Behaviour/Knife Crime & Safety 2. Online Gaming, Grooming & Addiction 3. Alcohol and Risk 4. Nicotine and Smoking/E-Cigs, Vaping and Shisha 5. Energy Drinks and Caffeine	Law Law Law Law	Pol-Ed – Keeping Safe 1. How can we be responsible road users? 2. What is an addiction? 3. What is vaping all about? 4. How do I report a concern?	Law Lib
5 Celebrating Differences	1. What is your Identity? 2. Multicultural Britain/Challenging Islamophobia 3. Importance of Being Kind 4. Breaking Down Stereotypes 5. Learning Disabilities 6. Prejudice and Discrimination	Lib Law Res Res Law	Pol-Ed – Well-Being 1. What range of emotions are there? 2. What are my strengths? 3. What are my areas to develop? 4. What influences my health choices?	Lib
6 Politics & Parliament	1. Why is Politics Important? 2. How is our Country Run? 3. The Role of the Prime Minister 4. The Monarchy and King Charles III	Dem Dem Dem Dem	Pol-Ed – Essentials 1. Is this banter or bullying? 2. How do we balance independence and risk?	Res Lib

	5. Politics, Debates and Parliament 6. Elections and Campaigning 7. Creating a Political Party	Dem Law Dem Dem Dem	3. What is the age of criminal responsibility 4. Safety on the Rails. (Rail Safe)	Law Law
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