

Statutory Citizenship Education is in **bold**.

Appendix 1: Life Skills Scheme of Learning

Curriculum Map Life Skills 2026-2027

Year 7

2 hours in Curriculum per fortnight

20 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	RS Link
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. Proud to be me 7. Transition Points in Your Life	Res Res Lib Law Lib	Pol-Ed - Wellbeing 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?		
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 – Keeping Safe 1. How do we balance independence and risk? 2. How can we be responsible road users? 3. What is an addiction? 4. What is vaping all about?	Lib Law	
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 – Relationships 1. Is it banter or bullying? 2. What is child on child abuse? 3. How do I deal with conflict? 4. How can we deal with friendships breaking down?	Res Res Law Lib	Forgiveness
4	1. Avoiding Gangs & Criminal Behaviour/Knife Crime & Safety	Law	Pol-Ed – Understanding the Law 1. What is the age of criminal responsibility?	Law	

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Staying Safe, online and offline	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	2. What are protected characteristics? 3. What is hate crime? 4. How can it feel to witness a crime?	Law Law	Equality Sexism/Racism Sikhism/Dharma
5 Money, Media and Modern Society	1. Intro to Tax and Government 2. Advertising Tricks 3. Becoming a responsible citizen 4. How deepfakes are being used in politics 5. How to avoid financial scams 6. Latest UK census data	Lib Law Res Res Law	Pol-Ed – Well-Being 1. How can vaccinations support our health? 2. How can I cope with puberty? Pol-Ed – Relationships 3. Why is trust important?	Lib Res	
6 Law, Crime and Society	1. Desert Island – Living 2. Desert Island – Building a Community 3. Desert Island – Making decisions 4. Desert Island – Criminals, Law and Society 5. How are laws made? 6. Prisons, Reform and Punishment	Dem Dem Dem Dem Dem Law Dem Dem Dem	Pol-Ed – Understanding the Law 1. What is anti-racism? 2. What is LGBTphobia? 3. What is honour-based abuse? 4. How do I report a concern?	Law Law Law Law	Right & Wrong Ethics