

Appendix: Life Skills Scheme of Learning

Curriculum Map Life Skills 2025-2026

Year 8

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 Proud to be Me	1. Employability & Enterprise Skills 2. Proud to be Me. 3. Careers and Aspirations 4. Self-Esteem and the Media 5. The Importance of Happiness 6. What Makes Me Angry? 7. Exploring Careers	Lib Res	Careers Education - Unifrog 1. Creating the Life You Want 2. Job Applications (CV) 3. Exploring Possibilities (Dream Jobs) 4. Careers and the Future	Lib
2 Physical Health & Mental Wellbeing	1. Health and Wellbeing 2. What is Mental Health? 3. Positive Body Image 4. Child Abuse 5. Types of Bullying 6. Healthy Eating and Cholesterol 7. Stress Management	Law Res	Pol-Ed – Relationships 1. Are we responsible with social media? 2. How do I deal with unplanned encounters? 3. How can I deal with my friends using drugs and alcohol? 4. What are red flags in relationships?	Res Law Law Res
3 Identity, Relationships & Sex Education	1. Relationships and Sex Education Introduction 2. Being Yourself & Self-Love/What is Love? 3. Healthy Respectful Relationships/Dealing with Conflict 4. Periods and Menstrual Cycle 5. Introduction to Contraception 6. Sexual Orientation	Law Res Law Law	Pol-Ed – Understanding the Law 1. What does the law say about the possession of drugs? 2. What is stop and search? 3. What are E-Rides? 4. What's a money-mule?	Law Law Law Law
4 Dangerous Society – Online & Offline	1. County Lines – What is It? 2. County Lines – Who is at Risk? 3. Substance Misuse & Alcohol Safety 4. Cyberbullying/Online Grooming 5. Child Exploitation & Online Protection	Law Law Lib Law Law	Pol-Ed – Keeping Safe 1. What do we need to do in the event of a lockdown? 2. How can I take legal drugs safely? 3. What is neglect? 4. What are deep fakes?	Law Law Res
5 Equality & Diversity Explored	1. Equality Act 2010 2. LGBTQ+ What is it? 3. LGBTQ+ Rights Across the World 4. Gender Equality	Dem Law Res Law	Pol-Ed – Well-Being 1. How can viewing violent content make us feel? 2. How does social media make me feel?	Res Lib

	5. Ableism and Disability Discrimination 6. Removing the Barriers, Equality for All	Law Res	3. How can drugs and alcohol impact the way we feel? 4. What is anxiety?	Law
6 Law, Crime & Society	1. Desert Island - Living 2. Desert Island - Building a community. 3. Desert Island – Making Decisions 4. Desert Island - Criminals Law & Society 5. How are Laws Made? 6. Prisons, Reform & Punishment 7. Racism & Discrimination in Society	Dem Dem Dem Dem Law Law Law Res	Pol-Ed – Essentials 1. What is depression? 2. What is Phishing and Hacking? 3. What's an online scam? 4. What are my algorithms?	Law Law