

Statutory Citizenship Education is in **bold**.

Appendix: Life Skills Scheme of Learning

Curriculum Map Life Skills 2026-2027

Year 10

1 Hour in Curriculum per fortnight

20 minutes in Tutor Time per fortnight

Living in the Wider World

Health & Wellbeing

Relationships & Sexual
Health Education

Harmful Sexual Behaviours

Term	Curriculum Lesson	BV	Tutorial Session	BV	RS Link
1 Healthy Bodies & Healthy Futures	1. What is a GP and Role of a local Doctor/Role of Pharmacists 2. Local Healthcare System 3. What is Antimicrobial Resistance?/Menstrual & Gynaecological Health 4. Healthy Behaviours & Pregnancy/Unhealthy Weight Gain & Risks	Lib	Pol-Ed – Wellbeing 1. What are my wellbeing warning signs? 2. How can I take responsibility for my health? 3. How can I manage my time effectively? 4. How can I demonstrate assertiveness?	Law/Res	
2 Healthy Minds & Safe Choices	1. Child Sexual Abuse/ Promoting Emotional Wellbeing 2. Screen Time/Masculinity & Misogyny 3. Basic First Aid Essentials 4. Self-Harm/Suicidal (Thoughts & Feelings)	Law Res	Pol-Ed – Keeping Safe 1. How can we approach new situations? 2. How can we be street savvy? 3. Why is fighting not the answer? 4. What are the risks of carrying a knife?	Res Law	
3 Exploring Relationships & Sex Education	1. Pleasure and Delaying Sexual Activity/Campaigning Against FGM 2. Sexting, Nudes, and Inappropriate Pics/Unhealthy Relationships & Sexual Assault 3. Online Pornography (Myths vs Reality)/Porn and its Impact on Society	Lib/Law Law Law	Pol-Ed - Relationships 1. What are my relationship values? 2. What is emotional abuse? 3. What is incel culture? 4. What is toxic culture?	Res Law Law Law/Res	Women's Rights and Equality
4 Violence, Crimes & Seeking Safety	1. Honour Based Violence/Forced Marriages and Breast Ironing 2. Online Gaming & Gambling/Social Media Validation	Law Lib	Pol-Ed – Understanding the Law 1. What is extremism? 2. What is radicalisation? 3. Is it ok to protest?	Law Law Law	Marriage Islam & Women's Rights

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	3. Modern-Day Slavery /Keeping your Data safe	Law	4. What are public order offences?	Law	
5 Relationships, Respect & Modern Challenges	1. Dangers of Virginity Testing/What is Sextortion? 2. Positive Male Role-Models and Incels/ Personal Safety 3. Marriage vs Cohabitation & Civil Partnerships/Financial Abuse and Control in Relationships	Law Res Law	Pol-Ed - Wellbeing 1. How can I navigate healthcare services? 2. When might weight gain be unhealthy? Pol-Ed – Keeping Safe 3. How is my data used? 4. How can I get help when there are legal consequences?	Law Law	Marriage/Rights & Responsibilities
6 Exploring British Values	1. Critical Thinking & Fake News/Hate Crime in the UK 2. British Values and Identity/Mutual Respect & Tolerance 3. Individual Liberty/What are Human Rights? 4. Democracy Explored	Dem/Law Law/Res Lib/Law Dem	Pol-Ed – Relationships 1. What is image based sexual abuse? 2. How can I manage online relationships? 3. How can I seek support about my behaviour in relationships? Pol-Ed – Understanding the Law 4. How can we balance freedom with the Law?	Law Res/Lib Res Law	Human Rights During War Mutual Respect and Tolerance Multicultural Britain Different Religious Views