

Appendix: Life Skills Scheme of Learning

Curriculum Map Life Skills 2025-2026

Year 10

1 Hour 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 Rights & Responsibilities	1. Insta & TikTok Generation/Targeted Advertising and Your Data 2. What is Marriage? /Rights and Responsibilities 3. Consumer Rights/Employment Rights 4. Exploring a Pay slip	Law Res Law Law	Careers Education - Unifrog 1. Post-16 – Choices, choices. 2. What type of career is best for me? 3. Careers in the British Armed Services. 4. Careers in the National Health Service (Medical and Support)	Lib
2 Mental Health & Wellbeing	1. Child Sexual Abuse/ Sexualisation of the Media 2. Screen Time/Mental Health Illnesses 3. Self-Harm/Suicidal (Thoughts and Feelings) 4. Promoting Emotional Wellbeing	Res 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 Res Res
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	Law Law Res Res Law	Pol-Ed – Understanding the Law 1. What is extremism? 2. What is radicalisation? 3. Is it ok to protest? 5. What are public order offences?	Lib Law Law Dem Law
4 Violence, Crimes & Seeking Safety	1. Honour Based Violence/Forced Marriages and Breast Ironing 2. Online Gaming & Gambling/Social Media Validation 3. Modern-Day Slavery /Keeping your Data safe	Law Res Lib Lib Law	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 Lib Law Res Law Lib
5 Exploring World Issues	1. International Organisations/Fair Trade & Free Trade 2. Peace, War & Conflict/Human Rights During War	Law Law Lib Law	Pol-Ed - Wellbeing 1. What are my well-being warning signs? 2. How can I take responsibility for my health? 3. How can I manage my time effectively?	Lib Lib

	3. Aid & Supporting Other Countries/Striking & Trade Unionism 4. Women's Rights & Equality	Law	4. How can I demonstrate assertiveness?	Res
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	Res Law Dem Res Lib Law Dem	Pol-Ed – Essentials 1. What is image-based sexual abuse? 2. How can we balance freedom with the law? 3. What first-aid is useful to know? 4. How can I get help when there are legal consequences?	 Law Res Lib Law Law Dem