

Always set and deliver
the highest standards:
never settle for less.

Care about the now;
create the very best for
your future.

We are unique individuals working together to be the best.

Create solutions,
not excuses.

Resilience is essential;
self-belief drives
improvement.

Qualifications open doors; your character gets you through them.

Life Skills Year 9

Half Term 1	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
		Self awareness	Self confidence	Body image	Eating disorders	Managing stress	Healthy coping strategies	Reactions	Gender identity
Half Term 2	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Holiday	
	Relationships	Positive relationships	Abuse in relationships	Child sexual exploitation	FGM	Gambling	Cancer awareness		
Half Term 3	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Holiday		
	Investigating careers	My options	Stereotyping and careers	Interests and pathways	Careers action plan	Mental Health Week			
Half Term 4	Week 22	Week 23	Week 24	Week 25	Week 26	Holiday			
	Accounts and money	National Careers Week	Political awareness 1	Political awareness 2	What to watch?				
Half Term 5	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Holiday		
	Respect yourself	Male contraception	Female contraception	STI's	Sex and the media	Images			
Half Term 6	Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39		
	Drugs	Psychoactive substances	Substance misuse	Cannabis	Commitment and marriage	Parenting 1	Parenting 2		
How does this year deliver your curriculum intent?		As students conclude their KS3 Life Skills curriculum, they will explore how to cope with stress and maintain a healthy lifestyle as they grow older and possibly encounter changing relationships. This year will complement the options process as students learn about their career options and potential future pathways to aspire towards. A reoccurring theme throughout this year is self-awareness, self-esteem and self-respect; students will explore this theme through the varying lenses of citizenship, relationship and sex education.							