

<p>THE HIGHEST STANDARDS</p> <p>Always set and deliver the highest standards: never settle for less.</p>	<p>INVEST TO ACHIEVE</p> <p>Care about the now; create the very best for your future.</p>	<p>EVERYONE IS VALUED</p> <p>We are unique individuals working together to be the best.</p>	<p>NO EXCUSES</p> <p>Create solutions, not excuses.</p>	<p>NEVER GIVE UP</p> <p>Resilience is essential; self-belief drives improvement.</p>	<p>CULTIVATE YOUR CHARACTER</p> <p>Qualifications open doors; your character gets you through them.</p>
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Life Skills Year 9 2024-2025

	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Half Term 1		Self awareness	Self confidence	Body image	Eating disorders	Managing stress	Coping strategies	Reactions	Gender identity
Half Term 2	Week 9 Relationships	Week 10 Positive relationships	Week 11 Abuse in relationships	Week 12 Child exploitation	Week 13 FGM	Week 14 Gambling	Week 15 Cancer awareness	Holiday	
Half Term 3	Week 16 Investigating careers	Week 17 My options	Week 18 Stereotyping and careers	Week 19 Interests and pathways	Week 20 Mental Health Week	Week 21 Careers action plan	Holiday		
Half Term 4	Week 22 Accounts and money	Week 23 National Careers Week	Week 24 Political awareness 1	Week 25 Political awareness 2	Week 26 What to watch?	Holiday			
Half Term 5	Week 27 Respect yourself	Week 28 Male contraception	Week 29 Female contraception	Week 30 STI's	Week 31 Sex and the media	Week 32 Images	Holiday		
Half Term 6	Week 33 Drugs	Week 34 Legal highs	Week 35 Substance misuse	Week 36 Cannabis	Week 37 Commitment and marriage	Week 38 Parenting 1	Week 39 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.								