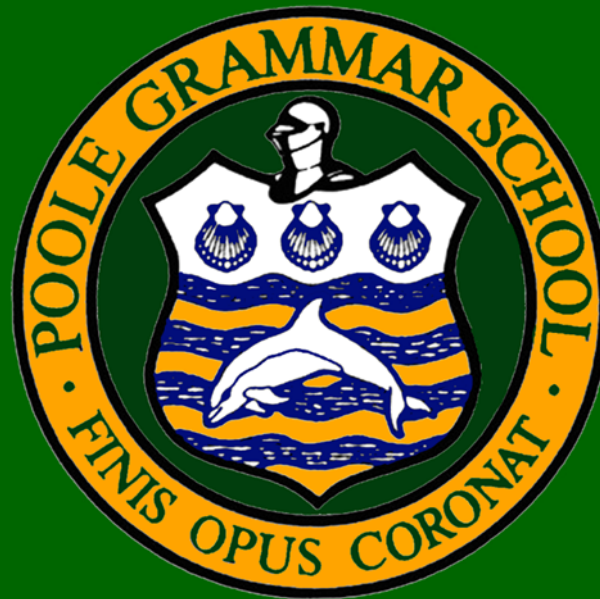


Poole Grammar School - Key Stage 3

(Year 7, Year 8 & Year 9)

LIFE SKILLS

‘Meeting expectations’ criteria, programme of study and curriculum content



Key Stage 3 Life Skills 'Meeting Expectations' descriptors

	Year 7	Year 8	Year 9
Health and Wellbeing	Students can manage transitions between important stages in life, and explain ways to maintain a healthy self-concept, promote self-confidence and self-esteem. They can explain how to respond in an emergency situation e.g. First Aid.	Students can identify choices for health and wellbeing that are safe or unsafe, they can describe ways to promote physical, sexual, mental and emotional health. They can explain the role of social media in influencing lifestyle choices.	Students can explain a range of support and health services and when to get help, they can explain the personal and social risks associated with substance misuse.
Relationships	Students can describe different ways to build and manage positive relationships, can demonstrate how to show respect to others and promote equality and inclusion. They can explain how to respond to unhealthy relationships including bullying.	Students can recognise and explain how to challenge unhealthy relationship behaviour and are able to explain appropriate strategies to use in given situations. They can describe appropriate sources of advice and support for relationships and sexual health.	Students can explain and manage peer influence and pressure, they explain the concept of consent in a variety of contexts. They can describe appropriate sources of advice and support for relationships, sexual health and pregnancy and explain why and when to access them.
Living in the Wider World	Students are able to explain rights and responsibilities that promote inclusion for all, and the benefits of living in a diverse community. They can explain how to be ambitious and enterprising and challenge career stereotypes.	Students can demonstrate a range of skills and attributes for employability, and can reflect on personal strengths and areas for development. They can explain ways to benefit from positive online behaviours, and manage online risks.	Students can take account of feedback in order to improve, and can make informed decisions about next steps and career choices. They can describe a range of employment rights and responsibilities and explain how to budget and identify financial risks.

Programme of study for Year 7 Life Skills

Autumn term	Spring term	Summer term
Theme 1 <i>Health & Wellbeing- Transition & Safety</i> 8 weeks	Theme 3 <i>Relationships- Diversity</i> 6 weeks	Theme 5 <i>Relationships- Building Relationships</i> 6 weeks
HALF TERM HOLIDAY		
Theme 2 <i>Living in the Wider World- Citizenship</i> 7 weeks	Theme 4 <i>Health & Wellbeing- Health & Puberty</i> 6 weeks	Theme 6 <i>Living in the Wider World- Financial Decision Making</i> 6 weeks

Curriculum content for Year 9 Life Skills

Theme	Content	Assessment
1. Health & Wellbeing- Transition & Safety 8 weeks	K & U of the transition to secondary school and developing skills to navigate the changes involved. K & U of personal safety in and out of school including first aid.	Confidence checker – completed at beginning and end of theme.
2. Living in the Wider World- Citizenship 7 weeks	K & U of the importance of politics and how our country is run. K & U of the role of MPs, our laws and voting.	Confidence checker – completed at beginning and end of theme.
3. Relationships- Diversity 6 weeks	K & U of identity, rights and responsibilities of living in a diverse society. K & U of equality of opportunity and developing the skills to challenge stereotypes, prejudice & discrimination.	Confidence checker – completed at beginning and end of theme.
4. Health & Wellbeing- Health & Puberty 6 weeks	K & U of the physical and emotional changes during puberty, personal hygiene, oral hygiene and menstrual health. K & U of FGM and how to access help and support.	Confidence checker – completed at beginning and end of theme.
5. Relationships- Building Relationships 6 weeks	K & U of relationship values and gender stereotypes. K & U of healthy versus unhealthy relationships, coercive and unsafe friendships and developing skills to manage conflict in relationships. K & U of the legal definition of consent.	Confidence checker – completed at beginning and end of theme.
6. Living in the Wider World- Financial Decision Making 6 weeks	K & U of how to make safe financial choices and about saving, budgeting and spending. K & U of how our economy works and what influences financial decision making.	Confidence checker – completed at beginning and end of theme.

Programme of study for Year 8 Life Skills

Autumn term	Spring term	Summer term
Theme 1 <i>Health & Wellbeing- Drugs & Alcohol</i> 8 weeks	Theme 3 <i>Relationships- Discrimination</i> 6 weeks	Theme 5 <i>Relationships- Identity & Relationships</i> 6 weeks
HALF TERM HOLIDAY		
Theme 2 <i>Living in the Wider World- Community & Careers</i> 7 weeks	Theme 4 <i>Health & Wellbeing- Emotional Wellbeing</i> 6 weeks	Theme 6 <i>Living in the Wider World- Digital Literacy</i> 6 weeks

Curriculum content for Year 8 Life Skills

Theme	Content	Assessment
1. Health & Wellbeing- Drugs & Alcohol 8 weeks	Knowledge about substance use and the understanding and skills to manage influences young people experience in relation to tobacco, alcohol and other drugs	Baseline & endpoint assessments each lesson and each theme
2. Living in the Wider World- community careers 7 weeks	K & U of different types of workplaces and different work patterns. Reflections of their strengths, skills & attributes and K of how to set goals and U of being in a workplace environment	Baseline & endpoint assessments each lesson and each theme
3. Relationships- Discrimination 6 weeks	K & U of how to foster a sense of belonging; how thinking patterns can affect behaviour; protected characteristics and reporting discrimination; values and managing disagreement constructively; and the different ways individuals contribute positively to the communities they are a part of, including through allyship.	Baseline & endpoint assessments each lesson and each theme
4. Health & Wellbeing- Emotional Wellbeing 6 weeks	K & U of the misconceptions about mental health. K of the link between mental health & physical health and developing skills to recognise and challenge prejudice and discriminatory language and behaviour, in relation to mental health	Baseline & endpoint assessments each lesson and each theme
5. Relationships- Identity & Relationships 6 weeks	K & U of healthy and unhealthy relationship behaviours. K & U of the issues relating to the sharing of sexual images and an understanding of how the media can distort relationship expectations. K & U of consent and an introduction to contraception methods and how and why they are used	Baseline & endpoint assessments each lesson and each theme
6. Living in the Wider World- Digital literacy 6 weeks	K & U of online grooming and developing skills to recognise and challenge unsafe online behaviour. K & U of cybercrime and gambling hooks	Baseline & endpoint assessments each lesson and each theme

Programme of study for Year 9 Life Skills

Autumn term	Spring term	Summer term
<p>Theme 1</p> <p><i>Health & Wellbeing- Peer Influence & Substance Use</i></p> <p>8 weeks</p>	<p>Theme 3</p> <p><i>Relationships- Respectful Relationships</i></p> <p>6 weeks</p>	<p>Theme 5</p> <p><i>Relationships- Intimate Relationships</i></p> <p>6 weeks</p>
HALF TERM HOLIDAY		
<p>Theme 2</p> <p><i>Living in the Wider World- Setting Goals (Careers)</i></p> <p>7 weeks</p>	<p>Theme 4</p> <p><i>Health & Wellbeing- Peer Influence & Gangs</i></p> <p>6 weeks</p>	<p>Theme 6</p> <p><i>Living in the Wider World- Employability Skills</i></p> <p>6 weeks</p>

Curriculum content for Year 9 Life Skills

Theme	Content	Assessment
1. Health & Wellbeing- Peer Influence & Substance Use 8 weeks	K & U of attitudes towards drugs and alcohol, the law and managing risk. K & U of drugs and their effects and how to manage influence in relation to drugs and alcohol.	None
2. Living in the Wider World- Setting Goals (Careers) 7 weeks	K & U of the GCSE options process. Students will also sign up to Kudos & Unifrog to further develop their exploration of future career pathways.	Confidence checker – completed at beginning and end of theme.
3. Relationships- Respectful Relationships 6 weeks	K & U of the features of respectful relationships. K of the law surrounding consent and U of how freedom and capacity are a key part of consent. K & U of safe ways to manage end of relationships.	Confidence checker – completed at beginning and end of theme.
4. Health & Wellbeing- Peer Influence & Gangs 6 weeks	K & U of the reasons why a person might join a gang, the implications of carrying weapons, and ways to get support with gang-related issues.	Confidence checker – completed at beginning and end of theme.
5. Relationships- Intimate Relationships 6 weeks	K & U of common sexually transmitted infections and their symptoms. K & U of main types of contraception and the range of options available to them, and how to access and choose contraceptives. K & U of how to challenge attitudes which perpetuate pressure to send or pass on a nude image.	Confidence checker – completed at beginning and end of theme.
6. Living in the Wider World- Employability Skills 6 weeks	K & U of young people's employment rights and responsibilities. K & U of how to communicate personal strengths.	Confidence checker – completed at beginning and end of theme.