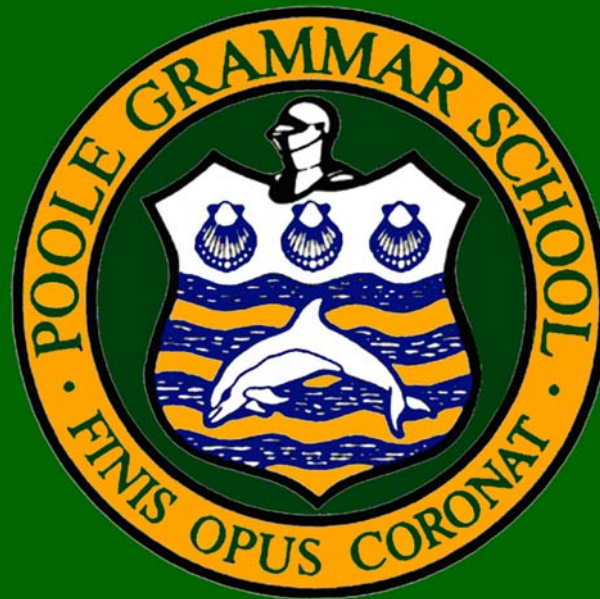


Poole Grammar School - Key Stage 4 (Year 10 & Year 11)

LIFE SKILLS

Programme of study and curriculum content



Programme of study for Year 10 Life Skills

Autumn term	Spring term	Summer term
Theme 1 <i>Living in the Wider World- Careers & Work Experience</i> 8 weeks	Theme 3 <i>Relationships- Healthy Relationships</i> 6 weeks	Theme 5 <i>Relationships- Addressing Extremism & Radicalisation</i> 6 weeks
HALF TERM HOLIDAY		
Theme 2 <i>Health & Wellbeing- Mental Health</i> 7 weeks	Theme 4 <i>Relationships- Healthy Relationships</i> 6 weeks	Theme 6 <i>Living in the Wider World- Preparing for Work Experience</i> 6 weeks

Curriculum content for Year 10 Life Skills

Theme	Content	Assessment
1. Living in the Wider World- Careers & Work Experience 8 weeks	K & U of how someone's priorities, values, interests and strengths can inform career choices. K & U of how local, national and global labour markets can affect the careers people choose to explore and K & U of how personal circumstances may affect career choices and job preferences. K & U of the work experience process at Poole Grammar School.	Confidence checker – completed at beginning and end of theme.
2. Health & Wellbeing- Mental Health 7 weeks	K & U of some of the challenges young people may face as they move through adolescence. K & U of ways to promote positive mental health to help manage these challenges. K & U of describe how change, including loss and bereavement, can affect people in different ways. K & U of strategies to help manage change, loss, or bereavement, and support others who are grieving. K & U of how to recognise signs that someone might need support for mental health concerns K & U about mental health issues that most commonly affect young people.	Confidence checker – completed at beginning and end of theme.
3. Relationships- Healthy Relationships A 6 weeks	K & U of the role of intimacy, readiness, and pleasure in consensual relationships. K & U of pornography and its impact on understanding consent. K & U of how seeking consent through pressure and coercion is wrong and how to manage pressure to consent	Confidence checker – completed at beginning and end of theme.
4. Relationships- Healthy Relationships B 6 weeks	K & U of how to identify and manage appropriate and inappropriate conflict behaviours and to manage breakups respectfully and safely. K & U of how to end and/or get support for abusive relationships. K & U of strategies to support personal safety, especially when out socialising with peers.	Confidence checker – completed at beginning and end of theme.
5. Relationships- Addressing Radicalisation & extremism 6 weeks	K & U of the importance of respecting diversity and K & U of the impact of media, social media and actions on people's attitudes around diversity. K & U of how violent extremism differs from legitimate protest and dissent. K & U of about the ways people can be drawn into extremist groups. K & U of ways to respond to radicalisation tactics and how to seek help and support in relation to radicalisation and extremism	Confidence checker – completed at beginning and end of theme.
6. Living in the Wider World- Careers & Work Experience 6 weeks	K & U of the features of respectful, professional communication versus informal communication. K & U of ways to showcase personal strengths and work experience, including online. K & U of skills that can be developed during work experience and how someone can set appropriate and realistic goals for themselves during work experience.	Confidence checker – completed at beginning and end of theme.

Programme of study for Year 11 Life Skills

Autumn term	Spring term	Summer term
Theme 1 <i>Health & Wellbeing- building for the future</i> 8 weeks	Theme 3 <i>Relationships- Families</i> 6 weeks	Theme 5 <i>Relationships- Sexual health & fertility</i> 6 weeks
HALF TERM HOLIDAY		
Theme 2 <i>Living in the Wider World- next steps</i> 7 weeks	Theme 4 <i>Health & Wellbeing- Assessing risk & managing influence</i> 6 weeks	GCSE Exams

Curriculum content for Year 11 Life Skills

Theme	Content	Assessment
<p>1. Health & Wellbeing- building for the future 8 weeks</p>	<p>K & U of how balancing activities can affect wellbeing, including during and leading up to exam periods. K & U of the factors that influence the choices a person can make about health and wellbeing and how these can be managed. K & U of the importance of sleep and strategies to maintain good sleep habits. K & U of where body image ideals come from and building strategies to develop a healthy and positive attitude towards their body image.</p>	<p>Confidence checker – completed at beginning and end of theme.</p>
<p>2. Living in the Wider World- next steps 7 weeks</p>	<p>K & U of basic first aid and practicing key skills of Primary Survey's, recovery position and CPR. K & U of the options available to them in post-16 education and about different qualification types and routes into careers.</p>	<p>Confidence checker – completed at beginning and end of theme.</p>
<p>3. Relationships- Families 6 weeks</p>	<p>K & U of the options available to people who wish to make a long-term commitment. K & U of the unacceptability of forced marriage and how to identify support for someone who may be at risk. K & U of the legal rights of people in different forms of long-term commitments and U of different attitudes towards marriage.</p>	<p>Confidence checker – completed at beginning and end of theme.</p>
<p>4. Health & Wellbeing- Assessing risk & managing influence 6 weeks</p>	<p>K & U of how alcohol and other drugs affect decision-making K & U of the risks of substance use when travelling or socialising and developing strategies to keep safe and support friends when socialising in situations involving alcohol or other drugs. K & U of how to manage influences in relation to alcohol and other drug use.</p>	<p>Confidence checker – completed at beginning and end of theme.</p>
<p>5. Relationships- Sexual health & fertility 6 weeks</p>	<p>K & U of ways to promote sexual health and prevent unplanned pregnancy and about how fertility changes over time and the different routes to becoming a parent. K & U of the possible outcomes in the event of an unplanned pregnancy. K & U of the laws related to abortion and support available</p>	<p>Confidence checker – completed at beginning and end of theme.</p>