



Learning for Life KS3 & KS4 Curriculum plus KS5 statement

Topic Area	Year 7	Year 8	Year 9	Year 10	Year 11
Politics, Law and Order	What is a citizen? Citizens in the community E-Safety	Role of the police Criminal courts Justice system	Tackling extremism International relations	Democracy and British Values Electoral systems in the UK	Who would you vote for?
Healthy Mind	Resilience How the brain works Study skills Growth mindset theory	Resilience Mental Well-being Body Image Self-esteem Anger management	Let's talk (why we need to talk about mental health) Identity and sense of self RISE resilience programme - delivered by Phase	Screen time Gaming and online gambling Resolving conflict Understanding homelessness	Coping with exam stress
Healthy Body	Healthy eating, food labels and energy drinks	Alcohol Drugs Smoking and vaping Energy drinks	Alcohol Drugs and the law: cannabis and county lines First aid & CPR	Pornography and body image Revenge porn and upskirting - Tattoos and piercings	Cancer awareness
Careers and Finance	Budgeting Intro to careers	Finances: savings, national insurance & tax	Careers: Identifying interests, GCSE options Finances: bank accounts and budgeting	Finances: wants vs needs, understanding bank statements	Finances: credit and debt, value for money, taxes and pensions careers: next steps, making career decisions, CVs and cover letters
Relationships, sex and identity	Friendships and communication Forms of bullying Safe online relationships Puberty - periods, hygiene and the changing body FGM	Family relationships Challenging stereotypes and discrimination Sexuality and gender Assertiveness (saying no in relationships) Resolving conflict Sexting and image sharing	Healthy relationships and consent Contraception HIV STIs Condoms	Contraception Fertility and reproductive health Menopause Consent and forced marriage Domestic abuse Stalking and harassment	Pregnancy and birth Miscarriage Raising children



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In Key Stage 5, students learn how to contact employers and gain valuable work experience. They reflect on how to study effectively, manage their time and prioritise their wellbeing during their A level studies. Students are given time to reflect actively on their future goals and become aware of any negative thought patterns they may unconsciously develop. This focus on metacognition enables students to persevere and consider how to 'fail forward', thereby becoming resilient lifelong learners. Students are equipped with strategies for managing stress and learning from mistakes. They also learn about the importance of diversity and inclusion, including LGBTQ+ rights. Students are educated on the risks surrounding drug and alcohol abuse and how to keep themselves safe and happy as they become young adults.

This subject content is delivered through assemblies, tutor periods and various enrichment activities, as well as through the use of Unifrog software and following the VESPA model which prioritises the cultivation of study skills and positive attitudes to learning.