



## 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	Introduction to UK Politics	Democracy and electoral systems in the UK The UK constitution Crime, gangs and county lines Extremism and hate crime	Who would you vote for? International politics
Healthy Mind	Resilience How your brain works Study skills Growth mindset	Resilience Mental Well-being Body Image Self-esteem	Let's Talk - why we need to talk Let's Talk - mental health conditions Rise resilience programme	Screen time Gaming and online gambling Solving conflict Understanding homelessness	Coping with exam stress
Healthy Body	Healthy eating, food labels and energy drinks	Alcohol Drugs Smoking Vaping Personal safety and first aid Healthy lifestyles	Alcohol Cannabis	Pornography and body image Revenge porn and upskirting - Tattoos and piercing	Cancer awareness
Careers and Finance	Budgeting Intro to careers	How well do you understand money?	JED (careers programme) Unifrog Careers Budgeting and managing finances:	Personal finance and bank accounts	Financial products & services Value for money Careers Unifrog - preparing for post-16 study
Relationships, sex and identity	Friendships Bullying Cyberbullying Communication Safe online relationships Puberty - periods, hygiene and changing body FGM	Family relationships Saying no in relationships Solving conflict LGBTQ+ Sexting and image sharing	Healthy and unhealthy relationships Using a condom Contraception HIV STI's	Contraception Fertility and reproductive health - Menopause Consent and forced marriage Domestic abuse Stalking and harassment Gender identity	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.