

Life Skills – Aims/Intent

The Life Skills curriculum explores real life issues relevant to young people, to help them make informed choices and prepare them for adult life. Issues covered include decision-making, study skills, lifestyle choices and health risks, sexual health and relationships, topical and legal issues, social and economic awareness and financial literacy. Students find out more about these issues through a variety of activities such as discussion, role-play, debate, games or group investigations. Students follow a series of Life Skills modules throughout Key Stage 3 and 4, giving them the opportunity to develop for a range of careers and extend their personal, learning and thinking skills.

Our intent is to provide opportunities for students to:

1. Deliver a curriculum which is accessible to all and ensures that each of our students will know, remember and understand more about how to play a positive and successful role within our society, both as a child and as an adult within the future.
2. Provide students with a knowledge of their world, locally, nationally and globally and give them confidence to tackle many of the moral, social and cultural issues that are part of growing up within this.
3. Provide our students with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society.
4. Develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.
5. Be given the opportunity to explore and challenge a range of values, attitudes and beliefs, rights and responsibilities.
6. Look for opportunities to show the school values and seek leadership opportunities within the Academy and their local community.

Implementation

Beyond our documented curriculum (**three core learning themes: health and wellbeing, relationships and living in the wider world**), it is hoped that the Academies values provide a culture that contributes equally towards the pastoral development of our students. Therefore, our teaching approach places great emphasis upon collaboration and cooperation: group work should be a key element of all classrooms and the school places emphasis on sports, choir and drama productions – all of which enable our students to achieve success together, students are encouraged to show leadership in their school and community.

Key stage 3:

The programme in Year 7 supports students as they settle into their new school, helping them to cope with change, improve their time-management, develop confidence and make the most of their abilities. Students learn how to manage and assess risk, find out more about staying safe on and offline, pursuing healthy lifestyles and relationships and investigate environmental issues such as sustainability. Students learn how to manage the physical and emotional changes that occur during puberty.

Year 8 students explore lifestyle choices and consider risks and consequences. They find out more about careers and employment rights, through a series of workshops, to support them as they make important GCSE Option choices as well as a work shadowing opportunity. Students have an introduction to gender, sexuality and consent, as well as the importance of online safety. Year 8 also develop their understanding of first aid and personal safety.

Key stage 4:

Students explore why and how they should take responsibility for their health now and as they prepare to live independently in the future. Students investigate how to tackle mental health stigma, relationship

myths and expectations as well as where to seek support. Students follow a programme of revision, independent learning and study skills as they strive towards success in their GCSEs. This is complemented by a series of sessions supporting students' emotional health and well-being to give them strategies to help them to cope with examinations, to relax and maintain a healthy work/life balance.

Students follow a programme of careers education throughout Key Stage 4 and Key Stage 5, helping them to explore all the opportunities available. Students are encouraged to consider their strengths and weaknesses and create an action plan for the future. A team from the Connexions Service works in close liaison with the staff of the Academy to ensure impartial careers advice and guidance is offered to all students.

Impact

Students will demonstrate and apply the British Values of Democracy, Tolerance, mutual respect, Rule of law and Liberty. Students will demonstrate a healthy outlook towards school and there will be a positive impact on attendance and behaviour.

Enrichment opportunities-

Work shadowing opportunity for Y8
External speakers