Life Skills Curriculum

Holbrook Academy students are:

Tolerant	Confident	Kind	Resilient	Determined	Respectful

	Aspire		Engage	Achieve
	Content to be achieved by the end of the term	Key skills demonstrated as a result of the content	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
Autumn Term (Year 7)	Pupils to be taught the following: Transition to secondary school Healthy eating Physical health and fitness Health and prevention: dental health Managing friendships both on-and off-line, e- safety	● Speaking and listening ● Self-reflection ● Respecting others ● Independence ● Decision making skills ● Cooperation and social integration ● Resilience	Debate Point- Based games Diamond 9 organising activities Peer group presentation Acrostic poem Videos with questioning Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters
	Content to be achieved by the end of the term	Key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
TERM 2 (Year 7)	Pupils to be taught the following: Respectful relationships Challenging stereotypes Drug awareness: caffeine and nicotine Financial Education: the risks associated with gaming and gambling (YGAM)	● Social agency and responsibility ● Independent/ self- care ● Team work and team building ● Safety around harmful substances ● Tolerance ● Kindness	Debate Point- Based games Diamond 9 organising activities Peer group presentation Acrostic poem Videos with questioning Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Summative assessment through quiz form

	Content to be achieved by the end of the term	Key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
TERM 3 (Year 7)	Changes in the adolescent body in puberty Menstrual wellbeing Self-esteem and body image FGM	• Self- care • Self- reflection • Social understanding/ empathy for others • Confidence • Caregiving • Understanding of: Health/ Safety/ Welfare	Debate Point- Based games Diamond 9 organising activities Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Assorted PSHE Association resources, particularly their RSE Kit for Teaching FGM	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Written summative assessment

	Aspire		**Engage**	**Achieve**
	Content to be achieved by the end of the term	Key skills demonstrated as a result of the content	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
Autumn Term (Year 8)	Physical health and mental wellbeing: Attitudes to mental health Digital resilience Diversity and equality Tackling discrimination & promoting human rights.	• Self- care • Self- reflection • Social understanding/ empathy for others • Confidence • Respecting others • Independence • Decision making skills • Cooperation and social integration • Tolerance • Confidence • Kindness • Determination	Debate Point- Based games Diamond 9 organising activities Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Summative assessment through quiz

	Content to be achieved by the end of the term	Key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
TERM 2 (Year 8)	Drug awareness: alcohol Online and media: risks of sharing compromising images ("Send Me a Nude" Unit) Financial education: financial planning (YGAM) Careers education: How Options feed into Work	• Self- care • Self- reflection • Social understanding/ empathy for others • Confidence • Finance Skills/ Saving • Respecting others • Independence • Decision making skills • Cooperation and social integration	Debate Point- Based games Diamond 9 organising activities Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Summative assessment through written response to question
	Content to be achieved by the end of the term	key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
TERM 3 (Year 8)	St John's ambulance basic first aid course Introduction to consent. Introduction to contraception and choices about intimate relationships Personal safety – roads & rivers.	• Self- care • Building/ Developing relationships • Social understanding/ empathy for others • Sexual Health • Respecting others • Independence • Decision making skills • Cooperation and social integration	Debate Point- Based games Diamond 9 organising activities Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Practical first aid application task Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Demonstration of first aid

	Aspire		**Engage**	**Achieve**
Autumn Term	Content to be achieved by the end of the term	Key skills demonstrated as a result of the content	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)

(Year 9)	Physical health and mental wellbeing: exploring healthy and unhealthy coping strategies including the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. Health and prevention: sleep Risk of gang culture and county lines	• Self- reflection • Social understanding/ empathy for others • Confidence • Resilience • Respecting others • Decision making skills • Cooperation and social integration • Awareness • Team- building • Kindness	Debate Point- Based games Diamond 9 organising activities Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Practised meditation exercises Active participation in calming practices (i.e box breathing, scent therapy) Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling
	Content to be achieved by the end of the term	Key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
TERM 2 (Year 9)	Understanding careers and future aspirations. Looking at strengths and goal setting – linked to option choices. Managing conflict & tackling homophobia, transphobia and sexism. Drug awareness: class A, B and C drugs	• Self- reflection • Social understanding/ empathy for others • Confidence • Resilience • Respecting others • Decision making skills • Cooperation and social integration • Awareness • Team- building • Kindness • Tolerance • Determination	Debate Point- Based games Diamond 9 organising activities Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling

	Content to be achieved by the end of the term	key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
TERM 3 (Year 9)	Being safe: avoiding assumptions in sexual relationships, freedom and capacity to consent Financial education: life skills around money management Respectful relationships, including friendships: The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010)	• Money skills • Confidence • Team- building • Kindness • Resilience • Respecting others • Decision making skills • Cooperation and social integration • Awareness • Self- reflection • Social understanding/ empathy for others	Debate Point- Based games Diamond 9 organising activities Computer- produced presentation on money saving Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Practical demonstration on good financial choices Summative written assessment Literacy check (using subject terminology appropriately)

	Aspire		**Engage**	**Achieve**
	Content to be achieved by the end of the term	Key skills demonstrated as a result of the content	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
Autumn Term (Year 10)*	Mental wellbeing: responding to the change to key stage 4, thinking patterns, common mental health conditions Physical health: lifestyles and wellbeing Physical health: managing influences of lifestyle decisions	• Money skills • Decision making skills • Confidence • Team- building • Kindness • Personal care/ wellbeing • Resilience • Respecting others • • Cooperation and social integration • Awareness	Debate Point- Based games Diamond 9 organising activities Computer- produced presentation on money saving Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Q/A Tasks in pairs Whole class conversation	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Practical demonstration on good financial choices Summative written assessment Literacy check (using subject terminology appropriately)

	Financial education: Barclays life skills money management	• Self- reflection • Social understanding/ empathy for others	Breakout groups, nominating speakers Assorted PSHE Association resources	
TERM 2 (Year 10)*	Content to be achieved by the end of the term	Key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
	Health and prevention: the benefits of regular self-examination and screening - testicular cancer, breast cancer Preparation for work experience Families: understanding different families and parenting skills Role models (through the lens of knife crime)	• Family skills • Respecting others • Cooperation and social integration • Confidence • Team- building • Kindness • Personal care/ wellbeing • Resilience • Awareness • Self- reflection • Social understanding/ empathy for others • Workplace attributes, attitudes and actions	Debate Point- Based games Diamond 9 organising activities Computer- produced presentation on money saving Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Q/A Tasks in pairs Whole class conversation Breakout groups, nominating speakers Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Practical demonstration on good financial choices Summative written assessment Literacy check (using subject terminology appropriately)
TERM 3 (Year 10)*	Content to be achieved by the end of the term	Key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
	Online and Media, Intimate and sexual relationships: Pornography, pressure, persuasion and coercion Intimate and sexual relationships: Contraception,	• Decision making skills • Confidence • Team- building • Kindness • Personal care/ wellbeing • Resilience	Debate Point- Based games Diamond 9 organising activities Computer- produced presentation on money saving Peer group presentation Videos with questioning Diagram annotation	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Practical demonstration on good financial choices

	fertility and parenthood	• Respecting others • • Cooperation and social integration • Awareness • Self- reflection • Social understanding/ empathy for others	Wordscramble games Dramatic performance for peers (modelled first) Q/A Tasks in pairs Whole class conversation Breakout groups, nominating speakers Assorted PSHE Association resources	Summative written assessment Literacy check (using subject terminology appropriately)

	Aspire		**Engage**	**Achieve**
Autumn Term (Year 11)*	Content to be achieved by the end of the term	Key skills demonstrated as a result of the content	<u>Suggested</u> activities to help achieve our intent (including extra-curricular opportunities)	<u>Suggested</u> evaluation and assessment methods (to include one formal summative assessment per term)
	Coping with change, loss, bereavement and grief Promoting self-esteem and coping with stress Revision skills Post-16 choices: what is out there and how to apply Basic first aid: recap life-saving skills, basic treatment for common injuries	• Money skills • Decision making skills • Confidence • Team- building • Kindness • Personal care/ wellbeing • Resilience • Respecting others • Cooperation and social integration • Awareness • Self- reflection • Social understanding/ empathy for others	Debate Point- Based games Diamond 9 organising activities Computer- produced presentation on money saving Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Q/A Tasks in pairs Whole class conversation Breakout groups, nominating speakers Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Practical demonstration on good financial choices Summative written assessment Literacy check (using subject terminology appropriately)
TERM 2 (Year 11)*	Content to be achieved by the end of the term	Key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
	Skills for employment & career progression, including CV writing and interview skills	• Money skills • Decision making skills • Confidence • Team- building • Kindness	Debate Point- Based games Diamond 9 organising activities Computer- produced presentation on money saving	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions

	Record of Achievement preparation Personal values and assertive communication in relationships Blood, organ and stem cell donation How to be safe and make positive choices when living independently including post 16 finances	• Personal care/ wellbeing • Resilience • Respecting others • Cooperation and social integration • Awareness • Self- reflection • Social understanding/ empathy for others • Developing a personal portfolio • Cover letter writing • Healthy habits post-16 • Public speaking	Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Q/A Tasks in pairs Whole class conversation Breakout groups, nominating speakers Class speaking tasks Achievement brainstorming Categorising tasks Currency organising task Monthly budgeting task Assorted PSHE Association resources	Unscrambling Practical demonstration on good financial choices Summative written assessment Literacy check (using subject terminology appropriately) CV production
TERM 3 (Year 11)*	Content to be achieved by the end of the term	Key skills demonstrated as a result of the intentions	Suggested activities to help achieve our intent (including extra-curricular opportunities)	Suggested evaluation and assessment methods (to include one formal summative assessment per term)
	Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics The facts and science relating to immunisation and vaccination Record of Achievement completion	• Money skills • Decision making skills • Confidence • Team- building • Kindness • Personal care/ wellbeing • Resilience • Respecting others • Cooperation and social integration • Awareness • Self- reflection • Social understanding/ empathy for others	Debate Point- Based games Diamond 9 organising activities Computer- produced presentation on money saving Peer group presentation Videos with questioning Diagram annotation Wordscramble games Dramatic performance for peers (modelled first) Q/A Tasks in pairs Whole class conversation Breakout groups, nominating speakers Assorted PSHE Association resources	Peer assessment Do It Now/ Starter Tasks Literacy testing Group posters Plenary quizzes on definitions Unscrambling Practical demonstration on good financial choices Summative written assessment Literacy check (using subject terminology appropriately)

		• Historical study/ analysis related to smallpox/ vaccination, cross- curricular skills		

*KS4 lessons taught as ‘drop- down sessions’ from 2025.