



SUBJECT: Life Skills

YEAR: 8 and 9

HEAD OF DOMAIN: Mr Sanders

GROUPING POLICY: Follows Humanities groupings

COURSE CONTENT

All students have the appropriate support and challenge to access the full course content. Where necessary the curriculum is adapted for specific learner needs.

Curriculum Intent

Life skills gives students opportunities to reflect on their experiences and how they are developing. Its aim is to give students the knowledge, skills and understanding they need in order to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Life skills lessons help students to understand and manage a wider range of relationships responsibly as they mature, and to show respect for the diversity of, and differences between, people. It also develops students' well-being and self-esteem, encouraging belief in their ability to succeed and enabling them to take responsibility for their learning and future choice of courses and career.

Curriculum Implementation.

Life skills is followed by all students in Years 8 and 9 for one period per fortnight. Students study a range of topics including Personal, Social and Health Education (PHSE), Relationships and Sex education (RSE), Citizenship and careers education. Students are encouraged to learn in a wide variety of different ways, and there is an emphasis on teaching students to express their views sensitively both through written work and through discussion

Character and Culture Values

Rednock School's programme of character and culture education pervades everything that we do, and consists of a series of six values that follow the acronym 'I MATTER'. In Life skills, students' work is organised around each value.

Term	Value	Year 8 topics	Year 9 topics
1	I am Thoughtful <i>Social skills and emotional wellbeing</i>	Child sexual exploitation and Chelsea's story.	Friendships, groups and gangs, knife crime.
2	I am Tenacious <i>Resilience, grit, perseverance</i>	Alcohol, drugs, smoking and vaping.	Alcohol, drugs and dependency.
3	I am Motivated <i>Careers, aspirations, growth mindset</i>	Different kinds of work, stereotypes at work.	Careers of the future, options, skills and attributes.
4	I am Aware of my own abilities <i>Self-awareness and self-control</i>	Sexual relationships, contraception, sexting.	Sexual health, condoms, contraception.
5	I am Resourceful <i>Problem solving</i>	Mental health, healthy and unhealthy coping mechanisms.	Mental illness, social media, suicide prevention.
6	I Explore the world around me. <i>Cultural awareness, citizenship, community</i>	Gender identity and discrimination, racism, ageism.	Commitment, sexual consent, sexual harassment.

What will homework look like?

Homework is not given for this subject.



What enrichment opportunities are available?

Enrichment opportunities are available through visits and talks from outside agencies such as the local Police, thematic plays to explore messages about bullying, disability, road safety awareness and grooming. These enrichment opportunities change from year to year according to the changing needs and current topical issues of our society.

Students will also study Citizenship and PSHE topics on wider learning days throughout the year.

ASSESSMENT

How will my child's work be assessed?

Students are not formally assessed in Life skills, instead, they are given formative feedback to help them to develop their skills in expressing their ideas in writing.

In addition, students are expected to be active participants in their learning self and peer assess and evaluate progress at regular intervals to identify targets and strategies for improvement.

ADDITIONAL INFORMATION

How can I support my child in this subject?

- Discuss what your child has been learning in their Life skills lessons. Encourage them to describe to you the facts of what they have been learning, and what they think about it.
- Encourage your child to explain to you why they think as they do.
- Help your child to find suitable sources of information if they wish to find out more about what we have been studying – some of the topics we cover are quite tricky.
- Encourage your child to take part in activities in school and out of school and to be an active member of their community.
- Encourage your child to watch, read or listen to the news, and discuss it with them.