



L4L

Curriculum Intent

Throughout our L4L (Learning for Life) curriculum we aim to create confident, resilient individuals capable of making informed decisions and making the most of opportunities that will help them to live happy, healthy lives. Our lessons are carefully planned to ensure that they are age appropriate and build on what they have covered in earlier years. We are members of the PSHE Association and make full use of their approved resources and government guidance in planning our curriculum.

Key Stage 3

L4L in Year 7 starts with a focus on settling into AHS, with lessons on getting to know each other and key staff, how to find their way around the school, making friends and study skills. Our two digital safety lessons ensure that our Year 7s are able to use their new found digital freedom responsibly and they learn how to keep themselves safe online as well as how to use their devices respectfully. Our RSE topics in Year 7 teach students about sexual and gender identity to give positive messages about the inclusive nature of our school and we cover puberty to ensure that they know how to cope with periods at secondary school. Our Resilience programme gives them essential skills to cope with the complexities of secondary school, such as coping with friendships, workload and peer pressure and how to bounce back from setbacks. Our Citizenship project on Human Rights is a key part of supporting essential British Values and also teaches Year 7 important research and presentation skills which they will need throughout their time at AHS.

Year 8 and 9 L4L lessons build on this foundation, with digital safety lessons building on the theme of keeping students safe by exploring the topics of Child Sexual Exploitation and Sexting. Safety is developed further using the Risk Avert materials to help students understand issues around drugs and alcohol. To develop students' resilience skills further they examine the effect of the media on body image and study a 6 week programme on keeping mentally healthy. Our RSE curriculum continues in Year 8 with a 6 week programme to ensure that students are prepared to make healthy choices in the future.. The Year 8 citizenship topic of the Mock Trial gives students further experience of British Values and develops their presentation skills further. The cultural heritage

topic plays an important part of valuing our students' diverse cultural heritage. The Year 9 careers lessons are delivered before students make their option choices. Year 9 also learn crucial skills before they reach KS4 such as how to manage money and deliver first aid. Their communication skills are developed further through projects connecting with students in another country and taking place in a pressure group project on an issue that is important to them.

Key Stage 4

L4L at KS4 builds on themes started in KS3 but takes an age appropriate approach within the context that students of this age may be more at risk of certain situations. Other themes such as Resilience are revisited, but within the context of coping with KS4 issues such as exams. Careers lessons focus on preparing students for the next stage of their education.

Curriculum Implementation

Key Stage 3

In KS3 pupils have two Drama lessons a fortnight in Year 7 and one lesson a fortnight in Year 8 and 9 in which they develop confidence in vocal and movement skills through group based work.

Year 7	Year 8	Year 9
<p>Transition to AHS, including navigating the school and who does what, dealing with worries, making friends, study skills, making the most of Chromebooks</p> <p>Puberty and periods</p> <p>Digital safety - digital footprint, keeping safe online and using social media responsibly</p> <p>Sexual and gender identity</p> <p>The Penn Resilience Programme</p> <p>Human Rights</p>	<p>Risk Avert lessons on why teenagers take risks and how to keep themselves safe</p> <p>Followed by advice on drugs and alcohol and County Lines</p> <p>Follow up on digital safety with a focus on sexting and cyberbullying</p> <p>Body image and the media</p> <p>Mental Health - how to talk about MH, reducing the stigma around MH, causes, symptoms, treatments, positive coping strategies such as the Five Ways to Wellbeing</p> <p>Relationships and Sex education including: different kinds of relationships, consent and control, contraception, safe sex</p>	<p>Careers</p> <p>Money management</p> <p>First Aid</p> <p>Self esteem and the internet</p> <p>Racial equality</p> <p>Forced marriage</p> <p>A 'Connecting Classrooms' project where students communicate with students in other countries on common issues</p> <p>A citizenship advocacy project</p>

Key Stage 4: GCSE

Year 10

PSHE topics include:

- Substance abuse
- Resilience reminders
- Consent
- Child Sexual Exploitation
- FGM
- Pornography

Citizenship topics include:

- The Law
- Human Rights
- British Values
- Careers
- Finance

RS topics include:

- Extremism
- Alternative religions
- Arguments
- Epistemology
- Ethics
- Philosophy

Year 11

PSHE topics include:

- Healthy and unhealthy relationships
- Prevent
- Future plans
- Stress and relaxation

Students also study **Philosophy and Ethics through film**

Impact

Key Stage 3

- To help students settle in to the school, understanding staff roles and school systems
- To provide help and guidance for students in terms of friendship, mental and physical well being as well as their school work
- To ensure students have an opportunity to discuss and learn about wider issues in school and the wider world
- To provide careers education and advice for GCSE and beyond

Key Stage 4

- To provide students with advice and guidance on studying and the options at the end of KS4
- To ensure students understand their rights and responsibilities in the wider world
- To ensure students continue to receive help and guidance on mental and physical well being
- To enable students to discuss and debate issues of importance to them