

# Life Skills@ Harleston Sancroft Academy: LONG TERM OVERVIEW

## COMPETENCIES-BASED MODEL

At HSA, we teach Life Skills in a way that develops our students' knowledge and skills. We informally assess this knowledge at the start and end of each session, thus allowing the student to individually review their own development and progress in each area of learning.

	Autumn 1 Independence and aspirations	Autumn 2 Autonomy and advocacy	Spring 1 Choices and influences	Spring 2 Independence and aspirations	Summer 1 Autonomy and advocacy	Summer 2 Choices and influences
<b>Year 7</b>	<p>Developing goal setting, organisation skills and self-awareness:</p> <ul style="list-style-type: none"> <li>Your Mental Health</li> <li>Building Confidence</li> <li>Happiness and Studying</li> <li>Qualities and Skills</li> </ul>	<p>Developing empathy, compassion and communication:</p> <ul style="list-style-type: none"> <li>Making and maintaining friendships (2 parts)</li> <li>Identifying and challenging bullying</li> <li>Media / Lifestyle</li> </ul>	<p>Developing agency, strategies to manage influence and decision making:</p> <ul style="list-style-type: none"> <li>Puberty and managing change (2 lessons)</li> <li>Periods</li> <li>Diet and exercise</li> </ul>	<p>Developing self-confidence and self-worth:</p> <ul style="list-style-type: none"> <li>Keeping our brains healthy</li> <li>Mental Health / regulating emotions</li> </ul>	<p>Developing assertive communication, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> <li>Equality</li> <li>A Diverse Community</li> <li>Consent / Healthy Relationships (2 parts)</li> </ul>	<p>Developing agency and decision making skills:</p> <ul style="list-style-type: none"> <li>Drugs, alcohol and tobacco (2 parts)</li> <li>Safety and first aid</li> <li>Money Management</li> </ul>
<b>Year 8</b>	<p>Developing risk management skills, analytical skills and strategies to identify bias:</p> <ul style="list-style-type: none"> <li>Managing online presence</li> <li>Digital and media literacy</li> </ul>	<p>Developing respect for beliefs, values and opinions and advocacy skills:</p> <ul style="list-style-type: none"> <li>Stereotypes, prejudice and discrimination (2 parts)</li> <li>Promoting diversity and equality (2 parts)</li> </ul>	<p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> <li>Introduction to contraception</li> <li>Drugs and alcohol</li> <li>Resisting peer influence</li> </ul>	<p>Developing goal setting, motivation and self-awareness:</p> <ul style="list-style-type: none"> <li>My Skills and Qualities</li> <li>Career Choices</li> </ul>	<p>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> <li>Healthy relationships</li> <li>Unhealthy Relationships and Relationship Abuse</li> <li>Consent</li> <li>'Sexting'</li> </ul>	<p>Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> <li>Physical Exercise</li> <li>Challenging the Stigma of Mental Healthy</li> <li>Promoting Emotional Well-Being</li> <li>Thinking Back, Looking Forward</li> </ul>
<b>Year 9</b>	<p>Developing goal-setting, analytical skills and decision making:</p> <ul style="list-style-type: none"> <li>Growth Mindset and Who do you think you are? (2 parts)</li> <li>CV</li> <li>Interview Skills</li> <li>Enterprising Skills</li> </ul>	<p>Developing self-confidence, risk management and strategies to manage influence:</p> <ul style="list-style-type: none"> <li>Friendship challenges</li> <li>Gangs and violent crime (2 parts)</li> <li>County Lines</li> <li>Drugs and alcohol (2 parts)</li> </ul>	<p>Developing empathy, compassion and strategies to access support:</p> <ul style="list-style-type: none"> <li>Mental health - self-harm</li> <li>Eating disorders</li> <li>Grief</li> <li>Managing Stress</li> </ul>	<p>Developing analytical skills and strategies to identify bias and manage influence:</p> <ul style="list-style-type: none"> <li>Money Management</li> <li>Gambling, financial choices and debt</li> </ul>	<p>Developing assertive communication, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> <li>Starting out in romantic relationships</li> <li>Consent</li> </ul>	<p>Developing decision making, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> <li>Contraception</li> <li>Condom Negotiation</li> <li>First Aid (TBC)</li> </ul>

<b>Year 10</b>	<b>Developing self-awareness, goal-setting, adaptability and organisation skills:</b> <ul style="list-style-type: none"> <li>Memory and study.</li> <li>Banking</li> <li>Suicide</li> </ul>	<b>Developing empathy and compassion, strategies to manage influence and assertive communication:</b> <ul style="list-style-type: none"> <li>Relationship expectations</li> <li>LGBTQ+ Love / relationships</li> <li>Abuse - Coercive Control</li> <li>Impact of pornography</li> <li>Child Exploitation (signs of abuse)</li> </ul>	<b>Developing agency and decision making, strategies to manage influence and access support:</b> <ul style="list-style-type: none"> <li>Cancer Awareness</li> <li>STI Awareness</li> <li>Delaying Sexual Activity</li> <li>Teen pregnancy</li> </ul>	<b>Developing goal setting, leadership and presentation skills:</b> <ul style="list-style-type: none"> <li>Workplace, Enterprise, Careers</li> <li>Personal Development</li> <li>Screen Time</li> </ul>	<b>Developing respect for diversity, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Forced marriage</li> <li>Hate Crime / Extremism</li> </ul>	<b>Developing resilience and risk management skills:</b> <ul style="list-style-type: none"> <li>Online Fraud + Fake News</li> </ul> <p>Work Experience</p>
<b>Year 11</b>	<b>Developing resilience and risk management skills:</b> <ul style="list-style-type: none"> <li>Time Management + Managing Stress (2 parts)</li> <li>Budgeting</li> </ul>	<b>Developing communication and negotiation skills, risk management and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Abuse in Relationships</li> <li>Maintaining sexual health</li> <li>Peer Pressure, Case Studies, the Law</li> <li>My Body My choice</li> <li>Break Ups</li> </ul>	<b>Developing confidence, agency and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Binge Drinking</li> <li>Date Rape</li> <li>Drugs and Drug Taking</li> <li>Testicular / Prostate / Bowel Cancer</li> <li>Breast / Cervical / Ovarian Cancer</li> <li>Responsible Health</li> </ul>	<b>Developing empathy and compassion, clarifying values and support-seeking skills:</b> <ul style="list-style-type: none"> <li>Family and Marriage</li> <li>Fertility and reproductive health</li> <li>Underage and pregnant</li> </ul>	<b>Developing confidence, self-worth, adaptability and decision making skills:</b> <ul style="list-style-type: none"> <li>Revision and Organisation Skills</li> </ul>	<p><b>Taking GCSEs</b></p>

**\* This year (2022-2023) all students in Yr 7 will start with a lesson on ‘Your Mental Health’.**