

# Life Skills@ Harleston Sancroft Academy: LONG TERM OVERVIEW

## COMPETENCIES-BASED MODEL

At Sancroft, 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.

	<b>Autumn 1</b> Independence and aspirations	<b>Autumn 2</b> Autonomy and advocacy	<b>Spring 1</b> Choices and influences	<b>Spring 2</b> Independence and aspirations	<b>Summer 1</b> Autonomy and advocacy	<b>Summer 2</b> Choices and influences
<b>Year 7</b>	<b>Developing goal setting, organisation skills and self-awareness:</b>	<b>Developing empathy, compassion and communication:</b>	<b>Developing agency, strategies to manage influence and decision making:</b>	<b>Developing self-confidence and self-worth:</b>	<b>Developing assertive communication, risk management and support-seeking skills:</b>	<b>Developing agency and decision making skills:</b>
<b>Year 7</b>	1. Your Mental Health 2. Building Confidence 3. Happiness and Studying 4. Qualities and Skills	5. Making and maintaining friendships 6. Identifying and challenging bullying 7. Media / Lifestyle	8. Puberty and managing change 9. Periods 10. Drugs, alcohol and tobacco (2 parts) (vaping)	11. Keeping our brains healthy 12. Mental Health / regulating emotions	13. Equality 14. A Diverse Community 15. Consent / Healthy Relationships (2 parts)	16. Diet and exercise 17. Safety and first aid 18. Money Management
<b>Year 8</b>	<b>Developing risk management skills, analytical skills and strategies to identify bias:</b>	<b>Developing respect for beliefs, values and opinions and advocacy skills:</b>	<b>Developing agency and strategies to manage influence and access support:</b>	<b>Developing goal setting, motivation and self-awareness:</b>	<b>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</b>	<b>Developing agency and strategies to manage influence and access support:</b>
<b>Year 8</b>	1. Managing online presence 2. Managing online presence 3. Digital and media literacy + gaming	4. Stereotypes, prejudice and discrimination 5. Promoting diversity and equality	6. Introduction to contraception 7. Drugs and alcohol (vaping) 8. Resisting peer influence	9. My Skills and Qualities 10. Career Choices	11. Healthy relationships 12. Unhealthy Relationships and Relationship Abuse 13. Consent 14. 'Sexting'	15. Physical Exercise 16. Challenging the Stigma of Mental Healthy 17. Promoting Emotional Well-Being 18. Thinking Back, Looking Forward
<b>Year 9</b>	<b>Developing decision making, risk management and support-seeking skills:</b>	<b>Developing self-confidence, risk management and strategies to manage influence:</b>	<b>Developing empathy, compassion and strategies to access support:</b>	<b>Developing analytical skills and strategies to identify bias and manage influence:</b>	<b>Developing assertive communication, clarifying values and strategies to manage influence:</b>	<b>Developing goal-setting, analytical skills and decision making:</b>
<b>Year 9</b>	1. Contraception 2. Condom Negotiation	3. Friendship challenges 4. Gangs and violent crime + Acid Attacks 5. County Lines 6. Drugs and alcohol (vaping)	7. Mental health - self-harm 8. Eating disorders 9. Grief 10. Managing Stress	11. Money Management 12. Gambling, financial choices and debt	13. Starting out in romantic relationships 14. Consent	15. Growth Mindset and Who do you think you are? 16. CV 17. Interview Skills 18. Memory and study

	<b>Developing empathy and compassion, strategies to manage influence and assertive communication:</b>	<b>Developing agency and decision making, strategies to manage influence and access support:</b>	<b>Developing goal setting, leadership and presentation skills:</b>	<b>Developing respect for diversity, risk management and support- seeking skills:</b>	<b>Developing self-awareness, goal-setting, adaptability and organisation skills:</b>	<b>Developing resilience and risk management skills:</b>
<b>Year 10</b>	1. Relationship expectations 2. LGBTQ+ Love / relationships 3. Abuse - Coercive Control 4. Impact of pornography 5. Child Exploitation (signs of abuse)	6. Cancer Awareness 7. STI Awareness 8. Delaying Sexual Activity 9. Teen pregnancy	10. Workplace, Enterprise, Careers 11. Personal Development 12. Banking 13. Budgeting	14. Forced marriage 15. Hate Crime / Extremism 16. Suicide	17. Time Management + Managing Stress	18. Online Fraud + Fake News  <b>Work Experience</b>
	<b>Developing communication and negotiation skills, risk management and support-seeking skills:</b>	<b>Developing confidence, agency and support-seeking skills:</b>	<b>Developing empathy and compassion, clarifying values and support-seeking skills:</b>	<b>Developing confidence, self-worth, adaptability and decision making skills:</b>		
<b>Year 11</b>	1. Abuse in Relationships 2. Maintaining sexual health 3. Peer Pressure, Case Studies, the Law 4. My Body My choice 5. Break Ups	6. Binge Drinking 7. Date Rape 8. Drugs and Drug Taking 9. Testicular / Prostate / Bowel Cancer 10. Breast / Cervical / Ovarian Cancer 11. Responsible Health	12. Family and Marriage 13. Fertility and reproductive health 14. Underage and pregnant	15. Revision and Organisation Skills 16. Revisit - Time Management + Managing Stress	<b>GCSEs Exam</b>	<b>GCSEs Exam</b>

- The **Welcome Lesson** must be completed before lesson 1 for all years is about the curriculum, classroom expectations and agreements. This also includes some fundamental themes that run throughout every lesson.