

Life Skills

Life Skills course overview

Students are encouraged to be thoughtful, reflective and analytical as they explore current social and political issues that will impact them as citizens of the world. They are encouraged to explore these issues through speech, movement and debate.

Statutory requirement - Section 2.5 of the national curriculum states that all state schools ‘should make provision for personal, social, health and economic education. In addition to this the Department for Education states pupils should receive drug education, financial education, Relationship, Health and Sex Education (RHSE) and stress the importance of physical activity and diet for a healthy lifestyle’



| | Year 10 | Year 11 |
|----------|---|---|
| Autumn 1 | Positive mental and Emotional health (Building resilience and recognising mental health) | County Lines (drugs, gangs and trafficking) |
| Autumn 2 | Drugs awareness (dangers and the media) | PS16 (college applications) |
| Spring 1 | Gender and the media (Stereotypes and gender roles) | RHSE (Sexual violence, commitment and marriage) |
| Spring 2 | Careers (Including work experience preparation) | Financial management (Budgeting, wages and mortgages) |
| Summer 1 | RHSE (Parenting, infertility, contraception and consent) | Healthy body, Healthy mind (Healthy eating and mental health disorders) |
| Summer 2 | Identity (Body image & self esteem) | N/A |

How is the course delivered?

Students receive 1 hour per week of Life Skills provided by a dedicated team. There is no exam or assessments in Life Skills the focus is around developing individuals to be confident, well-informed, responsible citizens

Who can I contact for further advice or support?

Mrs L Jones, Head of Department: ljones@tcolc.aspirelp.uk

