

# Life Skills Curriculum Overview 2025–2026

## PSHE | Relationships & Sex Education (RSE) | Careers Education | Citizenship

The Life Skills curriculum is delivered through a combination of dedicated curriculum lessons & form-time activities. It complements our wider personal development programme, including, assemblies, external speakers and enrichment days/opportunities. Further details of this comprehensive programme can be found [here](#). Students revisit key themes throughout the year in a spiral curriculum, allowing knowledge and understanding to deepen as they progress through school. There is some flexibility to allow the school to tailor the content to the needs of each cohort.

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## Year 7 Long-Term Plan

Term	PSHE & Wellbeing	Relationships & RSE	Citizenship	Careers
Autumn Term	Transition to secondary school, puberty, physical and emotional changes, mental health awareness	Friendships, diversity, anti-racism, consent, respectful relationships	Understanding diversity in modern Britain	Introduction to careers, personal strengths and aspirations
Spring Term	Self-esteem, resilience, healthy lifestyles, sleep and wellbeing	Family relationships, communication skills, healthy friendships	Rights, responsibilities and community awareness	Exploring interests and future pathways
Summer Term	Personal wellbeing, managing emotions, online influences, vaping and smoking awareness	Respectful relationships and personal boundaries	Active citizenship and making positive contributions	Recognising strengths and transferable skills

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*Excellence has no limits*

## Year 8 Long-Term Plan

Term	PSHE & Wellbeing	Relationships & RSE	Citizenship	Careers
Autumn Term	Mental wellbeing, revision and organisation skills	Gender stereotypes, sexuality, consent, conflict resolution	Understanding rights and responsibilities	Career exploration and personal development
Spring Term	Substance misuse awareness, gambling and risk-taking behaviours	Healthy and unhealthy relationships	Media literacy and social responsibility	Employability skills and future opportunities
Summer Term	Wellbeing, resilience and healthy lifestyles	Managing relationships and repairing conflict	The legal system and active citizenship	Identifying strengths and career interests

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## Year 9 Long-Term Plan

<b>Term</b>	<b>PSHE &amp; Wellbeing</b>	<b>Relationships &amp; RSE</b>	<b>Citizenship</b>	<b>Careers</b>
Autumn Term	Self-esteem, confidence and personal identity	Communication, peer influence and relationships	Equality, discrimination and social responsibility	Careers terminology and exploration
Spring Term	Financial decision-making and personal wellbeing	Family life, sexual health and informed choices	Community participation and social issues	Employability and workplace skills
Summer Term	Mental health and coping strategies	Healthy relationships and personal responsibility	Media literacy and online safety	Skills development and future planning

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## Year 10 Long-Term Plan

<b>Term</b>	<b>PSHE &amp; Wellbeing</b>	<b>Relationships &amp; RSE</b>	<b>Citizenship</b>	<b>Careers</b>
Autumn Term	Revision strategies, wellbeing and managing stress	Sexuality, identity and pregnancy choices	Equality, prejudice and discrimination	Career planning and exploration
Spring Term	Healthy lifestyles and emotional wellbeing	Contraception, sexual health and healthy relationships	Rights and responsibilities in society	Psychometric profiling and employability

Summer Term	Personal development and resilience	Relationship choices and future family life	Community engagement and social responsibility	Post-16 pathways and strengths development
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## Year 11 Long-Term Plan

<b>Term</b>	<b>PSHE &amp; Wellbeing</b>	<b>Relationships &amp; RSE</b>	<b>Citizenship</b>	<b>Careers</b>
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Autumn Term	Managing examination pressure and maintaining wellbeing	Consent, intimacy and healthy relationships	Rights and responsibilities in adult life	Post-16 choices and decision-making
Spring Term	Resilience, stress management and healthy lifestyles	Sexual health, marriage and civil partnerships	Equality, human rights and British values	College, sixth form and apprenticeship pathways
Summer Term	Preparing for transition beyond Year 11	Personal responsibility and future relationships	Active citizenship and participation in society	Employment skills, labour market awareness and future planning

### Key Themes Across All Year Groups

- Mental Health and Emotional Wellbeing
- Healthy Relationships
- Relationships and Sex Education (RSE)
- Online Safety and Media Literacy
- Equality, Diversity and Inclusion
- Careers and Employability
- Financial Education
- Physical Health and Healthy Lifestyles
- Citizenship and British Values
- Personal Safety and Risk Management

This curriculum is designed to equip students with the knowledge, skills and confidence needed to make informed decisions, maintain positive relationships, safeguard their wellbeing and prepare successfully for adult life.