

## Life Skills – Year 7

## Long-Term Plan 2024-2025

| Calendar                 | Topic  | Assessment  | Sequencing and Coherence<br>concepts - themes - skills  | <b>Literacy</b><br>reading - vocabulary - oracy - writing                                   |
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| Autumn<br>Half<br>Term 1 | Personal Development  A unit of work that looks at the importance personal development at the beginning of Secondary School; positivity, resilience, Fairfield values, mental health, identity and transitions | Knowledge Quiz<br>Retrieval at the<br>beginning of<br>every lesson                            | Four lessons designed to help pupils understand what is expected of them, understand that there will be things that go wrong, are difficult, or happen which can knock confidence or bring on negative feelings. The lessons help them to build resilience and give them coping strategies if they are feeling overwhelmed by negative feelings. It is designed to help with learning, friendships, stressful situations etc and improve mental health, as well as helping with self-esteem and changes in life.  | <ul><li>Key words glossary</li><li>Discussion</li><li>Voice 21</li></ul>                    |
| Autumn<br>Half<br>Term 2 | RSE Health and Hygiene  What is puberty Body Image How do we keep clean? FGM & Breast Ironing Oral Health Periods & period poverty   | Written assessment of an extended piece of writing Retrieval at the beginning of every lesson | This unit of work builds on attitudes and actions, looking at how we perceive ourselves and others, the need for cleanliness and hygiene both to keep us physically and mentally healthy and to foster good relationships with others.  It also encourages pupils to investigate traditional practices that are deemed harmful and more importantly, illegal in the UK and understand the need for education and change. It also encourages them to understand other cultures and their beliefs and traditions. Pupils also learn about agencies that can offer help and advice. It is now as pupils begin puberty. | <ul> <li>Key word glossary sheet</li> <li>Reading opportunities</li> <li>Voice 2</li> </ul> |

| Spring<br>Half<br>Term 3 | Staying Safe What are drugs – an introduction to 6 of the most common drugs  Effects of smoking on the body & why people smoke - Vapes/Shisha - Road/Water/Rail Safety - Knife Crime - Online Safety | Knowledge Quiz                            | This unit of work highlights the dangers of drugs, in particular tobacco, and the pressures young people face to fit in with peers, the influences of their community etc. It also builds on their understanding of attitudes, actions and consequences and the responsibility they have to themselves their families and the wider community – including online safety, safety in the community and knife crime too. | <ul> <li>Key word glossary sheet</li> <li>Reading opportunities – several lessons have an information sheet</li> <li>Letter writing – reasons why someone should give up smoking</li> <li>Discussion/Voice 21</li> </ul> |
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| Spring<br>Half<br>Term 4 | Citizenship What do we mean by a multicultural community in Britain - Diversity - Democracy - British Values - Monarchy still needed in UK?  | Knowledge Quiz<br>Creating own<br>country | This unit of work relates to the Citizenship unit of work as it looks at how we treat each other and further embeds the understanding of difference and tolerance and respect for each other.  It also allows pupils the opportunity to understand the country they live in and the systems in place.   | <ul> <li>Key vocab glossary sheets</li> <li>Voice 21</li> <li>Challenging texts</li> </ul>   |

| Summer<br>Half<br>Term 5 | Bullying  ➤ Friendships & Relationships  ➤ Cyberbullying  ➤ Stereotypes Ableism & Disability Discrimination  | Formal<br>Assessment   | It also introduces opportunities for pupils to question and evaluate their own behaviour towards others, whether face to face or online and the understanding that their attitudes and actions have both positive and negative consequences which they are responsible for.  | <ul> <li>Key word glossary</li> <li>Reading opportunities<br/>for job research</li> <li>Discussion/Voice 21</li> </ul>  |
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| Summer<br>Half<br>Term 6 | Careers  · What qualities and skills are and how the kind of person we are and what we can do well often influence the careers we choose  · What and who influences them and whether influence is always a good thing  · The skill of being creative  · Job research Xello lessons | Job presentations  – peer assessment as a market place, and self-assessment. | This unit of work starts to build an understanding of their strengths and weaknesses and looks at widening their understanding of the vast spectrum of jobs available today. It also starts to address aspirations and encourages pupils to aim high in terms of academic and personal success, building a foundation that will be developed each academic year. | <ul> <li>Key word glossary</li> <li>Discussion</li> <li>Voice 21</li> <li>Oracy opportunities         when presenting their         jobs they have         researched to the rest         of the class</li> </ul> |