

Life Skills Curriculum 2022-23						
Working document						
	Y7	Y8	Y9	Y10	Y11	
Digital Literacy and CV Skills	Creating folders, Organising your work, (KZM)	How to write emails, reaching out to teachers (KZM)	How to write an email, CV building (KZM)	CV Building and Interview Skills (KZM)	Memory and revision (KZM)	National awareness Days
Sep-05		The history of email	What is CC/BCC? When are they used?	What is CV and why is it used?	Your learning environment and preparation	September-- National Organic Month
Sep-12	Responsibility-- for my device. What does this mean?	What is CC/BCC? When are they used?	Writing an appropriate subject line	What is a personal statement?	What is encoding?	Sept 16th-- International day for the protection of the
Sep-19	The Rules for BYOD	Writing an appropriate subject line	Writing an appropriate email	writing your personal statement	Using cues to trigger memory/revision	Sept 21st-- International Day of Peace
Sep-26	The importance of keeping passwords safe	Writing an appropriate email	Reaching out to teachers	What makes a good CV? 5 steps	Pomodoro Method	Sept 26th-- European day of Languages
Oct-03	How to organise your folders	Practise writing emails for different scenarios	What is CV and how/why is it used?	Distributing your CV and sending appropriate emails	The Dos and Don'ts of last minute revision	October-- Black History Month, Breast Cancer
Oct-10	How to name your documents	When and how to add an attachment	What is a personal statement?	The Dos and Don'ts of interviewing	How to relieve stress in an exam	Oct 7th-- World Smile Day
Oct-17	How do use your device to access vocabulary	Did you know? Email etiquette	writing your personal statement	Preparing for an interview	Mocks	Oct 17th-- National Baking week
Oct-24		Assessment-- Over half term	Assessment-- Over half term	Assessment-- Over half term	Assessment-- Over half term	
Our Community	Friendships and Resilience (KZM)	Pollution & our Plastic World (SJ)	Social Justice (KZM)	Debate (KZM)	To Inspire and be inspired (KZM)	National awareness Days
Oct-31	No Life Skills	Our plastic world	Anti Social Behaviour	Preparing for a debate-- how do you do it?	Mocks	November 2nd-15th-- National Anti-Bullying Week
Nov-07	What do I look for in a friend and what do I offer?	What is pollution?	Human Rights	Presentation of debate topic	Inspirational Teens	November 2nd-- National Stress awareness day
Nov-14	"BounceBackAbility"	Air pollution	Feminism	Preparing for debate in groups	Being Professional	November 5th-- Guy Fawkes night
Nov-21	What is "Normal" anyway?	Water pollution	Poverty	Preparing for debate in groups	Getting inspired	November 11th-- Armistice Day
Nov-28	Finding your way when you feel lost	Land pollution	Voting	Class Debate	The science of happiness	Nov 21st-27th-- National Road Safety Week
Dec-05	Living Well	Recycling	Extension	Class Debate- Rebuttals	Acts of Kindness	Dec 3rd-- International day for the abolition of slaverv
Dec-12	Extension: Adapting to Change	Make a pledge	Extension	What have we learned about debating? Where could we use this slowest in our learning?	Extension: Charity and giving back	December 3rd-- International day of disabled persons
Dec-19	No Life Skills, shortened week	No Life Skills, shortened week	No Life Skills, shortened week	No Life Skills, shortened week	No Life Skills, shortened week	December 21st-- Winter Solstice
Dec-26	Assessment over break or in class if computer room is booked	No assessment	Assessment over break or in class if computer room is booked	No Assessment	Assessment over break or in class if computer room is booked	
Study Skills and goal setting (to be modified and adopted for 2023-24 school year)	Learning to learn, Y7 goal setting (DK)	Memory and My Study environment (KZM)	Memory and Exam Strategies (KZM)	Memory and exam strategies (KZM)	Parliament, Electoral Systems, and forms of government (KZM)	National awareness Days
Jan-09	Introduction	The Multi Store Memory Model	The Multi Store Memory Model	Surface vs deep revision	What is Government and what os the role of Executive, Legislature and Judiciary	Jan 16th-- Martin Luther King Day
Jan-16	Active Revision I	Decay and displacement	Decay and displacement	The Multi Store Memory Model	What are the different types of democracy?	Jan 16th-- World Religion Day
Jan-23	Active Revision II	Retrieval cues and triggers	Retrieval cues and triggers	Decay and displacement	What is liberal and representative democracy?	Jan 23rd- Chinese New Year
Jan-30	Active Revision III	Pomodoro method	Pomodoro method	Retrieval cues and triggers	Different forms of government	Jan 27th-- Holocaust Memorial Day
Feb-06	Study Timetables and Revision Apps	Extension: What makes a great study environment?	Extension: What makes a great study environment?	Extension: What makes a great study environment?	Extension: How are laws made?	Feb 7th--Safer Internet Day
Feb-13	Assessment-- Over half term	Assessment-- Over half term	Assessment-- Over half term	Assessment-- Over half term	Assessment-- Over half term	
Relationships	Personalities (KZM)	The Spectrum of relationships (KZM)	**Gaslighting, abuse, how to break up (KZM)	**Sexual relationships, sex for pleasure (KZM)	Healthy Relationships	National awareness Days
Feb-20	awaiting titles	What is the spectrum of relationships	What are signs of an unhealthy relationship	Awaiting information on titles and resources	Mocks	Feb 20th-26th-- Student Volunteering Week
Feb-27		How do we know when a friendship isn't working for us	How to get out of a toxic relationship			Thursday March 2nd-- World Book day
Mar-06		How do we assess our friendships	What is gaslighting			Wednesday March 7th-- World Maths day
Mar-13		How to politely respect the end of a friendship and/or relationship	Breaking up			Wednesday March 8th-- International Womens day
Mar-20			Supporting others through a breakup			March 21st- World Day for Water
Mar-27						March 27th-- World Theatre Day
Apr-03	Assessment over break	Assesment over break	Assessment over break	Assessment over break	Assessment over break	
Apr-10						
Taking care of myself	Taking care of me (KZM)	Basic first aid, sleep (KZM)	drugs and alcohol, **Sexual health (KZM)	Stress management, sleep, drugs and alcohol (KZM)	Taking care of myself during exam season	National awareness Days
Apr-17	Rules of the road- Cycling	First aid-- Bandages and burns				April-- National autism Awareness Month
Apr-24	Being a responsible pedestrian	First aid--Bleeding		Mocks		April 22nd-24th -- Eid- al-Fitr
May-01	The functions and uses of money	How to use an Epi pen		Mocks		April 22nd-- Earth Day
May-08	How do I budget for what I want	Sleep--knowing the sleep-wake cycle				May 8th- World Red Cross Red Crescent Day
May-15	How do I open a bank account	Sleep--dealing with irregular sleep cycles				May 16th-20th-- Walk to school week
May-22	What is debt? Tips for saving money	Sleep--what is your sleep hygiene?				May 31st-- National Sibling Day
May-29	Assessment-- Over half term	Assessment-- Over half term	Assessment-- Over half term	Assessment-- Over half term	Assessment-- Over half term	
Culture at Stanborough and beyond	Travel (HF)	LGBTQIA+ (LW)	Cultural awareness (RC)	BAME history (CD+ Bomo)	Final examinations	National awareness Days
Jun-05	Far east (Japan, South Korea and China)	What is Pride and history of Stonewall	Religious tolerance	Bame and Stanborough (Culturefest?)		June 5th-- World Environment Day
Jun-12	South east asia (India and Pakistan)	The spectrum of sexualities	Being Muslim	BAME and The government		June 7th-15th-- British Heart Week
Jun-19	Middle east (gulf states)	The History of Drag	What is a hate crime?	BAME and Education		June 18th-24th-- recycle awareness week
Jun-26	Africa (South, East and West - Mainly Kenya, South Africa and Nigeria)	Gender identity	The Human Rights Act	BAME and Literature		June 20th-26th- Refugee week
Jul-03	Europe 1: Ukraine and Poland	The history of same-sex marriage in the UK	Religious holidays	BAME voices throughout the arges		June 28th-- International Pride Day
Jul-10	Europe 2: Germany France Spain and Portugal	Important figure feature: Audre Lorde	Immigration and becoming a British citizen (KZM)	The big BAME discussion		July 6th-- Children's art day
Jul-17	UK	Important LGBTQIA activists and charities	Taking the citizenship test	BAME and Stanborough		July 11th-- World Population Day
	Assessment over break	Assessment over break	Assessment over break	Assessment over break	Assessment over break	