

## Life Skills: Overview 2023-24

	Half Term 1 (6 lessons)	Half Term 2 (7 lessons)	Half Term 3 (5 lessons)	Half Term 4 (6 lessons)	Half Term 5 (6 lessons)	Half Term 6 (7 lessons)
	Digital Literacy and CV building	Our Community	Study Skills	Relationships	Taking care of myself	Culture at Stanborough and Beyond
Y7	Creating folders Organising your work Typing tests	Friendships and Resilience	Learning to learn Y7 goal setting	Personalities and relationships	Budgeting	Travel Geoguesser Online
Y8	How to write an e- mail Reaching out to teachers	Debates: Mandatory Community Service	Memory My study environment	The Spectrum of relationships	Basic First Aid	LGBTQIA+
Y9	How to write an e- mail CV Building	Social Justice	Memory Exam strategies and revision timetables	Healthy Relationships	Drugs and alcohol **Sexual Health	Cultural awareness
Y10	CV Building Interview skills	Financial Literacy	Meaningful revision Exam strategies and revision timetables	**Sexual relationships	Stress management Drugs and Alcohol Sleep	BAME history
Y11	Memory Revision	Financial Literacy	Parliament, Electoral Systems, and forms of government	**Healthy Relationships	Taking care of myself during exam season (3 sessions)	Final Examinations