



Stockport Grammar School

KS3 Programme of Study (Life Studies)



	1 st Year	2 nd Year	3 rd Year
Autumn Au1 (7 weeks)	Introduction to Senior School (2 weeks) My Rights, Roles and Responsibility Human Rights and Bullying <i>Violation of Rights (examples)</i>	What does it mean to be British? Diversity, prejudice and discrimination Shared British Values – Skittles Life in the UK test – Easy as 1, 2, 3.	Introduction to Ethics Abortion/Euthanasia (new law) Veganism and Animal Rights Nuclear Weapons Debate (MUN) Digital Ethics and social media
	Mindfulness (Block of 6 sessions with AGE) All pupils to complete a .b introduction course Practical lessons	Emotional Health and Wellbeing Mental health and ill health, stigma and safeguarding health Reframing failure and unhealthy coping strategies All Bodies are good bodies	2 Weeks* Careers – Developing Skills Careers Afternoon Preparation Careers Afternoon (Nov 18th)
Spring Sp1 (6 weeks)	RSE -Confident Me – Dove five session workshops (appearance ideals, media messages, Gender Stereotypes, Intro to sexuality/Health Hygiene/Puberty)	Introduction to Politics Democracy vs. Dictatorship Build your own MP/ What is a Manifesto? Create your own Political Party Parliament Trip Gender and Sexuality Sex and Gender / LGBT+ Community Media portrayal and Youth produced images/Toxic Masculinity/sextortion Love has no labels project	2 Weeks* Careers – Making GCSE choices Start Profile – an overview of your options and making your choices GCSE Options Deadline Intimate Relationships (RSE) Healthy vs. unhealthy relationships Consent and the Law Contraception, STIs and Condom Demonstration Sexting and attitudes to pornography
	Harmful Habits Intro to smoking/vaping/snus and decision making Peer pressure, Risks and Trends Awareness Campaign		
Summer Su1 (6 weeks)	First Aid/Life Skills <i>Basic First Aid</i> <i>Review Year 7</i> Certificated Online Course	Fair Trade and Labour Behind the Label Fair Trade Chocolate and Bananas Labour behind the label The Unfair Factory	Personal Finance and Skills Task Saving, borrowing and making financial choices <i>Monopoly – Cost of Living</i> Independent Living Task
	Personal Finance/New Topic Wants vs. Needs Budget Tracker Independent Living Task Life Skills	Harmful Habits (4x lesson) (covered in Biology this term) Introduction to drugs and alcohol Peer pressure/Risks and Trends Awareness Campaign	First Aid Calling the Emergency Services, DRAB Recovery Position CPR Demo and Defibrillator

	4 th Year	5 th Year
Autumn Au1 (7 weeks)	Transition to Middle School / KS4 (Fixed) Promoting emotional health during transition to KS4 Resilience and Reframing Failure Reframing Failure – Practical application Unhealthy Coping Strategies	Careers and Next Steps Academic and vocational pathways Fine tuning your CV and capturing evidence of work experience What is the difference between a job and a career? How to prepare for an interview
	Careers – Personal Development Plan Create your own personal development plan How to write a CV Why work experience is important	RSHE Personal values and assertive communication Sex on Trial – what is consent? Contraception and Sexual Health/STI testing
Spring Sp1 (6+ weeks)	(RSHE) Relationship and Sex Education Sexual Harassment /Coercive Relationships Healthy and unhealthy relationships Negotiating boundaries and consent Rape Culture and Sexual Harassment Uncovering Rape Culture and Is this sexual harassment	First Aid (Run by Laura Turner) What would you do? First Responder First Aid – the Basics CPR and Recovery Position – Demonstration
	Drugs and Alcohol Effect of drugs on the brain Survey results – predictions and misconceptions Current trends in schools/society Risk taking behaviour	Current Events and the British Government (EconoMe) Modern news source for teens Does social media influence your political views?
Summer Su1 (6 weeks)	Personal Finance You be the Chancellor/Paying for it Pensions, NHS and Welfare State Independent Living Task	Study Leave/Exams
	Intro to A Level Option Subjects (Fixed) Philosophy Business and Economics Politics Psychology	