



# Stockport Grammar School

## KS3 Programme of Study (Life Studies)



	1 <sup>st</sup> Year	2 <sup>nd</sup> Year	3 <sup>rd</sup> Year
<b>Autumn</b> Au1 (7 weeks)  Au2 (6 weeks)	<b>Introduction to Senior School (2 weeks)</b>  <b>My Rights, Roles and Responsibility</b> Human Rights and Bullying <i>Violation of Rights (examples)</i>  <b>Mindfulness</b> (Block of 6 sessions with AGE) All pupils to complete a .b introduction course <b>Practical lessons</b>	<b>What does it mean to be British?</b> Diversity, prejudice and discrimination Shared British Values – Skittles Life in the UK test – Easy as 1, 2, 3.  <b>Emotional Health and Wellbeing</b> Mental health and ill health, stigma and safeguarding health Reframing failure and unhealthy coping strategies All Bodies are good bodies	<b>Introduction to Ethics</b> Abortion/Euthanasia (new law) Veganism and Animal Rights Nuclear Weapons Debate (MUN) Digital Ethics and social media  <b>2 Weeks* Careers – Developing Skills</b> Careers Afternoon Preparation <b>Careers Afternoon (Nov 18<sup>th</sup>)</b>
<b>Spring</b> Sp1 (6 weeks)  Sp2 (6 weeks)	<b>RSE -Confident Me – Dove</b> five session workshops (appearance ideals, media messages, Gender Stereotypes, Intro to sexuality/Health Hygiene/Puberty)  <b>Harmful Habits</b> Intro to smoking/vaping/snus and decision making Peer pressure, Risks and Trends <b>Awareness Campaign</b>	<b>Introduction to Politics</b> Democracy vs. Dictatorship Build your own MP/ What is a Manifesto? Create your own Political Party <b>Parliament Trip</b>  <b>Gender and Sexuality</b> Sex and Gender / LGBT+ Community Media portrayal and Youth produced images/Toxic Masculinity/sextortion Love has no labels project	<b>2 Weeks* Careers – Making GCSE choices</b> Start Profile – an overview of your options and making your choices <b>GCSE Options Deadline</b>  <b>Intimate Relationships (RSE)</b> Healthy vs. unhealthy relationships Consent and the Law Contraception, STIs and Condom Demonstration Sexting and attitudes to pornography
<b>Summer</b> Su1 (6 weeks)  Su2 (5 weeks)	<b>First Aid/Life Skills</b> <i>Basic First Aid</i> <i>Review Year 7</i> <b>Certificated Online Course</b>  <b>Personal Finance/New Topic</b> Wants vs. Needs Budget Tracker Independent Living Task Life Skills	<b>Fair Trade and Labour Behind the Label</b> Fair Trade Chocolate and Bananas Labour behind the label The Unfair Factory  <b>Harmful Habits (4x lesson)</b> (covered in Biology this term) Introduction to drugs and alcohol Peer pressure/Risks and Trends <b>Awareness Campaign</b>	<b>Personal Finance and Skills Task</b> Saving, borrowing and making financial choices Monopoly – Cost of Living <b>Independent Living Task</b>  <b>First Aid</b> Calling the Emergency Services, DRAB Recovery Position CPR Demo and Defibrillator

	4 <sup>th</sup> Year	5 <sup>th</sup> Year
<b>Autumn</b> <i>Au1 (7 weeks)</i>	<b>Transition to Middle School / KS4 (Fixed)</b> Promoting emotional health during transition to KS4 Resilience and Reframing Failure Reframing Failure – Practical application Unhealthy Coping Strategies	<b>Careers and Next Steps</b> 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
<i>Au2 (6 weeks)</i>	<b>Careers – Personal Development Plan</b> Create your own personal development plan How to write a CV Why work experience is important	<b>RSHE</b> Personal values and assertive communication Sex on Trial – what is consent? Contraception and Sexual Health/STI testing
<b>Spring</b> <i>Sp1 (6+ weeks)</i>	<b>(RSHE) Relationship and Sex Education</b> Sexual Harassment /Coercive Relationships Healthy and unhealthy relationships Negotiating boundaries and consent Rape Culture and Sexual Harassment <b>Uncovering Rape Culture and Is this sexual harassment</b>	<b>First Aid (Run by Laura Turner)</b> What would you do? First Responder First Aid – the Basics CPR and Recovery Position – Demonstration
<i>Sp2 (4+ weeks)</i>	<b>Drugs and Alcohol</b> Effect of drugs on the brain Survey results – predictions and misconceptions Current trends in schools/society Risk taking behaviour	<b>Current Events and the British Government (EconoMe)</b> Modern news source for teens Does social media influence your political views?
<b>Summer</b> <i>Su1 (6 weeks)</i>	<b>Personal Finance</b> You be the Chancellor/Paying for it Pensions, NHS and Welfare State <b>Independent Living Task</b>	<b>Study Leave/Exams</b>
<i>Su2 (5 weeks)</i>	<b>Intro to A Level Option Subjects (Fixed)</b> Philosophy Business and Economics Politics Psychology	