

Appendix 4 Life Studies Programme of Study 2026

	1 st Year	2 nd Year	3 rd Year
Autumn <i>Au1 (7 weeks)</i> <i>Au2 (6 weeks)</i>	Introduction to Senior School (2 weeks) My Rights, Roles and Responsibility Human Rights and Bullying <i>Violation of Rights (examples)</i> <i>Educaid/Harvest collection/</i> <i>Exploitation (child/adult)</i> RSHE-Five Session workshops (Appearance ideals, media messages, Gender Stereotypes, Intro to sexuality/Health/Hygiene/Puberty)	What does it mean to be British? Fundamental British Values Diversity, prejudice and discrimination Shared British Values Life in the UK test Emotional Health and Wellbeing Mental health and ill health, stigma and safeguarding health. Reframing failure and unhealthy coping strategies (use of AI Chatbots) Mindfulness x3 (recognising worry, being here and now, mindful moving)	Introduction to Ethics Abortion/Euthanasia (new law) Nuclear Weapons Debate (MUN) Digital Ethics (AI) and social media Personal Development Mindfulness (stepping back, befriending the difficult, taking in the good) 2 Weeks* Careers – Developing Skills (Prep) Careers Afternoon (Nov 27th, 2026)
Spring <i>Sp1 (6 weeks)</i> <i>Sp2 (6 weeks)</i>	Harmful Habits Intro to smoking/vaping/snus and decision making Peer pressure, Risks and Trends Online challenges Awareness Campaign Mindfulness (4 lessons) 3 Weeks (Intro, playing attention and taming the animal mind)	Introduction to Politics Democracy vs. Dictatorship Build your own MP/ What is a Manifesto? Create your own Political Party Use current events and look at different Political parties Create a Political Party Fair Trade and Labour Behind the Label Fair Trade Chocolate and Bananas Labour behind the label (trafficking) The Unfair Factory	2 Weeks* Careers – Making GCSE choices Start Profile – an overview of your options and making your choices GCSE Options Deadline Intimate Relationships (RSHE) (8 lessons) Is it a red flag? Healthy vs. Unhealthy Relationships Consent and the Law (recap multiple forms) #listentoyourselfie – Closing the consent age gap Verbal and Non-Verbal communication Bodies and Bits – Reproductive and genital health Contraception, STIs and Condom Demonstration Sexting /Nudes/Deepfakes
Summe <i>Su1 (6 weeks)</i> <i>Su2 (5 weeks)</i>	First Aid/Skills <i>Basic First Aid</i> Calling the Emergency Services *Build in water safety Certificated Online Course Personal Finance/New Topic Wants vs. Needs Budget Tracker Microtransactions (gaming)	(RSHE) Healthy vs Unhealthy Relationships Types of Relationships Marriage/Civil partnership Consent (multiple forms- medical consent, Gillick competence and parental responsibility) Harmful Habits (4x lesson) (covered in Biology this term) Introduction to drugs (THC vapes and Caffeine)	Personal Finance and Skills Task Saving, borrowing and making financial choices Monopoly – Cost of Living Gambling and microtransactions (gaming) Independent Living Task First Aid DRAB Recovery Position CPR Demo and Defibrillator

	Independent Living Task (project)	Peer pressure/Risks and Trends Awareness Campaign	
	4 th Year		5 th Year
Autumn <i>Au1 (7 weeks)</i> <i>Au2 (6 weeks)</i>	Transition to Middle School and Emotional Health and Wellbeing Promoting emotional health during transition to KS4 Resilience and Reframing Failure Reframing Failure – Practical application Unhealthy Coping Strategies Support network (vulnerability/Use of AI Chatbots) Careers – Personal Development Plan Create your own personal development plan How to write a CV Why work experience is important	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 RSHE Look at pupil Voice feedback) Personal values and assertive communication Sex on Trial – what is consent? Contraception and Sexual Health/STI testing	
Spring <i>Sp1 (6+ weeks)</i> <i>Sp2 (4+ weeks)</i>	(RSHE) Relationship and Sex Education Sexual Harassment /Coercive Relationships/ Healthy and unhealthy relationships (CSE) Negotiating boundaries and consent Rape Culture and Sexual Harassment Uncovering Rape Culture and Is this sexual harassment Drugs and Alcohol Effect of drugs on the brain Survey results – predictions and misconceptions Current trends in schools/society Risk taking behaviour County Lines (CCE and CSE)	First Aid (Run by Laura Turner) What would you do? First Responder First Aid – the Basics CPR and Recovery Position – Demonstration Current Events and the British Government Modern news source for teens Does social media influence your political views? Question Time on Political Issues (current)	

Summer <i>Su1 (6 weeks)</i>	Personal Finance You be the Chancellor/Paying for it Pensions, NHS and Welfare State <i>Independent Living Task</i>	Study Leave/Exams
<i>Su2 (5 weeks)</i>	Intro to A Level Option Subjects (Fixed) Philosophy Business and Economics Politics Psychology Media Studies	