



Curriculum Overview

Lifeskills (PSHE)



Curriculum Overview

Key Stage 3

Curriculum Aims

Life Skills is a curriculum that allows all age students to explore a range of topics that extend beyond the usual academic subjects in our primary, secondary, and recently developed special schools. Student's study and reflect on those areas of life which affect us all, developing knowledge, skills understanding, resilience and reflection. The core curriculum is based around the PSHE Association Thematic Model for key stage 1 to 4 and PSHE KS5 schemes of learning. The model covers all the statutory requirements for their phase, within a comprehensive PSHE education programme, fully meeting Department for Education's statutory guidance on Relationships Education, RSE and Health Education.

We use the Gatsby 8 Pillars to inform our careers programme, using the software Unifrog as an integral part of our programme of study.

Religious studies is offered through two pathways, one of which is built in to Lifeskills, through skills led topics and further details can be found in the Meridian Trust Framework for PSHE, Careers and Values and the PRE-Curriculum map.



Key Curriculum Content

There are three overarching themes taught through age related content, meeting statutory standard for Relationship and Sex Education.

- Health & Well-Being
- Living in The Wider World
- Relationships

Examples of topics covered in Year 7 include:

Transition to Secondary School, Diet, Exercise & Healthy Choices, Road Safety, Anti-Bullying, Diversity & Prejudice, E-Safety, Alcohol & Tobacco, Puberty, Self-esteem, Christianity, Buddhism & Islam

Examples of topics covered in Year 8 include:

First Aid, Alcohol & Drugs, Discrimination and Human Rights, Digital Literacy, Mental Health & Emotional Well-being, Option choices, Careers through Unifrog, Sexuality & Consent, Body Image, Democracy & Citizenship, Grief, FGM

Current affairs and topical issues will also be addressed as and if required.



How are students taught and assessed?

Discussion based activities, led by classroom teacher/form tutors.

Lesson outcomes are evidenced and formatively assessed within lessons.

Evidential learning through experience, by means of off-site visits, assemblies, drop down days and within the wider curriculum.

We cover the three core themes over three terms (six half terms). This considers progression and development of students' understanding of the overarching concepts and development of essential skills and attributes. Topic areas are arranged into half term 'chunks', which can be adapted to suit each

Meridian Trust Academies planning requirements: there is no 'correct order'. Each Academy should select the content that ensures opportunities to explore the overarching concepts and to develop knowledge, skills and attributes, through a programme that is relevant and appropriate to the ethos of their school and the needs of their students.

Typical Curriculum Allocation:
1-2 hours per fortnight



Curriculum Overview

Key Stage 4

Curriculum Aims

Life Skills is a curriculum that allows all age students to explore a range of topics that extend beyond the usual academic subjects in our primary, secondary and recently developed special schools. Student's study and reflect on those areas of life which affect us all, developing knowledge, skills understanding, resilience and reflection. The core curriculum is based around the PSHE Association Thematic Model for key stage 1 to 4 and PSHE KS5 schemes of learning.

The model covers all the statutory requirements for their phase, within a comprehensive PSHE education programme, fully meeting Department for Education's statutory guidance on Relationships Education, RSE and Health Education.

We use the Gatsby 8 Pillars to inform our careers programme, using the software Unifrog as an integral part of our programme of study.

Religious studies is offered through two pathways, one of which is built in to Lifeskills, through skills led topics and further details can be found in the Meridian Trust Framework for PSHE, Careers and Values and the PRE-Curriculum map.



Key Curriculum Content

There are three overarching themes taught through age related content, meeting statutory standard for Relationship and Sex Education.

- Health & Well-Being
- Living in The Wider World
- Relationships

Topics covered in Year 9 include:

- Knife crime, peer pressure and gangs
- Homophobia
- Managing conflict
- Alcohol, drugs and addiction
- Relationship and Sex Education
- Healthy Relationships and consent
- Crime & punishment
- Child Sexual Exploitation
- Sexting & Pornography

"THROUGHOUT THE CURRICULUM STUDENTS DEVELOP A LIFE-LONG LOVE OF LEARNING AND THE NECESSARY SKILLS TO BE A RESILIENT, CONFIDENT AND INDEPENDENT LEARNER."



- Careers work
- Peer on peer

Topics covered in Year 10 & 11 include:

- Physical Health
- Mental Health, well-being & self-esteem
- Coping with stress, including exams
- Democracy & Citizenship
- British Values & Human Rights
- Challenging extremism and radicalisation
- Careers & Work Experience
- Domestic abuse & forced marriage
- Matters of Life

How are students taught and assessed?

Discussion based activities, led by classroom teacher/form tutors.

Lesson outcomes are evidenced and formatively assessed within lessons.

Typical Curriculum Allocation:
1-2 hours per fortnight

Evidential learning through experience, by means of off-site visits, assemblies, drop down days and within the wider curriculum. We cover the three core themes over three terms (six half terms). This considers progression and development of students' understanding of the overarching concepts and development of essential skills and attributes. Topic areas are arranged into half term 'chunks', which can be adapted to suit each

Meridian Trust academy's planning requirements; there is no 'correct order'. Each Academy should select the content that ensures opportunities to explore the overarching concepts and to develop knowledge, skills and attributes, through a programme that is relevant and appropriate to the ethos of their school and the needs of their students.



Curriculum Overview

Enrichment

Beyond the classroom

Students are given a range of planned opportunities to enhance the curriculum offer. These include off site visits including places of worship, linked to the PRE-Curriculum and delivery; charity support and fundraising; outside speakers for a wide range of topic areas including careers, drugs, relationships, health, prison etc.

Cross-Trust Activities

Giving and Service opportunities are built across the trust as part of the PLEDGES programme and each school supports this through the delivery of Lifeskills. The new Mental Health and Wellbeing Calendar for 2022 – 2023 will add to this, highlighting key trust opportunities and activities to take place, such as 'Hello Yellow Day'.



Diversity and Equality

Examples of topics covered in Year 7 include:

- Anti-Bullying
- Diversity & Prejudice
- Christianity, Buddhism & Islam
- Modern day slavery.
- Examples of topics covered in Year 8 include:
- Discrimination and Human Rights
- Body Image
- Christianity, Buddhism & Islam
- Religion and the media
- Examples of topics covered in Year 9 include:
- Homophobia
- Managing conflict
- Relationship and Sex Education
- Healthy Relationships and consent

- Child Sexual Exploitation
- Crime & punishment
- Peace and Conflict
- Examples of topics covered in Year 10 & 11 include:
 - Democracy & Citizenship
 - British Values & Human Rights
 - Challenging extremism and radicalisation
 - Domestic abuse & forced marriage
 - Matters of Life
 - Human Rights and Social Justice
- Examples of topics covered in Post 16 include:
 - FGM and 'honour' based violence
 - Human Rights
 - Parliament & Democracy
 - Radicalisation
 - Identity / respect, with a focus on sexual orientation
 - Tolerance for belief and worldview
 - Understanding of diverse religions and beliefs and their impact on society.



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