



ST. CATHERINE'S COLLEGE

A CHURCH OF ENGLAND ACADEMY

The Life Skills Curriculum

Statement of Intent

St Catherine's College prepares students to stand shoulder to shoulder with their peers: locally, nationally, and globally. We believe that the College's Life Skills curriculum is an integral part of this preparation as well as inspiring and supporting our students to live their lives to the full.

Our Life Skills curriculum supports our students now and, in the future, to acquire the knowledge, understanding, and skills to:

- live healthy, safe, productive, responsible, and balanced lives.
- make effective and ambitious transitions and career choices.
- reflect on their own values and attitudes and explore the range of values and attitudes they encounter.
- build their confidence, resilience, and self-esteem.
- be active and responsible local, national and global citizens.

Curriculum Content

The Life Skills curriculum has both statutory and non-statutory components. To assist students in managing their present and future lives, and to be active and responsible local and global citizens, the following areas are included:

Statutory	Non-Statutory
SMSC (Spiritual, Moral, Social & Cultural ed.)	PSHEe (Personal, Social, Health & Economic ed.) The content is guided by the PSHE Association Programme of Study.
RSHE (Relationships, Sex ed. & Health ed.)	
Citizenship	Global Learning The content guided by the Global Learning Programme pupil outcomes.
Fundamental British Values	
Careers Education	

Implementation Model

To promote progression, as students move through the College, the curriculum is designed as a spiral curriculum with themes recurring from Year 7 to 11. The delivery of the content occurs in several ways:

1. **Cross-curriculum.** Some areas of the KS3 curriculum are delivered in subject lessons by predominantly specialist teachers e.g. Sexual Reproduction & Puberty in Science, Online Safety in ICT, Personal Finance in Maths.
2. **Tutor Time 'Life Skills Messages'.** Bi-weekly tutor group activities and discussions are based upon topical issues and events (in the news / on social media), Education Awareness Days, and school-based issues. Some Careers Education is delivered during Tutor Time sessions in National Careers Week in March.
3. **Life Skills Weeks.** There are three Life Skills Weeks during the academic year. One 60min lesson per day, on five consecutive days, is given to the teaching a Life Skills topic. These are led by tutors with their tutor groups.

- **Assessing Progress**

Tutors assess student progress during Life Skills Weeks using baseline and end of lesson assessments. Students assess their own progress with summative self-assessment reflection activities. Subject departments assess Life Skills content when delivered in a cross-curricular way.





ST. CATHERINE'S COLLEGE

A CHURCH OF ENGLAND ACADEMY

Life Skills Week Topics

Relationships and Sex Education

Year Group	7	8	9	10	11
Content	Friendships. Healthy relationships. Bullying and abuse. Seeking help and advice. Different identities.	HPV. Gender and sexuality. Healthy relationships. Marriage and the law. Sexting.	Self-esteem and relationships. Media messages and body image. Consent: my body, my choice. Contraception. STI prevention.	Body image and the media. Healthy relationships. Readiness for intimacy. Contraception. Contraception failure.	Testicular and breast examination. Managing unhealthy relationships. Consent and coercion. Barrier contraception. Teenage pregnancy and parenthood.

Keeping Healthy & Safe (7-9); Careers & Work Experience (10); Finance (11)

Year Group	7	8	9	10	11
Content	Road safety. Attitudes to mental health. Promoting emotional wellbeing. Knife crime. Sleep.	Digital resilience. Cyberbullying. Basic first aid. Unconscious (first aid). Water safety.	Unhealthy coping strategies. Healthy coping strategies Helping friends on a night out (risk and first aid). County lines. Health Survey.	The future of work. Rights and responsibilities at work. Health and safety at work. Applications. CV writing.	The economy Payslips and deductions. Borrowing money. Gambling. Ethical consumerism.

National & Global Citizenship (Summer Term)

Year Group	7	8	9	10
Content	Human rights. Our parliamentary system. Challenging racism. Migration. Send My Friend to School campaign.	The rights of the child. Civil & criminal law. Challenging sexism. Colonisation & the British Empire. Send My Friend to School campaign.	Disability rights. The democratic process. Challenging heterosexism. Partition & British -Asian identity. Fairtrade.	'Stop and Search' rights. Violent extremism. Sexual harassment & the law. Removing statues: erasing history? Sustainable Development Goals.

