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| Life Skills Key Stage 1 Standard |
| **S****TAGE** | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
| Self- Awareness | Self-Care, support and safety | The World I live in | Healthy Lifestyles | Managing Feelings | Changing and Growing |
| 1 | Things we are good atKind and unkind behavioursPlaying and working togetherPeople who are special to usGetting on with others | Taking care of ourselvesKeeping safeTrustKeeping safe onlinePublic and private | Respecting differences between peopleJobs people doRules and lawsTaking care of the environmentBelonging to a communityMoney | Healthy EatingTaking care of physical healthKeeping well | Identifying and expressing feelingsManaging strong feelings | Baby to adultChanges at pubertyDealing with touchDifferent types of relationships |
| 2 |
| Life Skills Key Stage 2 Standard |
| **S****TAGE** | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
| Self- Awareness | Self-Care, support and safety | The World I live in | Healthy Lifestyles | Managing Feelings | Changing and Growing |
| 3 | Things we are good atKind and unkind behavioursPlaying and working togetherPeople who are special to usGetting on with others | Taking care of ourselvesKeeping safeTrustKeeping safe onlinePublic and private | Respecting differences between peopleJobs people doRules and lawsTaking care of the environmentBelonging to a communityMoney | Healthy EatingTaking care of physical healthKeeping well | Identifying and expressing feelingsManaging strong feelings | Baby to adultChanges at pubertyDealing with touchDifferent types of relationships |
| 4 |
| 5 |
| 6 |
| Life Skills Key Stage 3 Standard |
| **S****TAGE** | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
| Self- Awareness | Self-Care, support and safety | The World I live in | Healthy Lifestyles | Managing Feelings | Changing and Growing |
| 7 | Personal strengthsSkills for learningPrejudice and discriminationManaging pressure | Feeling unwellFeeling frightened/worriedAccidents and riskKeeping safe onlineEmergency situationsPublic and privateGambling | Diversity, rights and responsibilitiesManaging online informationTaking care of the environmentPreparing for adulthoodManaging Finances | Elements of a healthy lifestylesMental wellbeingPhysical activityHealthy eatingBody imageMedicinal drugsDrugs, alcohol & tobacco | Self-esteem & unkind commentsStrong feelingsRomantic feelings and sexual attraction | PubertyFriendshipHealthy/unhealthy relationship behavioursEnthusiastic consent. — Intimate relationships, consent & contraceptionLong term relationships and parenthood |
| 8 |
| 9 |