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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 at  Kind and unkind behaviours  Playing and working together  People who are special to us  Getting on with others | Taking care of ourselves  Keeping safe  Trust  Keeping safe online  Public and private | | Respecting differences between people  Jobs people do  Rules and laws  Taking care of the environment  Belonging to a community  Money | | Healthy Eating  Taking care of physical health  Keeping well | | Identifying and expressing feelings  Managing strong feelings | Baby to adult  Changes at puberty  Dealing with touch  Different 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 at  Kind and unkind behaviours  Playing and working together  People who are special to us  Getting on with others | Taking care of ourselves  Keeping safe  Trust  Keeping safe online  Public and private | | Respecting differences between people  Jobs people do  Rules and laws  Taking care of the environment  Belonging to a community  Money | | Healthy Eating  Taking care of physical health  Keeping well | | Identifying and expressing feelings  Managing strong feelings | Baby to adult  Changes at puberty  Dealing with touch  Different 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 strengths  Skills for learning  Prejudice and discrimination  Managing pressure | | Feeling unwell  Feeling frightened/worried  Accidents and risk  Keeping safe online  Emergency situations  Public and private  Gambling | | Diversity, rights and responsibilities  Managing online information  Taking care of the environment  Preparing for adulthood  Managing Finances | | Elements of a healthy lifestyles  Mental wellbeing  Physical activity  Healthy eating  Body image  Medicinal drugs  Drugs, alcohol & tobacco | Self-esteem & unkind comments  Strong feelings  Romantic feelings and sexual attraction | Puberty  Friendship  Healthy/unhealthy relationship behaviours  Enthusiastic consent. — Intimate relationships, consent & contraception  Long term relationships and parenthood |
| 8 |
| 9 |