

Lesson #	Week beginning	Wk	Lesson	Lesson date	Lesson time	Year 7	Year 8	Year 9	Year 10
Intro	01/09/2025	A				Lesson 1.1 What is Life Skills and how will we work together?			
1	08/09/2025	B	P1	Mon 08/09/25	8:35-9:35	Online Safety: The Four C's	Online Safety: The Four C's	Online Safety: The Four C's	Online Safety: The Four C's
	15/09/2025	A							
2	22/09/2025	B	P2	Mon 22/09/25	9:35-10:35	Lesson 2.1 How is Year 7 different?	Lesson 2.2 What happens at puberty? & Lesson 2.3 Menstrual wellbeing	3.4 Is commitment important in relationships? & Lesson 3.5 Abuse in relationships	Lesson 10.1 What do I want to do? & Lesson 10.2 Types of employment and employment trends
	29/09/2025	A							
3	06/10/2025	B	P3	Mon 06/10/25	10:55-11:55	Lesson 2.5 Why am I feeling like this?	Lesson 3.2 What is a healthy relationship?	Lesson 9.1 Living in Britain	Lesson 10.3 Marketing yourself and personal branding
	13/10/2025	A							
4	20/10/2025	B	P1	Tue 21/10/25	8:35-9:35	Lesson 2.6 Why are friends important?	Lesson 3.3 Communication skills	Lesson 9.2 The Equality Act and hate crimes	Lesson 10.4 Rights and responsibilities at work
	27/10/2025	A							
	03/11/2025								
5	10/11/2025	B	P2	Tue 11/11/25	9:35-10:35	Lesson 3.1 What are the different types of relationships?	Lesson 4.1 Choices around sex & Lesson 4.3 Sex and the law	Lesson 9.3 Discrimination through invisibility	Lesson 10.5 Employment opportunities
	17/11/2025	A							
6	24/11/2025	B	P3	Tue 25/11/25	10:55-11:55	Lesson 5.1 Drugs – an introduction & Lesson 5.2 Drugs and the law	Lesson 4.2 Pornography and sexting	9.4 Challenging discrimination	Lesson 2.1 Relating to others & Lesson 2.2 Skills for successful relationships
	01/12/2025	A							
7	08/12/2025	B	P1	Wed 10/12/25	8:35-9:35	Lesson 6.1 What are 'emotional wellbeing' and 'mental health'?	Lesson 4.5 What is contraception? & Lesson 4.6 What are STIs?	Lesson 9.5 Democracy and voting	Lesson 2.3 Parenting skills and family life
	15/12/2025	A							
	22/12/2025								
	29/12/2025								
8	05/01/2026	B	P2	Wed 07/01/26	9:35-10:35	Lesson 6.2 What is 'resilience'?	Lesson 5.3 Alcohol and 5.4 Smoking	Lesson 5.5 The impact of drug taking	Lesson 2.4 Exploitation and abuse in relationships & Lesson 2.5 Help and support for relationships
	12/01/2026	A							
10	19/01/2026	B	P3	Wed 21/01/26	10:55-11:55	Lesson 7.1 What do we need to keep healthy?	Lesson 6.3 Feelings and how to manage them	Lesson 5.6 How do I manage situations involving drugs?	Lesson 4.1 Drugs, Lesson 4.2 Alcohol & Lesson 4.3 Addiction and dependency
	26/01/2026	A							
11	02/02/2026	B	P1	Thu 05/02/26	8:35-9:35	Lesson 12.1 How do I save and how do I budget?	Lesson 6.5 How do I cope with loss and bereavement?	9.2 What does 'family' mean? & 9.3 How do I contribute to family life?	Lesson 6.1 Influences on health
	09/02/2026	A							
	16/02/2026								
12	23/02/2026	B	P2	Thu 26/02/26	9:35-10:35	Lesson 12.2 What influences our spending?	Lesson 9.1 Who am I?	Lesson 9.4 Gender identity & 9.5 Stereotypes	Lesson 6.2 Planning healthy meals and being active
	02/03/2026	A							
14	09/03/2026	B	P3	Thu 12/03/26	10:55-11:55	Lesson 12.3 How enterprising am I?	Lesson 10.4 What makes a successful community? & Lesson 10.5 What can cause problems in communities?	Lesson 9.7 How am I doing?	Lesson 6.3 Being health aware
	16/03/2026	A							
15	23/03/2026	B	P1	Fri 27/03/26	8:35-9:35	Lesson 8.3 Being assertive and dealing with pressure	Lesson 10.6 Hate crime and radicalisation	Lesson 9.8 What are my rights and responsibilities?	Lesson 7.1 The teenage brain
	30/03/2026	A							
	06/04/2026								
	13/04/2026								
16	20/04/2026	B	P2	Fri 24/04/26	9:35-10:35	Lesson 8.4 Bullying	Lesson 10.7 How can I contribute to my community? & Lesson 10.8 What do voluntary agencies do?	Lesson 3.1 Consent	Lesson 7.4 Gangs and knife crime
	27/04/2026	B							
17	04/05/2026	B	P3	Fri 08/05/26	10:55-11:55	Lesson 8.6 Gangs and knife crime	Lesson 11.1 What are my aspirations? & Lesson 11.2 How do I work best with others?	Lesson 3.2 Sexual relationship & 3.3 Sexual health	Lesson 8.1 Individual, family and community values & Lesson 8.2 Diverse and conflicting values
18	11/05/2026	A	P1	Thurs 14/05/26	08:35-9:35	Lesson 8.8 First aid and CPR) & Lesson 8.9 Who can help? (this can be flagged in form)	Lesson 11.3 Skills for working with others & Lesson 11.4 Goal setting	Lesson 3.4 Pregnancy choices	Lesson 8.3 Gender identity and transgender
	18/05/2026	B							
	25/05/2026								
19	01/06/2026	A	P2	Thur 04/06/26	9:35-10:35	Lesson 8.7 Female genital mutilation (FGM)	Lesson 11.5 How do I plan for my future? & Lesson 11.7 What do I need to plan for?	Lesson 3.5 Pornography	11.1 Budgeting
	08/06/2026	B							
20	15/06/2026	A	P3	Thur 18/06/26	10:55-11:55	Lesson 10.1 Understanding our communities	Lesson 11.6 My personal brand	12.1 Business structure and organisation & 12.2 The how and why of business financing	11.2 Responsible consumerism, 11.3 Ethical consumerism & 11.4 Consumerism and giving
	22/06/2026	B							
21	29/06/2026	A	P1	Fri 03/07/26	8:35-9:35	Lesson 10.2 How do I feel about 'difference'? & Lesson 10.3 How can we value each other?	Lesson 11.5 How do I plan for my future? & Lesson 11.7 What do I need to plan for? & Lesson 11.8 What opportunities are out there for me?	12.3 Entrepreneurship and risk	11.5 Credit and debt & 11.6 Money stresses and pressure
	06/07/2026	B							

1 Introduction
2 Growing up
3 Relationships
4 Sex, sexuality and sexual health
5 Alcohol, tobacco and other drugs
6 Emotional wellbeing and mental health
7 Healthy Lifestyle
8 Risk and Safety
9 Identity
10 Communities
11 Planning for the future
12 Money and me

From KS4 Course Plan

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11 Finance
12 Business and enterprise