



Life Skills



Online Resources

Click the apps
to explore

xello

BBC Bitesize

Microsoft Teams

Criminal justice system - British Values :
How does our Criminal Justice System work?

Origins of democracy - What are the origins of British Democracy?

Voting and elections - Democracy, voting and elections. How does it all work and how do I get involved?

Voting systems - Politics, Participation + Government: Different ways of voting

Xello Lessons:
School subjects at work
Interest
Time management

What does it mean to be a British citizen - What does it mean to be a British Citizen?

Workplace enterprise skills - Work skills, enterprise skills and the work environment

Enterprising skills - What exactly is enterprise and what are enterprising skills and qualities?

Enterprising personalities - Enterprising people, their characteristics and suitable qualities for the workplace

Interpersonal skills - What are interpersonal skills and why do we need them?

FGM - what is it, why is it so serious and what can we all do to help?

Smoking and vaping - Smoking and vaping - is smoking really that bad and is vaping ok?

Class A, B and C drugs - How dangerous are drugs and what are the different types?



Year 7 Curriculum Overview

Year 7

Mindfulness - What is mindfulness? How can it help us with our mental health?

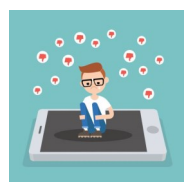
Depression - How can we keep good mental health and recognise symptoms of depression?

Bullying or Banter - what is and what isn't acceptable?

Friendship - Maintaining genuine friendships and avoiding toxic ones.

Love + Relationships - Romance, love, new feelings and teen relationships

Family Relationships - Families - what are the different types and does it matter what kind of family I have?



Cardinal Langley RC High School

