



# The LIFE Programme

## Year 7- Curriculum Map

### Contacts

If you have any queries or questions about our personal development curriculum, please contact us:

**L4L- PSHE Coordinator- Mrs Brickhill**

[sbrickhill@bishopschester.co.uk](mailto:sbrickhill@bishopschester.co.uk)

**Careers Advisor- Dr. Toczyski**

[ctoczyski@bishopschester.co.uk](mailto:ctoczyski@bishopschester.co.uk)

**Life Programme- Assistant**

**Headteacher- Dr Kay**

[dkay@bishopschester.co.uk](mailto:dkay@bishopschester.co.uk)

## Careers

### Career Opportunities

Students receive a road safety talk delivered by the police and an introduction to training programmes available through the police service.

## PD Day 2

### Mind, Body and Spirit Day / Liverpool Cathedral Visit

Students either engage in health and wellbeing activities in school or go out of school to visit places of worship in Liverpool and Chester.

## L4L

### Relationships and Sex Education

Healthy relationships, divorce and separation, bullying, diversity, and staying safe online- media literacy.

## Careers

### Careers Introduction

Students complete a baseline careers quiz and are introduced to Unifrog, our online careers platform.

Welcome introduction by Dr. Toczyski and Bishops' Careers Advisor.



Term 3

Term 2

Term 1

## PD Day 3

### Bishops' Social Action Award

Students engage in social action, community service and charitable activity to earn their Social Action Award.

## L4L

### Living in the Wider World

Employment skills, career options, recording activities, and links to a dream job.

### Citizenship

Democracy in the UK, parliament, voting and elections and political parties.

## Careers

### Careers Week

Employer assemblies will be delivered during Careers Week.

## PD Day 1

### Mind, Body and Spirit Day / Liverpool Cathedral Visit

Students either engage in health and wellbeing activities in school or go out of school to visit places of worship in Liverpool and Chester.

## L4L

### Health and Wellbeing

Vaping, balanced diet, FGM, puberty, physical and mental changes, social media.

Defining mental health and investigating social media and its influence on mental health.

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# The LIFE Programme

## Year 8 - Curriculum Map

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### Careers

Lessons 4 Life will deliver information about post 16 options and options events.

### PD Day 2

**First Aid Training & Leadership**  
Students will develop their appreciation of the importance of basic First Aid skills as well as have an opportunity to reflect on how they can develop leadership skills.

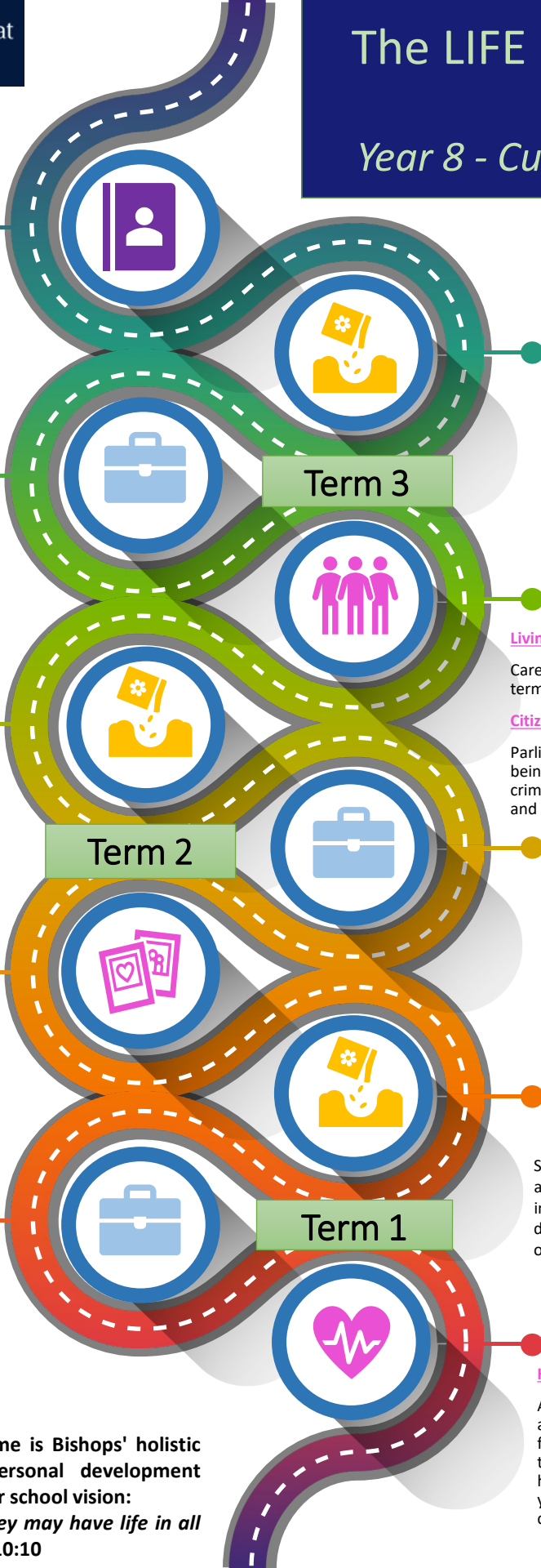
### L4L

**Relationships and Sex Education**  
Marriage; unhealthy relationships; consent, sexuality and gender identity; challenging gender stereotypes; interpreting information on the internet.

### Careers

Students will continue to log their career-related activities on Unifrog and will return to this record in Lessons 4 Life lessons later in the year.

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### PD Day 3

**Global Citizenship Day**  
To develop their understanding of their rights and responsibilities as global citizens, students will engage in activities that broaden their appreciation of injustice in the wider world.

### L4L

**Living in the Wider World**  
Careers- what success means, career terminology, and GCSE choices.  
**Citizenship**  
Parliament; political parties; the liberties of being a UK citizen; rules, laws and the criminal justice system; the police, courts and tribunals.

### Careers

**Careers Week**  
Employer assemblies will be delivered during Careers Week.

### PD Day 1

**Alcohol Awareness**  
**Financial Awareness**  
Students will take part in a range of activities and presentations aimed at improving their awareness of the dangers of alcohol and the importance of good money management.

### L4L

**Health and Wellbeing**  
Addictive substances, including alcohol; healthy lifestyles; exercising for physical and mental wellbeing; taking responsibility for your physical health; mental health; talking about your emotions; self-esteem and confidence; gambling.

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### Careers

-Labour market information assembly and assembly by the armed forces.  
-End of key stage 3 career knowledge questionnaires completed.

### PD Day 2

**Visiting Places of Worship**  
To support their understanding of key British values like mutual respect and tolerance, students will visit and experience a number of religious communities.

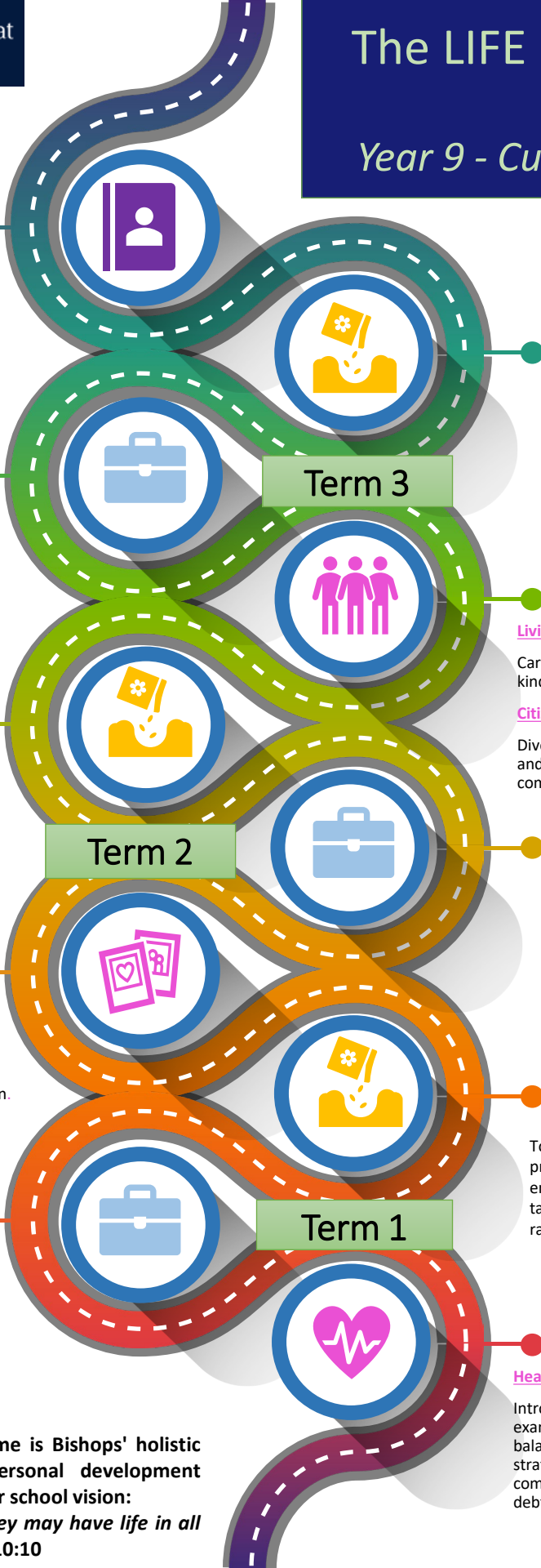
### L4L

**Relationships and Sex Education**  
Peer pressure, relationships and conflict; parenthood and family life; sex and consent online; sex and the media; recognising and preventing discrimination.

### Careers

Leadership will be explored during Lessons 4 Life and a further exploration of interests within and outside of school.

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### PD Day 3

**Being My Best Self – Aspiration Day**  
Students take part in wellbeing activities, target-setting for Year 10 and a self-esteem / public-speaking workshop.

### L4L

**Living in the Wider World**  
Careers treasure hunt; wellbeing and being kind to yourself; identifying interests.  
**Citizenship**  
Diversity and respect; public institutions and voluntary groups; improving communities.

### Careers

**Careers Week**  
-Employer assemblies delivered during Careers Week.  
-Options guidance linked to Unifrog.

### PD Day 1

**Diversity Day**  
To support their understanding of protected characteristics, students will engage with a range of activities and talks relating to sexual orientation and race.

### L4L

**Health and Wellbeing**  
Introduction to legal and illegal drugs; self-examination and vaccinations; achieving balance through a healthy lifestyle; strategies for mental health; good communication; budgeting, saving and debt.

