

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
- Careers Advisor- Dr. Toczyski**
ctoczyski@bishopschester.co.uk
- Life Programme- Assistant Headteacher- Dr Kay**
dkay@bishopschester.co.uk

Careers

Lessons for Life

Students will have lessons in skills and interests and how they are related to their future career choices.

They will have an assembly delivered by the police

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

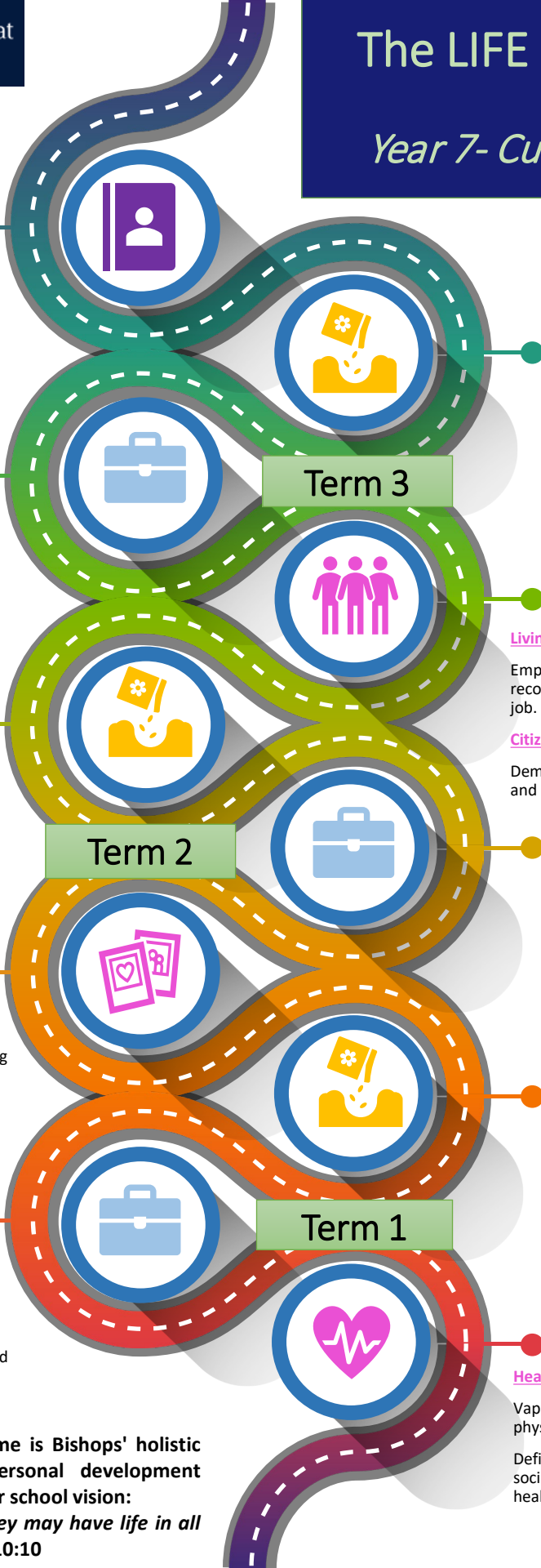
Careers Introduction

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

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



The LIFE Programme is Bishops' holistic programme of personal development and is based on our school vision: "I came so that they may have life in all its fullness." John 10:10



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.

The LIFE Programme

Year 8 - Curriculum Map

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Careers

Lessons for life
Students will learn about career terminology and find out what success looks like

PD Day 2

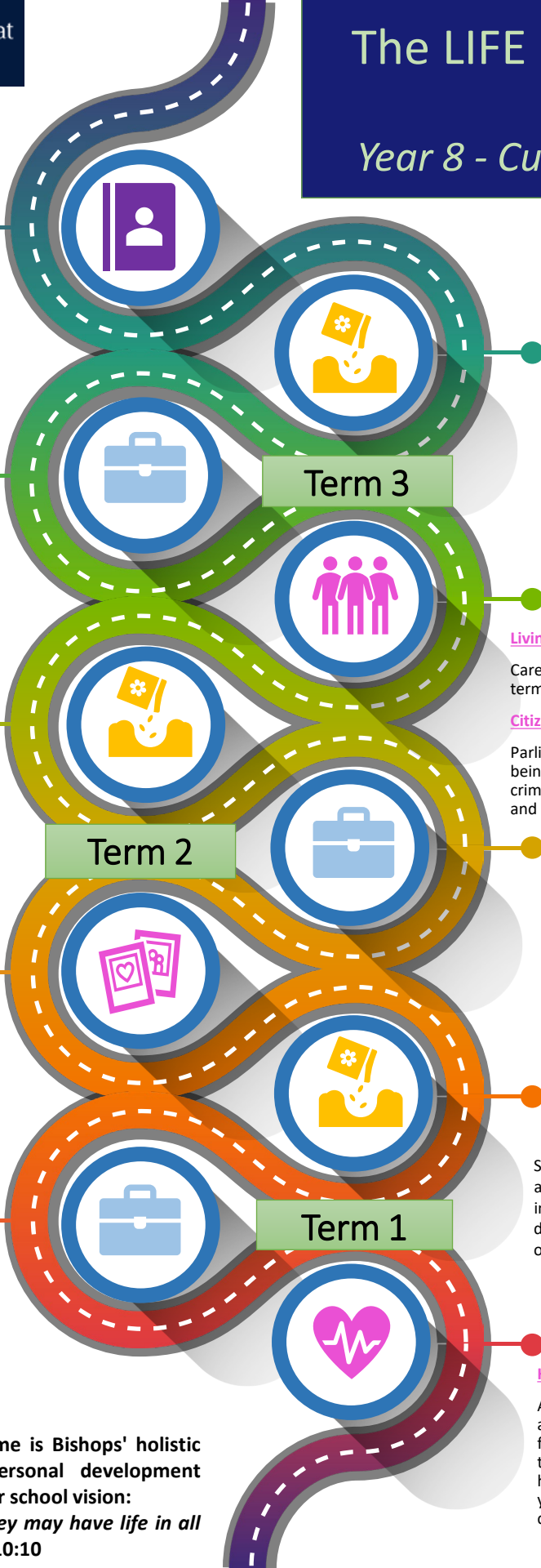
First Aid Training & Leadership
Students will develop their appreciation of the importance of basic First Aid skills as well as have an opportunity to reflect on how they can develop leadership skills.

L4L

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

Careers

Students will be encouraged to log activities on Unifrog



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

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

-End of key stage 3 career knowledge questionnaires completed.

PD Day 2

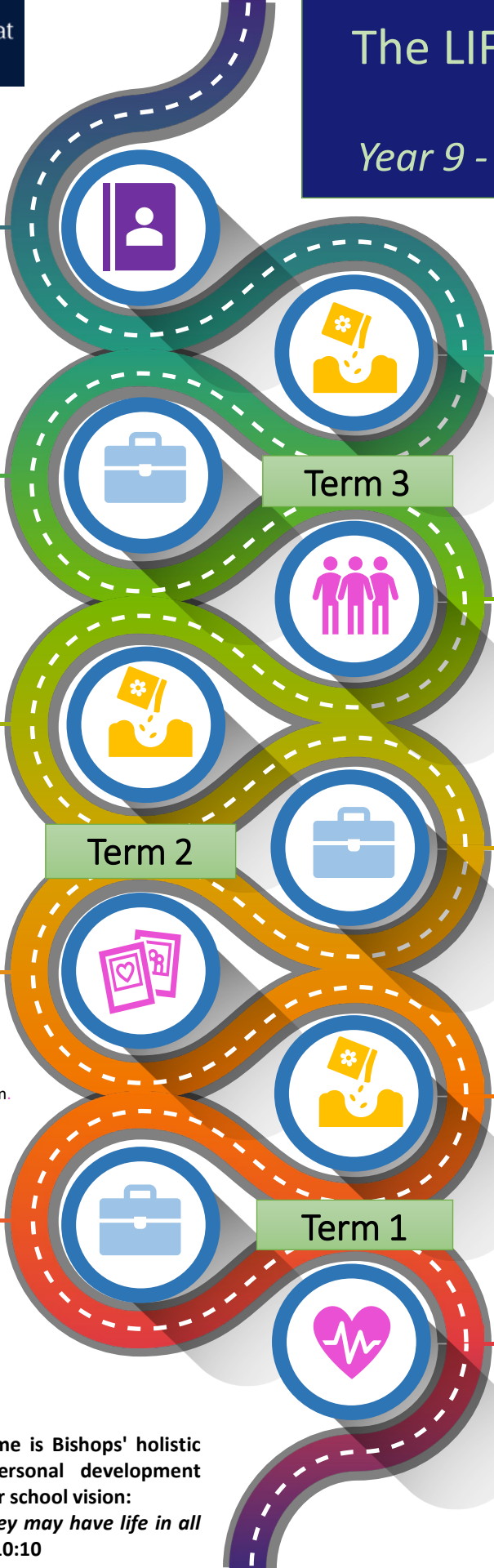
Visiting Places of Worship
To support their understanding of key British values like mutual respect and tolerance, students will visit and experience a number of religious communities.

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

- Labour market information assembly and assembly by the armed forces.



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. And career advisor group sessions for all students

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.

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Careers

Students will go to a college taster day by Cheshire college south and west.

Post year 11 destination webinar is delivered to all students

PD Day 2

Relationships and Sex Education

To help explore and develop an understanding of consent and appropriate language and behaviour in relationships, students take part in workshops using materials provided by Cheshire Constabulary and other external agencies.

L4L

Relationships and Sex Education

Understanding relationships; navigating social influences and peer pressure; challenging prejudice and discrimination; sexuality and gender; understanding pregnancy and your choices; choosing and accessing contraception.

Careers

Launch of work experience and support given to students to find a placement.



PD Day 3

Work Experience

Students take part in their work experience placements at this time, gaining invaluable experience and employability skills 'on the job'.

Term 3



L4L

Relationships and Sex Education

Staying safe online and protecting personal data

Living in the Wider World

Students prepare for their summer work experience placements as well as engaging in the iDEA Award, a Computing Award that supports both PSHE development and computing.

Term 2



Careers

Work experience support continues with support from careers advisor if necessary.



PD Day 1

Careers and Enterprise Day

To develop work-related and employability skills, as well as their understanding of business and industry, students will take part in an immersive and interactive day of team-building and enterprise activities.

Term 1



L4L

Health and Wellbeing

Alcohol: risks and consequences; healthy lifestyle; body image; recognising strengths in ourselves and others; managing risks in unsafe and emergency situations.



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Careers

Additional support and guidance for post-16 destinations and applications is offered to students who need it all the way through their final months at Bishops'. We do this to ensure that every child in our care has an appropriate and aspirational plan for their next steps.

PD Day 2

A Level Taster Day / College Trips

To support students who wish to stay at Bishops' into the 6th Form with their post-16 choices, taster lessons are provided for an A Level 6th Form Taster Day. Students who intend to study elsewhere will experience a trip to an alternative college for their post-16 taster experience.

L4L

Living in the Wider World

Staying safe online; Equality Act 2010; gambling and financial choices.

Health and Wellbeing

Accessing support for mental health; acknowledging skills and assets.

Careers

Assemblies delivered by Cheshire college concentrating on T-levels and the different courses available to students. Assemblies delivered on apprenticeships and one-to-one careers interviews provided by our careers advisor.

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Post-16 Support

Once our students finish their GCSEs, we continue to support them with their next steps, even if they do not stay at Bishops' for further study. Our Careers Advisor works with students after GCSE results day and our Careers Lead contacts all students in the autumn to offer support and help for sustained success at post-16.

L4L

Living in the Wider World

In the run-up to their exams, L4L explores strategies for mental well-being as well as revision and study skills to support success with the exam season.

Careers

Students will complete an application form and take part in a mock interview by an external company. One-to-one career interviews are given by our careers advisor.

PD Day 1

Future Destinations Day

To support students in making the right choices for post-16 study, training and employment, this day provides access to a range of workshops led by external education providers and employers.

L4L

Health and Wellbeing

Risks and consequences of illegal drugs; substance addiction; managing our health: services and support.

Relationships and Sex Education

Marriage and civil partnerships; understanding pornography; consent and intimacy; sexual health

