

Life Skills Curriculum

Life Skills at Maltby Academy

Introduction

The Maltby Academy curriculum is designed to deliver exceptional learning experiences that enable all young people to thrive academically, personally, and socially. Each subject curriculum is ambitious, coherently planned, and carefully sequenced to ensure that all students develop the knowledge, skills, and character required to succeed in a competitive world. Our key drivers: Teaching & Learning, Personal Development, Careers & CEIAG, Enrichment, and Behaviour & Attitudes underpin every aspect of our curriculum design.

Life Skills - intent statement

The PSHE and Life Skills curriculum at Maltby Academy ensures that students are prepared for life in modern Britain by equipping them with the knowledge and skills to make informed, responsible, and healthy choices. The curriculum addresses personal well-being, relationships, finance, citizenship, and careers, helping students to navigate challenges with confidence and resilience. It supports our key drivers by embedding Personal Development, providing strong Careers education, and enriching the wider curriculum with essential life skills. Teaching & Learning is interactive, reflective, and responsive to student needs, while enrichment activities and external partnerships broaden students' experiences. PSHE at Maltby Academy enables students to thrive academically, socially, and personally, preparing them for successful futures in education, employment, and life.

Why do we study Life Skills?

Life Skills education equips students with practical knowledge and personal development tools to navigate everyday life. It includes financial literacy, decision-making, emotional well-being, and career readiness, empowering students to become responsible, resilient adults.



Vocabulary and Substantive Knowledge Summary

The Life Skills curriculum at Maltby Academy supports students to become confident, responsible, and informed citizens. It develops knowledge and understanding across three key strands: health and well-being, relationships and personal development, and living in the wider world. Students learn how to make positive life choices, develop empathy and resilience, and prepare for adult life, employment, and participation in modern Britain.

Key Stage 3 – Life Skills

Vocabulary focus:

Students are introduced to key personal, social, and emotional vocabulary such as resilience, empathy, identity, equality, diversity, inclusion, consent, rights, responsibilities, mental health, wellbeing, and decision-making. They also begin using evaluative terms such as respect, tolerance, and self-awareness in discussions about personal and social issues.

Substantive knowledge themes:

- Understanding how to maintain physical and emotional health through healthy lifestyle choices.
- Exploring the importance of friendships, respect, and positive relationships.
- Learning about consent, personal safety, and managing peer influence.
- Recognising diversity, equality, and inclusion as central to community and identity.
- Developing financial literacy and understanding how to manage money responsibly.
- Exploring aspirations, careers, and pathways to future employment.
- Promoting resilience, growth mindset, and strategies for managing challenges and change.

Progression goal:

By the end of Key Stage 3, students can explain how health, relationships, and lifestyle choices affect wellbeing. They use Life Skills vocabulary confidently to discuss ethical and social issues and begin to demonstrate personal responsibility, empathy, and resilience in real-world and classroom contexts.

Key Stage 4 – Life Skills

Vocabulary focus:

Students extend their vocabulary to include key terms such as discrimination, exploitation, accountability, self-regulation, independence, consent, coercion, resilience, financial security, and employability. Analytical terms such as influence, consequence, and responsibility are used to evaluate complex social and ethical issues.

Substantive knowledge themes:

- Applying understanding of mental and physical health to manage stress and maintain wellbeing during exam years.
- Exploring personal identity, equality, and the impact of prejudice and discrimination.
- Understanding the law and individual rights in relation to relationships, online behaviour, and substance use.
- Analysing financial planning, budgeting, and the implications of debt and consumer choices.
- Investigating post-16 options, employability skills, and workplace behaviour.
- Evaluating how media and peer influence shape attitudes, identity, and decision-making.
- Promoting civic responsibility, community participation, and understanding of democracy and human rights.

Progression goal:

By the end of Key Stage 4, students can apply Life Skills knowledge to make informed, ethical, and responsible choices in health, relationships, and future planning. They confidently use subject vocabulary to discuss complex moral issues and demonstrate maturity, empathy, and critical thinking when evaluating the impact of decisions on themselves and others.

Key Stage 5 – Life Skills

Vocabulary focus:

Students master advanced terminology related to adulthood, employment, and wellbeing such as autonomy, integrity, accountability, professional conduct, mental resilience, financial independence, civic engagement, and sustainability. Evaluative terms such as leadership, responsibility, advocacy, and self-reflection are used to articulate their learning and development.

Substantive knowledge themes:

- Preparing for adulthood through independent living, financial management, and responsible decision-making.
- Understanding professional and ethical behaviour in education, employment, and relationships.
- Exploring mental health awareness, support strategies, and wellbeing in adulthood.
- Engaging in debate about moral, political, and social issues including equality, justice, and global citizenship.
- Developing understanding of digital footprint, online identity, and social responsibility.
- Building confidence and communication skills through leadership, mentoring, and community engagement.
- Reflecting on personal values, career aspirations, and contributions to society.

Progression goal:

By the end of Key Stage 5, students can demonstrate independence, self-awareness, and accountability in personal, academic, and professional contexts. They use advanced vocabulary fluently to discuss and evaluate ethical and societal issues, showing empathy, maturity, and an ability to make informed decisions as active, responsible citizens.

Across Key Stages 3 to 5

The Life Skills curriculum provides a coherent and progressive framework that builds emotional intelligence, resilience, and social responsibility. Students develop the confidence and vocabulary to discuss sensitive topics with empathy and respect. They leave Maltby Academy as well-rounded, informed individuals, ready to contribute positively to their communities and succeed in the wider world.




Appendix


39-week plans

Tier 3 vocabulary





 Life Skills Year 7							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Life skills introduction and MA key drivers.		Rights and Responsibilities		Healthy relationships and managing emotions		Bullying	
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Mental and Emotion Health		Puberty and Period Management		Relationships and Reproduction		Looking after my physical health	
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Healthy eating and oral hygiene.		Smoking, drugs and alcohol		Cancer myths and facts		Bereavement and coping with loss.	
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Lockdown Iprocedures		Child on child abuse		Online relationships and internet safety.		Sexual bullying	
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Road and rail safety		Safety in the community and ASB/CCE		Careers		The big community project	





 Life Skills Year 8							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
First Aid		Child on child abuse		Bullying		Substance Misuse	
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Alcohol and Safety		Peer Pressure, Gangs and County Lines		Crime and Punishment		Health and Fitness	
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Body Image		Mental and Emotional Health		Careers		Political Awareness and British Values	
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Freedom of Speech and Democracy		Sexting and online safety		Grooming and CSE		Gender Identity	
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Sexuality		Respect, love and relationships		Safety in the community and ASB		The Big Community Project	




 Life Skills Year 9							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Managing Stress and Mental Wellbeing		Body Image and self esteem.		Establishing health and risk associated with Cosmetic and Aesthetic Procedures		Christian response to evil and Suffering	
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Muslim and Buddhist responses to Evil and suffering		Poverty and Suffering		Animal Suffering		Conception, pregnancy and options	
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Contraception & STIs		Bullying		Relationships, honour-based violence and respect		Religion crime and punishment in society	
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
RCP Islam		RCP Christianity		Capital Punishment		Substance and alcohol abuse (impacts)	
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Grooming CSE		CCE and County Lines		Sexuality and gender identity (LGBTQ+)		Love Simon *	

 Life Skills Year 10							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Parenting		Fertility Pregnancy and miscarriage		Abortion		Contraception & STI's	
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Roles of men and women in Christianity		Roles of men and women in Islam		Religion Contraception, arranged marriage, forced marriage and FGM		Religion and divorce	
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Religion and gender identity				Positive role models		Harassment, Stalking and online relationships	
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Financial choices		Peer pressure, gangs and county lines		Child sexual exploitation		Extremism and radicalisation	
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Gender and the equality act		Anti-Social behaviour in the Community		Mental Health in young men		Work Experience	

 Life Skills Year 11							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Preparing for Year 11.		Key Drivers		Financial Capability		Relationships and Consent	
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Sexual Health and Contraception		Employability Skills		Post 16 Options		Future Success	
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Misogyny and INCEL culture		Conception, pregnancy and options		Physical Health, mental health and prevention		Online behaviours and pornography	
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Substance Misuse		Addiction		Binge Drinking and how to respond to an emergency		First Aid	
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Preparing for exams.							

 Life Skills Year 12							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Introduction and TSFP Leadership and Development Programme Launch		TSFP Leadership Development Programme Session 2		TSFP Leadership Development Programme Session 3		TSFP Leadership Development Programme Session 4	
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
The Power of Language		CV's		Fertility and Eoptict Pregnancy		Fertility and Conception	
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Pregnancy and Birth		Aboition and reproductive rights		Contraception and Sexual Health		First Aid	
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Trial Exam Window: Study Session		Alcohol and Substances		Harmful Sexual Behaviour and Honour Based Violence		Health, risk and prevention	
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Radicalisation and extremism		UCAS and Apprenticeship Launch		Trial Exam Window: Study Session		UCAS Points	

 Life Skills Year 13							
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Introduction to Life Skills and Expectations		UCAS/ Applications Personal Statments Session 1		UCAS/ Applications Personal Statments Session 2		UCAS/ Applications Personal Statments Session 3	
Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
UCAS/ Applications Personal Statments Session 4		UCAS/ Applications Personal Statments Final Session		Trial Exam Window: Study Session		Budgeting: The essentials	
Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
Budgeting: Life as an adult		Gambling and addiciton		Digital Footprint and online reputations		Sexual Health and Healthy Relationships	
Week 25	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32
Trial Exam Window: Study Session		Drugs and Alcohol Awareness		Staying safe/ travelling abroad		Exams	
Week 33	Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	
Exams		Exams					



Key Stage 3 – Tier 3 Vocabulary and Definitions

Life Skills – Year 7

Weeks 1–2

Curriculum Component: Life Skills Introduction and MA Key Drivers

Week	Curriculum Component	Tier 3 Vocabulary	Definition
1	Life Skills Introduction & MA Key Drivers	Life Skills	The personal and social abilities that enable individuals to make responsible and informed decisions.
1	Life Skills Introduction & MA Key Drivers	Maltby Key Drivers	The Academy's core principles guiding personal development and learning.
1	Life Skills Introduction & MA Key Drivers	Self-Awareness	Understanding one's own thoughts, emotions, and behaviours.
2	Life Skills Introduction & MA Key Drivers	Empathy	The ability to understand and share another person's feelings.
2	Life Skills Introduction & MA Key Drivers	Respect	Treating others with consideration and valuing differences.
2	Life Skills Introduction & MA Key Drivers	Responsibility	Being accountable for one's actions and duties.
2	Life Skills Introduction & MA Key Drivers	Resilience	The ability to recover and adapt when faced with difficulties.
2	Life Skills Introduction & MA Key Drivers	Growth Mindset	Belief that ability and intelligence can be developed through effort and learning.
2	Life Skills Introduction & MA Key Drivers	Community	A group of people living or working together with shared values or interests.
2	Life Skills Introduction & MA Key Drivers	Wellbeing	A state of being comfortable, healthy, and happy.

Weeks 3–4

Curriculum Component: Rights and Responsibilities

Week	Curriculum Component	Tier 3 Vocabulary	Definition
3	Rights and Responsibilities	Human Rights	Basic freedoms and protections every person is entitled to.
3	Rights and Responsibilities	Democracy	A system where people have a say in decisions through voting and representation.
3	Rights and Responsibilities	Rule of Law	The principle that everyone is subject to the law.
4	Rights and Responsibilities	Equality	Ensuring all individuals have the same opportunities and are treated fairly.
4	Rights and Responsibilities	Diversity	The inclusion and acceptance of different backgrounds, cultures, and beliefs.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
4	Rights and Responsibilities	Discrimination	Treating someone unfairly because of their identity or background.
4	Rights and Responsibilities	Prejudice	Judging someone without knowing them based on stereotypes.
4	Rights and Responsibilities	Inclusion	Valuing and respecting all individuals regardless of differences.
4	Rights and Responsibilities	Citizenship	The rights, responsibilities, and duties of being a member of society.

Weeks 5–8

Curriculum Component: Healthy Relationships and Managing Emotions / Bullying

Week	Curriculum Component	Tier 3 Vocabulary	Definition
5	Healthy Relationships	Relationship	A connection between people based on trust, respect, and communication.
5	Healthy Relationships	Healthy Relationship	One based on mutual respect, equality, and support.
5	Healthy Relationships	Consent	Giving permission freely and clearly for something to happen.
6	Managing Emotions	Boundaries	Personal limits that define what is acceptable in interactions.
6	Managing Emotions	Assertiveness	Expressing opinions and needs confidently and respectfully.
7	Bullying	Bullying	Repeated, intentional behaviour that hurts another individual physically or emotionally.
7	Bullying	Harassment	Unwanted behaviour that causes distress or alarm.
7	Bullying	Peer Pressure	Influence from others to behave in a certain way.
8	Bullying	Bystander	A person who witnesses harm but may not act.
8	Bullying	Upstander	Someone who speaks out or acts to stop bullying.
8	Bullying	Cyberbullying	Bullying that occurs through digital platforms or devices.
8	Bullying	Conflict Resolution	Finding peaceful solutions to disagreements.

Weeks 9–13

Curriculum Component: Mental & Emotional Health / Puberty & Reproduction

Week	Curriculum Component	Tier 3 Vocabulary	Definition
9	Mental and Emotional Health	Mental Health	A person's emotional, psychological, and social wellbeing.
9	Mental and Emotional Health	Stress	Physical or emotional tension caused by demanding situations.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
10	Mental and Emotional Health	Anxiety	Feelings of worry or fear about future events.
10	Mental and Emotional Health	Depression	Persistent sadness affecting daily life.
11	Puberty & Period Management	Puberty	Stage when the body develops into an adult body capable of reproduction.
11	Puberty & Period Management	Hormones	Chemicals regulating growth, mood, and body changes.
12	Puberty & Period Management	Menstruation	The monthly shedding of the uterine lining.
12	Puberty & Period Management	Period Hygiene	Safe and hygienic management of menstruation.
13	Relationships & Reproduction	Reproduction	The biological process of creating offspring.
13	Relationships & Reproduction	Body Image	How a person perceives their physical appearance.
13	Relationships & Reproduction	Self-Esteem	Confidence in one's own worth and abilities.
13	Relationships & Reproduction	Gender Identity	A person's internal sense of their gender.

Weeks 14–16

Curriculum Component: Physical Health

Week	Curriculum Component	Tier 3 Vocabulary	Definition
14	Looking After My Physical Health	Physical Health	The condition of the body and how well it functions.
14	Looking After My Physical Health	Exercise	Physical activity that improves strength and fitness.
15	Looking After My Physical Health	Nutrition	The process of taking in and using food for health.
15	Looking After My Physical Health	Balanced Diet	Eating the right amount from different food groups.
16	Looking After My Physical Health	Hydration	Maintaining the body's fluid balance.
16	Looking After My Physical Health	Sleep Hygiene	Habits that support good quality sleep.
16	Looking After My Physical Health	First Aid	Immediate help given to someone injured or unwell.

Weeks 17–23

Curriculum Component: Healthy Lifestyles / Substances / Bereavement

Week	Curriculum Component	Tier 3 Vocabulary	Definition
17	Healthy Eating & Oral Hygiene	Healthy Eating	Choosing foods that support wellbeing.



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Week	Curriculum Component	Tier 3 Vocabulary	Definition
17	Healthy Eating & Oral Hygiene	Oral Hygiene	Keeping the mouth clean and disease-free.
18	Smoking, Drugs & Alcohol	Addiction	Compulsive need for a substance despite harm.
18	Smoking, Drugs & Alcohol	Nicotine	Addictive chemical found in tobacco.
19	Smoking, Drugs & Alcohol	Alcohol	A depressant drug affecting judgement and health.
19	Smoking, Drugs & Alcohol	Drug Misuse	Using drugs in a harmful or illegal way.
20	Cancer Myths & Facts	Cancer Awareness	Understanding causes, symptoms, and prevention of cancer.
21	Bereavement	Bereavement	Experience of losing someone through death.
21	Bereavement	Grief	Emotional response to loss.
22	Bereavement	Coping Mechanism	Strategy used to manage emotional pain.
23	Bereavement	Support Network	People or services offering help during challenges.

Weeks 24–32

Curriculum Component: Safeguarding & Online Safety

Week	Curriculum Component	Tier 3 Vocabulary	Definition
24	Lockdown Procedures	Safeguarding	Protecting individuals from harm or abuse.
25	Child on Child Abuse	Child-on-Child Abuse	Harmful behaviour or exploitation between children.
26	Online Relationships & Internet Safety	Online Safety	Protecting personal information and wellbeing online.
26	Online Relationships & Internet Safety	Digital Footprint	The record of everything someone does online.
27	Online Relationships & Internet Safety	Privacy Settings	Controls protecting personal data on platforms.
28	Sexual Bullying	Sexual Harassment	Unwanted behaviour of a sexual nature.
28	Sexual Bullying	Coercion	Forcing someone to do something against their will.
29	Sexual Bullying	Consent	Agreement given freely and informed.

Weeks 33–39

Curriculum Component: Safety, Careers & Community

Week	Curriculum Component	Tier 3 Vocabulary	Definition
33	Road & Rail Safety	Road Safety	Awareness of traffic rules to prevent accidents.
33	Road & Rail Safety	Rail Safety	Safe behaviour around railways.
34	Community & ASB/CCE	Anti-Social Behaviour (ASB)	Behaviour causing harm or distress to others.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
34	Community & ASB/CCE	Child Criminal Exploitation (CCE)	Forcing a young person into criminal activity.
35	Careers	Career	A person's journey through learning and work.
35	Careers	Employability Skills	Skills such as teamwork and communication needed for work.
36	Careers	Apprenticeship	Paid job combining work and training.
37	Careers	Financial Literacy	Understanding money, budgeting, and saving.
38	Big Community Project	Community Project	Group activity benefiting local people.
39	Big Community Project	Leadership	Guiding and motivating others toward shared goals.

Life Skills – Year 8

Weeks 1–2

Curriculum Component: First Aid

Week	Curriculum Component	Tier 3 Vocabulary	Definition
1	First Aid	First Aid	Immediate help given to someone who is injured or suddenly unwell.
1	First Aid	Emergency	A serious or dangerous situation requiring immediate action.
1	First Aid	DR ABC	A mnemonic for assessing casualties: Danger, Response, Airway, Breathing, Circulation.
2	First Aid	CPR (Cardiopulmonary Resuscitation)	A life-saving technique used when someone's heart or breathing stops.
2	First Aid	Recovery Position	Safe body position for an unconscious but breathing person.
2	First Aid	Choking	When the airway is blocked and breathing is restricted.
2	First Aid	Shock	A serious condition where blood flow decreases, requiring urgent care.

Weeks 3–4

Curriculum Component: Child on Child Abuse

Week	Curriculum Component	Tier 3 Vocabulary	Definition
3	Child on Child Abuse	Safeguarding	Protecting individuals from harm, abuse, and neglect.
3	Child on Child Abuse	Child-on-Child Abuse	Harmful or exploitative behaviour by one child towards another.
3	Child on Child Abuse	Disclosure	When someone shares information about abuse or harm.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
4	Child on Child Abuse	Confidentiality	Keeping personal information private unless there is risk of harm.
4	Child on Child Abuse	Designated Safeguarding Lead (DSL)	The staff member responsible for managing safeguarding concerns.
4	Child on Child Abuse	Exploitation	Taking advantage of someone for personal or financial gain.
4	Child on Child Abuse	Support Services	Organisations offering help and advice (e.g. NSPCC, Childline).

Weeks 5–6

Curriculum Component: Bullying

Week	Curriculum Component	Tier 3 Vocabulary	Definition
5	Bullying	Bullying	Repeated, intentional behaviour causing harm.
5	Bullying	Cyberbullying	Bullying through technology or digital platforms.
5	Bullying	Perpetrator	The person carrying out harmful behaviour.
6	Bullying	Victim	The person affected by harm or bullying.
6	Bullying	Peer Pressure	Influence from others to behave in certain ways.
6	Bullying	Bystander	A person who witnesses harm but does not intervene.
6	Bullying	Upstander	Someone who challenges or reports bullying.

Weeks 7–8

Curriculum Component: Substance Misuse

Week	Curriculum Component	Tier 3 Vocabulary	Definition
7	Substance Misuse	Substance Misuse	Using drugs or alcohol in a harmful or illegal way.
7	Substance Misuse	Addiction	Physical or psychological dependence on a substance.
7	Substance Misuse	Tolerance	Needing more of a substance to achieve the same effect.
8	Substance Misuse	Withdrawal	Symptoms that occur when stopping an addictive substance.
8	Substance Misuse	Nicotine	Highly addictive chemical found in tobacco and vapes.
8	Substance Misuse	Classification System	Legal drug categories: Class A, B, and C.
8	Substance Misuse	Gateway Drug	Substance that may lead to use of more harmful drugs.

Weeks 9–10

Curriculum Component: Alcohol and Safety

Week	Curriculum Component	Tier 3 Vocabulary	Definition
9	Alcohol and Safety	Alcohol	A depressant substance affecting the brain and body.

Week Curriculum Component Tier 3 Vocabulary Definition

9	Alcohol and Safety	Intoxication	The physical and mental effects of consuming alcohol.
9	Alcohol and Safety	Binge Drinking	Drinking excessive alcohol in a short time.
10	Alcohol and Safety	Drink-Driving	Driving while over the legal alcohol limit.
10	Alcohol and Safety	Personal Safety	Strategies to reduce risk in public or unsafe situations.
10	Alcohol and Safety	Alcohol Poisoning	Dangerous condition caused by excessive drinking.

Weeks 11–12

Curriculum Component: Peer Pressure, Gangs and County Lines

Week Curriculum Component Tier 3 Vocabulary Definition

11	Peer Pressure & County Lines	Gangs	Groups often involved in criminal or antisocial activity.
11	Peer Pressure & County Lines	County Lines	Criminal networks exploiting young people to transport drugs.
11	Peer Pressure & County Lines	Recruitment	Persuading or forcing someone into criminal activity.
12	Peer Pressure & County Lines	Knife Crime	Offences involving possession or use of weapons.
12	Peer Pressure & County Lines	Exploitation	Taking advantage of someone for criminal or financial gain.

Weeks 13–14

Curriculum Component: Crime and Punishment

Week Curriculum Component Tier 3 Vocabulary Definition

13	Crime and Punishment	Crime	An act that breaks the law.
13	Crime and Punishment	Punishment	A penalty imposed for breaking the law.
13	Crime and Punishment	Youth Justice System	Legal process for crimes committed by young people.
14	Crime and Punishment	Rehabilitation	Support helping offenders reintegrate and avoid reoffending.
14	Crime and Punishment	Restorative Justice	Repairing harm by bringing victim and offender together.
14	Crime and Punishment	Law Enforcement	Organisations that uphold the law (e.g. police, courts).

Weeks 15–16

Curriculum Component: Health and Fitness

Week Curriculum Component Tier 3 Vocabulary Definition

15	Health and Fitness	Health	Complete physical, mental, and social wellbeing.
15	Health and Fitness	Fitness	Ability to perform physical activity effectively.
15	Health and Fitness	BMI (Body Mass Index)	Measure comparing weight to height.
16	Health and Fitness	Endorphins	Chemicals released during exercise that improve mood.
16	Health and Fitness	Work-Life Balance	Managing time between responsibilities and wellbeing.
16	Health and Fitness	Stress Management	Techniques used to manage pressure.

Weeks 17–21

Curriculum Component: Body Image, Mental Health and Careers

Week	Curriculum Component	Tier 3 Vocabulary	Definition
17	Body Image	Body Image	How someone perceives and feels about their body.
17	Body Image	Comparison Culture	Comparing oneself to others, often online.
18	Mental and Emotional Health	Mental Health	Emotional and psychological wellbeing.
18	Mental and Emotional Health	Stigma	Negative attitudes about mental illness.
19	Mental and Emotional Health	Mindfulness	Focusing on the present moment to reduce stress.
20	Careers	Career	A person's journey through learning and work.
20	Careers	Aspirations	Goals or ambitions for the future.
21	Careers	Curriculum Vitae (CV)	Document outlining education and experience.
21	Careers	Transferable Skills	Skills useful across different jobs.

Weeks 22–24

Curriculum Component: Political Awareness and British Values

Week	Curriculum Component	Tier 3 Vocabulary	Definition
22	Political Awareness & British Values	Democracy	System where citizens elect representatives.
22	Political Awareness & British Values	Rule of Law	Everyone is subject to the law.
23	Political Awareness & British Values	Individual Liberty	Right to make personal choices freely.
23	Political Awareness & British Values	Tolerance	Respecting differences in beliefs and identity.
24	Political Awareness & British Values	Parliament	Body responsible for making UK laws.
24	Political Awareness & British Values	Citizenship	Rights and duties of being a member of a nation.

Weeks 25–29

Curriculum Component: Freedom, Online Safety and Grooming

Week	Curriculum Component	Tier 3 Vocabulary	Definition
25	Freedom of Speech & Democracy	Freedom of Speech	Right to express opinions without censorship.
25	Freedom of Speech & Democracy	Censorship	Restricting access to information.
26	Sexting & Online Safety	Digital Footprint	Record of online activity.
26	Sexting & Online Safety	Privacy Settings	Controls limiting who sees personal information.
27	Grooming & CSE	Grooming	Manipulative behaviour to build trust for exploitation.
27	Grooming & CSE	CSE (Child Sexual Exploitation)	Manipulating a young person into sexual activity.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
28	Grooming & CSE	Coercion	Pressuring someone to act against their will.
29	Grooming & CSE	Boundaries	Personal limits defining acceptable behaviour.

Weeks 30–32

Curriculum Component: Gender Identity

Week	Curriculum Component	Tier 3 Vocabulary	Definition
30	Gender Identity	Gender Identity	A person's internal sense of their gender.
30	Gender Identity	Biological Sex	Physical characteristics defining sex.
31	Gender Identity	Transgender	Gender identity differs from sex assigned at birth.
31	Gender Identity	Non-Binary	Not identifying exclusively as male or female.
32	Gender Identity	Pronouns	Words used to refer to someone (e.g. he, she, they).
32	Gender Identity	Gender Stereotypes	Oversimplified ideas about gender roles.

Weeks 33–39

Curriculum Component: Sexuality, Community and Big Community Project

Week	Curriculum Component	Tier 3 Vocabulary	Definition
33	Sexuality	Sexuality	How people experience romantic or sexual attraction.
33	Sexuality	Consent	Freely given permission for any action.
34	Respect, Love & Relationships	Relationship	Bond based on trust and respect.
34	Respect, Love & Relationships	Equality	Fairness and mutual respect in relationships.
35	Safety in Community & ASB	Anti-Social Behaviour (ASB)	Behaviour causing harm or distress locally.
36	Big Community Project	Volunteering	Offering time and skills to help others.
37	Big Community Project	Community Project	Activity designed to benefit local people.
38	Big Community Project	Active Citizenship	Participating positively in community life.
39	Big Community Project	Leadership	Guiding others toward shared goals.

Life Skills – Year 9

Weeks 1–2

Curriculum Component: Managing Stress and Mental Wellbeing

Week	Curriculum Component	Tier 3 Vocabulary	Definition
1	Managing Stress and Mental Wellbeing	Wellbeing	A balanced state of physical, mental, and emotional health.
1	Managing Stress and Mental Wellbeing	Stress	The body's response to pressure or difficult situations.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
1	Managing Stress and Mental Wellbeing	Coping Mechanism	A strategy used to manage stress and emotions.
1	Managing Stress and Mental Wellbeing	Mindfulness	Focusing on the present moment to manage thoughts and feelings.
1	Managing Stress and Mental Wellbeing	Resilience	The ability to recover and adapt when faced with difficulty.
2	Managing Stress and Mental Wellbeing	Self-Care	Actions taken to maintain health and reduce stress.
2	Managing Stress and Mental Wellbeing	Anxiety	Persistent worry or fear that affects daily life.
2	Managing Stress and Mental Wellbeing	Depression	Long-term low mood or loss of interest impacting daily functioning.
2	Managing Stress and Mental Wellbeing	Sleep Hygiene	Habits and routines that support good quality sleep.
2	Managing Stress and Mental Wellbeing	Support Network	People and services that provide emotional or practical help.
2	Managing Stress and Mental Wellbeing	Therapy	Professional support to improve mental health and wellbeing.
2	Managing Stress and Mental Wellbeing	Stigma	Negative attitudes or beliefs that discourage seeking help.

Weeks 3–4

Curriculum Component: Body Image and Self-Esteem

Week	Curriculum Component	Tier 3 Vocabulary	Definition
3	Body Image and Self-Esteem	Body Image	How someone thinks and feels about their appearance.
3	Body Image and Self-Esteem	Self-Esteem	Confidence in one's worth and abilities.
3	Body Image and Self-Esteem	Media Influence	The impact media has on beliefs, attitudes, or self-perception.
3	Body Image and Self-Esteem	Photoshop	Digital editing that alters a person's appearance in images.
4	Body Image and Self-Esteem	Comparison Culture	Comparing oneself to others, often via social media.
4	Body Image and Self-Esteem	Influencer	Online figure who shapes opinions or behaviours of others.
4	Body Image and Self-Esteem	Positive Body Image	Accepting and valuing one's body.
4	Body Image and Self-Esteem	Negative Body Image	Feeling unhappy, ashamed, or anxious about appearance.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
4	Body Image and Self-Esteem	Plastic Surgery	Medical procedures that permanently alter appearance.
4	Body Image and Self-Esteem	Healthy Lifestyle	Balanced habits supporting physical and mental health.

Weeks 5–6

Curriculum Component: Health Risks and Cosmetic/Aesthetic Procedures

Week	Curriculum Component	Tier 3 Vocabulary	Definition
5	Cosmetic/Aesthetic Procedures	Cosmetic Procedure	Treatment intended to enhance appearance.
5	Cosmetic/Aesthetic Procedures	Aesthetic Treatment	Non-surgical procedure improving appearance (e.g. fillers).
5	Cosmetic/Aesthetic Procedures	Surgical Procedure	An operation that alters the body and usually has longer recovery.
5	Cosmetic/Aesthetic Procedures	Informed Consent	Permission given with full understanding of risks and benefits.
6	Cosmetic/Aesthetic Procedures	Regulation	Rules and laws that ensure safe and ethical practice.
6	Cosmetic/Aesthetic Procedures	Body Dysmorphia	Mental health condition involving distressing focus on perceived flaws.
6	Cosmetic/Aesthetic Procedures	Addiction to Surgery	Compulsive drive to pursue repeated cosmetic change.
6	Cosmetic/Aesthetic Procedures	Health Risk	The chance of harm or negative outcomes.
6	Cosmetic/Aesthetic Procedures	Aftercare	Support and guidance following a treatment or procedure.
6	Cosmetic/Aesthetic Procedures	Ethics	Moral principles guiding choices about right and wrong.

Weeks 7–10

Curriculum Component: Religious Responses to Evil and Suffering

(Week 7–8: Christian response; Week 9–10: Muslim and Buddhist responses)

Week	Curriculum Component	Tier 3 Vocabulary	Definition
7	Religious Responses: Evil and Suffering	Evil	Actions or forces that cause harm or wrongdoing.
7	Religious Responses: Evil and Suffering	Suffering	The experience of pain, distress, or hardship.
7	Religious Responses: Evil and Suffering	Moral Evil	Harm caused by human actions (e.g. violence).

Week	Curriculum Component	Tier 3 Vocabulary	Definition
8	Religious Responses: Evil and Suffering	Natural Evil	Suffering caused by natural events (e.g. disease, disasters).
8	Religious Responses: Evil and Suffering	Free Will	The ability to make independent choices.
8	Religious Responses: Evil and Suffering	Theodicy	Religious explanation for why a good God allows suffering.
9	Religious Responses: Evil and Suffering	Compassion	Sympathy and a desire to help those who suffer.
9	Religious Responses: Evil and Suffering	Forgiveness	Letting go of anger towards someone who has caused harm.
9	Religious Responses: Evil and Suffering	Christian Response	View that suffering can have meaning and lead to growth/forgiveness.
10	Religious Responses: Evil and Suffering	Muslim Response	View that suffering may test faith and strengthen submission to Allah.
10	Religious Responses: Evil and Suffering	Buddhist Response	View that suffering (dukkha) is part of life and can be reduced through practice.
10	Religious Responses: Evil and Suffering	Charity (Zakat)	Giving to those in need as a religious duty in Islam.

Weeks 11–14

Curriculum Component: Poverty, Suffering, and Animal Welfare

Week	Curriculum Component	Tier 3 Vocabulary	Definition
11	Poverty and Suffering	Poverty	Living without enough resources to meet basic needs.
11	Poverty and Suffering	Inequality	Unequal access to wealth, opportunity, or power.
11	Poverty and Suffering	Charity	Voluntary giving to support people in need.
12	Poverty and Suffering	Fair Trade	Ensuring producers are paid fairly and treated ethically.
12	Poverty and Suffering	Exploitation	Taking unfair advantage of someone's work or situation.
13	Animal Welfare	Animal Welfare	Ethical treatment and protection of animals.
13	Animal Welfare	Animal Testing	Using animals in research, often for medicines/cosmetics.
14	Animal Welfare	Factory Farming	Intensive farming prioritising high output, often harming welfare.
14	Animal Welfare	Veganism	Avoiding animal products for ethical/environmental reasons.
14	Animal Welfare	Stewardship	Belief humans should care for the world and living creatures.
14	Animal Welfare	Dominion	Belief humans have authority over nature/animals (religious idea).

Weeks 15–16

Curriculum Component: Conception, Pregnancy, and Options

Week	Curriculum Component	Tier 3 Vocabulary	Definition
15	Conception and Pregnancy	Conception	Fertilisation of an egg by a sperm to create new life.
15	Conception and Pregnancy	Pregnancy	Period when a baby develops in the womb.
15	Conception and Pregnancy	Embryo	Early stage of development after conception.
16	Conception and Pregnancy	Foetus	Developing human from around eight weeks until birth.
16	Conception and Pregnancy	Abortion	Intentional termination of a pregnancy.
16	Conception and Pregnancy	Pro-Life	Belief that abortion is morally wrong and life must be protected.
16	Conception and Pregnancy	Pro-Choice	Belief individuals should decide whether to continue a pregnancy.
16	Conception and Pregnancy	Adoption	Legally taking another person's child into one's family.
16	Conception and Pregnancy	Contraception	Methods used to prevent pregnancy.
16	Conception and Pregnancy	Sexual Health	Wellbeing related to sexuality and relationships.
16	Conception and Pregnancy	Fertility Treatment	Medical support to help people conceive.

Weeks 17–21

Curriculum Component: Contraception, STIs, and Respectful Relationships

(Includes honour-based violence and respect, per the plan)

Week	Curriculum Component	Tier 3 Vocabulary	Definition
17	Contraception & STIs	STI (Sexually Transmitted Infection)	Infection passed through sexual contact.
17	Contraception & STIs	Barrier Method	Contraception preventing sperm reaching an egg (e.g. condom).
18	Contraception & STIs	Hormonal Contraception	Methods using hormones to prevent pregnancy.
18	Contraception & STIs	Abstinence	Choosing not to engage in sexual activity.
19	Respectful Relationships	Consent	Freely given permission for sexual activity.
19	Respectful Relationships	Mutual Respect	Valuing another person's rights, choices, and boundaries.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
20	Respectful Relationships	Honour-Based Violence	Abuse committed to protect perceived family/cultural "honour".
20	Respectful Relationships	Forced Marriage	Marriage without free and full consent of both parties.
21	Respectful Relationships	Domestic Abuse	Controlling, threatening, or violent behaviour by a partner/family member.
21	Respectful Relationships	Healthy Relationship	Relationship based on equality, trust, and communication.
21	Respectful Relationships	Empathy	Understanding and sharing another person's feelings.

Weeks 22–24

Curriculum Component: Religion, Crime, and Punishment in Society

Week	Curriculum Component	Tier 3 Vocabulary	Definition
22	Religion, Crime and Punishment	Justice	Fair treatment and what is morally right.
22	Religion, Crime and Punishment	Deterrence	Punishment designed to discourage crime.
23	Religion, Crime and Punishment	Retribution	Punishment as revenge or "getting even" for wrongdoing.
23	Religion, Crime and Punishment	Reformation	Changing offender behaviour to reduce reoffending.
24	Religion, Crime and Punishment	Forgiveness	Letting go of resentment and choosing to pardon wrongdoing.
24	Religion, Crime and Punishment	Conscience	A person's inner sense of right and wrong.
24	Religion, Crime and Punishment	Sin	Behaviour that goes against religious or moral law.
24	Religion, Crime and Punishment	Law	System of rules governing behaviour.
24	Religion, Crime and Punishment	Social Order	Stability maintained by laws and moral expectations.
24	Religion, Crime and Punishment	Redemption	Making amends and achieving moral improvement after wrongdoing.

Weeks 25–29

Curriculum Component: RCP Islam, RCP Christianity, and Capital Punishment

Week	Curriculum Component	Tier 3 Vocabulary	Definition
25	RCP Islam	Religious Crime and Punishment (RCP)	Study of how religions view justice, sin, and consequences.
25	RCP Islam	Islamic Law (Sharia)	Religious law derived from the Qur'an and Hadith.
26	RCP Islam	Human Rights	Basic freedoms and protections every person is entitled to.
27	RCP Christianity	Christian Ethics	Moral principles based on the teachings of Jesus.
28	RCP Christianity	Restorative Justice	Repairing harm by rebuilding relationships after wrongdoing.
29	Capital Punishment	Capital Punishment	The death penalty for serious crimes.
29	Capital Punishment	Sanctity of Life	Belief that all human life is sacred and should be protected.
29	Capital Punishment	Equality before the Law	Principle that everyone is treated the same legally.
29	Capital Punishment	Moral Responsibility	Being accountable for one's actions and choices.
29	Capital Punishment	Deterrent	Something that discourages people from committing crimes.

Weeks 30–32

Curriculum Component: Substance and Alcohol Abuse (Impacts)

Week	Curriculum Component	Tier 3 Vocabulary	Definition
30	Substance and Alcohol Abuse	Substance Abuse	Harmful or hazardous use of psychoactive substances.
30	Substance and Alcohol Abuse	Alcoholism	Dependency on alcohol affecting health and relationships.
31	Substance and Alcohol Abuse	Addiction	Compulsion to use a substance despite harm.
31	Substance and Alcohol Abuse	Rehabilitation	Treatment and support to recover from addiction.
31	Substance and Alcohol Abuse	Tolerance	Needing more of a substance to feel the same effect.
32	Substance and Alcohol Abuse	Withdrawal	Symptoms after stopping an addictive substance.
32	Substance and Alcohol Abuse	Drug Classification	Legal system categorising drugs (A, B, C).
32	Substance and Alcohol Abuse	Health Consequences	Physical or mental impacts of substance misuse.
32	Substance and Alcohol Abuse	Peer Influence	Effect of others' opinions/behaviour on choices.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
32	Substance and Alcohol Abuse	Support Services	Organisations providing help with addiction/recovery.

Weeks 33–36

Curriculum Component: Grooming, CSE, CCE and County Lines

Week	Curriculum Component	Tier 3 Vocabulary	Definition
33	Grooming and Exploitation	Grooming	Building trust to exploit or abuse someone.
33	Grooming and Exploitation	Child Sexual Exploitation (CSE)	Manipulating a child into sexual activity for gain.
34	Grooming and Exploitation	Child Criminal Exploitation (CCE)	Forcing/coercing a young person into criminal activity.
35	CCE and County Lines	County Lines	Drug networks exploiting young people to transport substances.
35	CCE and County Lines	Coercion	Pressuring someone into doing something against their will.
35	CCE and County Lines	Manipulation	Influencing someone unfairly for personal advantage.
36	CCE and County Lines	Exploitation	Taking advantage of someone for personal gain.
36	CCE and County Lines	Trafficking	Moving people illegally for exploitation.
36	CCE and County Lines	Vulnerability	Being more at risk of harm or exploitation.
36	CCE and County Lines	Safeguarding	Protecting children and young people from abuse or neglect.

Weeks 37–39

Curriculum Component: Sexuality and Gender Identity (LGBTQ+) and Love Simon

Week	Curriculum Component	Tier 3 Vocabulary	Definition
37	Sexuality and Gender Identity	Sexuality	How people experience romantic or sexual attraction.
37	Sexuality and Gender Identity	Gender Identity	A person's internal sense of their gender.
37	Sexuality and Gender Identity	LGBTQ+	Inclusive term for lesbian, gay, bisexual, transgender, queer and others.
38	Sexuality and Gender Identity	Transgender	Gender identity differs from sex assigned at birth.
38	Sexuality and Gender Identity	Non-Binary	Not identifying exclusively as male or female.
38	Sexuality and Gender Identity	Gender Expression	How a person presents gender through appearance/behaviour.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
39	Sexuality and Gender Identity	Respect	Valuing others' feelings, beliefs, and identities.
39	Sexuality and Gender Identity	Equality	Treating everyone fairly and without discrimination.
39	Sexuality and Gender Identity	Diversity	Range of differences, including culture, identity, and orientation.
39	Sexuality and Gender Identity	Acceptance	Recognising and valuing others without judgement.
39	Sexuality and Gender Identity	Love	A deep emotional connection or affection between people.

Key Stage 4 – Tier 3 Vocabulary and Definitions

Life Skills – Year 10

Weeks 1–2

Curriculum Component: Parenting

Week	Curriculum Component	Tier 3 Vocabulary	Definition
1	Parenting	Parenting	The process of raising and nurturing a child to adulthood.
1	Parenting	Responsibility	The duty of care and decision-making for a child's wellbeing.
1	Parenting	Attachment	The emotional bond between a parent and child.
2	Parenting	Discipline	Setting and maintaining behavioural expectations.
2	Parenting	Boundaries	Clear rules to promote safety and respect.
2	Parenting	Parental Leave	Time off work granted to care for a new child.
2	Parenting	Support Network	Family, friends, or organisations that provide assistance.

Weeks 3–4

Curriculum Component: Fertility, Pregnancy and Miscarriage

Week	Curriculum Component	Tier 3 Vocabulary	Definition
3	Fertility, Pregnancy and Miscarriage	Fertility	The natural ability to conceive a child.
3	Fertility, Pregnancy and Miscarriage	Infertility	Difficulty or inability to conceive.
3	Fertility, Pregnancy and Miscarriage	Pregnancy	The period during which a baby develops in the womb.
4	Fertility, Pregnancy and Miscarriage	Embryo	An early stage of development after fertilisation.
4	Fertility, Pregnancy and Miscarriage	Foetus	A developing baby after eight weeks of pregnancy.
4	Fertility, Pregnancy and Miscarriage	Antenatal Care	Health monitoring and support during pregnancy.
4	Fertility, Pregnancy and Miscarriage	Miscarriage	The loss of a pregnancy before 24 weeks.

Weeks 5–6

Curriculum Component: Abortion

Week	Curriculum Component	Tier 3 Vocabulary	Definition
5	Abortion	Abortion	The deliberate termination of a pregnancy.
5	Abortion	Pro-Choice	The belief that individuals should decide about abortion.
6	Abortion	Pro-Life	The belief that life begins at conception and abortion is morally wrong.
6	Abortion	Informed Consent	Permission given with full understanding of risks and implications.

Weeks 7–8

Curriculum Component: Contraception & STIs

Week	Curriculum Component	Tier 3 Vocabulary	Definition
7	Contraception & STIs	Contraception	Methods used to prevent pregnancy.
7	Contraception & STIs	Barrier Method	Physical prevention of fertilisation (e.g. condom).
8	Contraception & STIs	Hormonal Method	Use of hormones to prevent ovulation (e.g. pill, implant).
8	Contraception & STIs	STI (Sexually Transmitted Infection)	An infection spread through sexual contact.
8	Contraception & STIs	Safe Sex	Behaviour that reduces the risk of pregnancy and infection.
8	Contraception & STIs	Consent	Voluntary agreement to participate in any activity.

Weeks 9–10

Curriculum Component: Roles of Men and Women in Christianity

Week	Curriculum Component	Tier 3 Vocabulary	Definition
9	Roles in Christianity	Christianity	The religion based on the life and teachings of Jesus Christ.
9	Roles in Christianity	Gender Roles	Societal expectations about how men and women should behave.
10	Roles in Christianity	Equality	Ensuring individuals have the same rights and opportunities.
10	Roles in Christianity	Faith Community	A group of people who share religious beliefs and practices.
10	Roles in Christianity	Inclusion	Ensuring all people feel valued and respected.

Weeks 11–12

Curriculum Component: Roles of Men and Women in Islam

Week	Curriculum Component	Tier 3 Vocabulary	Definition
11	Roles in Islam	Islam	The religion founded on the teachings of the Prophet Muhammad.
11	Roles in Islam	Gender Roles	Societal expectations about how men and women should behave.

Week Curriculum Component Tier 3 Vocabulary Definition

12	Roles in Islam	Equality	Ensuring individuals have the same rights and opportunities.
12	Roles in Islam	Faith Community	A group of people who share religious beliefs and practices.
12	Roles in Islam	Inclusion	Ensuring all people feel valued and respected.

Weeks 13–14

Curriculum Component: Religion, Contraception, Arranged Marriage, Forced Marriage and FGM

Week	Curriculum Component	Tier 3 Vocabulary	Definition
13	Religion and Marriage	Arranged Marriage	A union set up by families with consent of both partners.
13	Religion and Marriage	Forced Marriage	A marriage without the free consent of one or both parties.
14	Religion and Marriage	FGM (Female Genital Mutilation)	Illegal removal/alteration of female genitalia for non-medical reasons.
14	Religion and Marriage	Contraception	Methods used to prevent pregnancy.
14	Religion and Marriage	Consent	Voluntary agreement to participate in any activity.

Weeks 15–16

Curriculum Component: Religion and Divorce

Week Curriculum Component Tier 3 Vocabulary Definition

15	Religion and Divorce	Divorce	The legal ending of a marriage.
15	Religion and Divorce	Religious Divorce	Separation according to faith-based laws or traditions.
16	Religion and Divorce	Equality	Ensuring individuals have the same rights and opportunities.
16	Religion and Divorce	Faith Community	A group of people who share religious beliefs and practices.

Weeks 17–18

Curriculum Component: Religion and Gender Identity

Week	Curriculum Component	Tier 3 Vocabulary	Definition
17	Religion and Gender Identity	Gender Identity	A person's internal understanding of their gender.
17	Religion and Gender Identity	Inclusion	Ensuring all people feel valued and respected.
18	Religion and Gender Identity	Equality	Ensuring individuals have the same rights and opportunities.
18	Religion and Gender Identity	Respect	Treating others with care and valuing differences.

Weeks 19–20

Curriculum Component: Consolidation / Flexible Delivery (no specific content stated on plan)

Week	Curriculum Component	Tier 3 Vocabulary	Definition
19	Consolidation / Flexible Delivery	Wellbeing	A balanced state of mental and emotional health.
20	Consolidation / Flexible Delivery	Safeguarding	Protecting individuals from abuse, harm, or neglect.

Weeks 21–22

Curriculum Component: Positive Role Models

Week	Curriculum Component	Tier 3 Vocabulary	Definition
21	Positive Role Models	Role Model	Someone whose behaviour inspires others to act positively.
21	Positive Role Models	Respect	Treating others with care and valuing differences.
22	Positive Role Models	Responsibility	Being accountable for actions and choices.
22	Positive Role Models	Resilience	The ability to cope and recover from difficulties.

Weeks 23–24

Curriculum Component: Harassment, Stalking and Online Relationships

Week	Curriculum Component	Tier 3 Vocabulary	Definition
23	Harassment / Stalking / Online	Harassment	Unwanted behaviour that causes distress or offence.
23	Harassment / Stalking / Online	Stalking	Repeated, unwanted attention or contact causing fear.
23	Harassment / Stalking / Online	Healthy Relationship	A bond based on mutual respect, trust, and equality.
24	Harassment / Stalking / Online	Boundaries	Personal limits defining acceptable behaviour.
24	Harassment / Stalking / Online	Online Relationship	A connection formed through digital communication.
24	Harassment / Stalking / Online	Digital Footprint	The record of a person's online activities.
24	Harassment / Stalking / Online	Exploitation	Taking unfair advantage of someone for gain.
24	Harassment / Stalking / Online	Safeguarding	Protecting individuals from abuse, harm, or neglect.

Weeks 25–26

Curriculum Component: Financial Choices

Week	Curriculum Component	Tier 3 Vocabulary	Definition
25	Financial Choices	Budget	A financial plan outlining income and expenditure.
25	Financial Choices	Savings	Money set aside for future needs.
26	Financial Choices	Credit	Borrowed money that must be repaid.
26	Financial Choices	Debt	Money owed to another person or organisation.
26	Financial Choices	Interest	The cost of borrowing money.

Weeks 27–28

Curriculum Component: Peer Pressure, Gangs and County Lines

Week	Curriculum Component	Tier 3 Vocabulary	Definition
27	Peer Pressure / Gangs / County Lines	Peer Pressure	Influence from others to behave in certain ways.
27	Peer Pressure / Gangs / County Lines	Gangs	Groups engaged in criminal or anti-social activities.
28	Peer Pressure / Gangs / County Lines	CCE (Child Criminal Exploitation)	Manipulating children to commit crimes.

Weeks 29–30

Curriculum Component: Child Sexual Exploitation

Week	Curriculum Component	Tier 3 Vocabulary	Definition
29	Child Sexual Exploitation	Online Grooming	Building trust to exploit someone via digital communication.
29	Child Sexual Exploitation	Exploitation	Taking unfair advantage of someone for gain.
30	Child Sexual Exploitation	Safeguarding	Protecting individuals from abuse, harm, or neglect.
30	Child Sexual Exploitation	Consent	Voluntary agreement to participate in any activity.

Weeks 31–32

Curriculum Component: Extremism and Radicalisation

Week	Curriculum Component	Tier 3 Vocabulary	Definition
31	Extremism and Radicalisation	Radicalisation	The process of adopting extreme political or religious views.
31	Extremism and Radicalisation	Extremism	Holding radical views that reject others' rights or safety.
32	Extremism and Radicalisation	Safeguarding	Protecting individuals from abuse, harm, or neglect.

Weeks 33–34

Curriculum Component: Gender and the Equality Act

Week	Curriculum Component	Tier 3 Vocabulary	Definition
33	Gender and the Equality Act	Equality Act (2010)	UK law protecting people from discrimination.
33	Gender and the Equality Act	Protected Characteristics	Traits such as age, gender, race, and sexuality safeguarded by law.
34	Gender and the Equality Act	Discrimination	Unfair treatment based on identity or background.
34	Gender and the Equality Act	Equality	Ensuring individuals have the same rights and opportunities.

Weeks 35–36

Curriculum Component: Anti-Social Behaviour in the Community

Week	Curriculum Component	Tier 3 Vocabulary	Definition
35	ASB in the Community	Anti-Social Behaviour (ASB)	Actions that harm or distress the community.

Week	Curriculum Component	Tier 3 Vocabulary	Definition
36	ASB in the Community	Safeguarding	Protecting individuals from abuse, harm, or neglect.
36	ASB in the Community	Respect	Treating others with care and valuing differences.

Weeks 37–38

Curriculum Component: Mental Health in Young Men

Week	Curriculum Component	Tier 3 Vocabulary	Definition
37	Mental Health in Young Men	Wellbeing	A balanced state of mental and emotional health.
37	Mental Health in Young Men	Stigma	Negative judgement about mental illness.
38	Mental Health in Young Men	Toxic Masculinity	Cultural expectations discouraging emotional expression in men.
38	Mental Health in Young Men	Resilience	The ability to cope and recover from difficulties.
38	Mental Health in Young Men	Support Network	People and services that provide emotional or practical help.

Week 39

Curriculum Component: Work Experience

Week	Curriculum Component	Tier 3 Vocabulary	Definition
39	Work Experience	Work Experience	Short-term employment to develop skills and career awareness.
39	Work Experience	Employability	The skills and attributes valued in the workplace.
39	Work Experience	Responsibility	Being accountable for actions and choices.

Life Skills – Year 11

Weeks 1–2

Curriculum Component: Preparing for Year 11

Week	Curriculum Component	Tier 3 Vocabulary	Definition
1	Preparing for Year 11	Transition	The process of moving from one stage of education to another.
1	Preparing for Year 11	Self-Management	Taking responsibility for one's own actions and goals.
2	Preparing for Year 11	Time Management	Using time effectively to balance study and wellbeing.
2	Preparing for Year 11	Organisation	Structuring tasks to meet goals efficiently.

Weeks 3–4

Curriculum Component: Key Drivers

Week	Curriculum Component	Tier 3 Vocabulary	Definition
3	Key Drivers	Key Drivers	The core principles that underpin Maltby Academy's curriculum.
3	Key Drivers	Mindset	A person's way of thinking that affects learning and resilience.
4	Key Drivers	Growth Mindset	The belief that abilities can improve through effort.
4	Key Drivers	Motivation	The drive to achieve or complete something.

Weeks 5–6

Curriculum Component: Financial Capability

Week	Curriculum Component	Tier 3 Vocabulary	Definition
5	Financial Capability	Financial Capability	Understanding how to manage money effectively.
5	Financial Capability	Budgeting	Planning and controlling spending.
6	Financial Capability	Savings	Money set aside for future needs or emergencies.
6	Financial Capability	Loans	Borrowed money that must be repaid with interest.

Weeks 7–8

Curriculum Component: Relationships and Consent

Week	Curriculum Component	Tier 3 Vocabulary	Definition
7	Relationships and Consent	Relationships	Connections built on respect and communication.
7	Relationships and Consent	Consent	Freely given permission for an action or interaction.
8	Relationships and Consent	Respect	Treating others fairly and valuing boundaries.
8	Relationships and Consent	Communication	Sharing information clearly to build understanding and trust.

Weeks 9–10

Curriculum Component: Sexual Health and Contraception

Week	Curriculum Component	Tier 3 Vocabulary	Definition
9	Sexual Health and Contraception	Sexual Health	The wellbeing of physical, emotional, and social aspects of sexuality.
9	Sexual Health and Contraception	Contraception	Methods used to prevent pregnancy.
10	Sexual Health and Contraception	STIs (Sexually Transmitted Infections)	Illnesses passed through sexual activity.
10	Sexual Health and Contraception	Consent	Freely given permission for an action or interaction.

Weeks 11–12

Curriculum Component: Employability Skills

Week	Curriculum Component	Tier 3 Vocabulary	Definition
11	Employability Skills	Employability Skills	Abilities that make someone desirable to employers (communication, teamwork, initiative).
11	Employability Skills	Career Pathway	The route taken through education and training towards a career.
12	Employability Skills	Aspirations	Goals or ambitions for the future.
12	Employability Skills	Success	The achievement of personal or professional goals.

Weeks 13–14



Curriculum Component: Post 16 Options

Week Curriculum Component Tier 3 Vocabulary Definition

13	Post 16 Options	Post-16 Options	Educational or vocational routes after GCSEs.
13	Post 16 Options	Career Pathway	The route taken through education and training towards a career.
14	Post 16 Options	Aspirations	Goals or ambitions for the future.
14	Post 16 Options	Self-Management	Taking responsibility for one's own actions and goals.

Weeks 15–16

Curriculum Component: Future Success

Week Curriculum Component Tier 3 Vocabulary Definition

15	Future Success	Success	The achievement of personal or professional goals.
15	Future Success	Achievement	Reaching personal or academic goals.
16	Future Success	Motivation	The drive to achieve or complete something.
16	Future Success	Perseverance	Continued effort despite difficulty.

Weeks 17–18

Curriculum Component: Misogyny and INCEL Culture

Week	Curriculum Component	Tier 3 Vocabulary	Definition
17	Misogyny and INCEL Culture	Misogyny	Hatred, dislike, or prejudice against women.
17	Misogyny and INCEL Culture	INCEL (Involuntary Celibate)	A person identifying with online communities hostile to women.
18	Misogyny and INCEL Culture	Online Radicalisation	Being influenced to adopt extremist beliefs through the internet.
18	Misogyny and INCEL Culture	Online Behaviour	Actions and interactions in digital spaces.

Weeks 19–20

Curriculum Component: Conception, Pregnancy and Options

Week Curriculum Component Tier 3 Vocabulary Definition

19	Conception, Pregnancy and Options	Conception	The fertilisation of an egg by a sperm.
19	Conception, Pregnancy and Options	Pregnancy	The period during which a baby develops in the womb.
20	Conception, Pregnancy and Options	Consent	Freely given permission for an action or interaction.
20	Conception, Pregnancy and Options	Self-Management	Taking responsibility for one's own actions and goals.

Weeks 21–22

Curriculum Component: Physical Health, Mental Health and Prevention



Week	Curriculum Component	Tier 3 Vocabulary	Definition
21	Physical / Mental Health and Prevention	Physical Health	The condition and functioning of the body.
21	Physical / Mental Health and Prevention	Mental Health Prevention	Strategies to reduce the risk of developing mental illness.
22	Physical / Mental Health and Prevention	Self-Help Strategies	Personal actions taken to improve health or mindset.
22	Physical / Mental Health and Prevention	Stress Management	Techniques for coping with academic or personal pressure.

Weeks 23–24

Curriculum Component: Online Behaviours and Pornography

Week	Curriculum Component	Tier 3 Vocabulary	Definition
23	Online Behaviours and Pornography	Online Behaviour	Actions and interactions in digital spaces.
23	Online Behaviours and Pornography	Pornography	Sexually explicit material intended for arousal.
24	Online Behaviours and Pornography	Consent	Freely given permission for an action or interaction.
24	Online Behaviours and Pornography	Self-Management	Taking responsibility for one's own actions and goals.

Weeks 25–26

Curriculum Component: Substance Misuse

Week	Curriculum Component	Tier 3 Vocabulary	Definition
25	Substance Misuse	Substance Misuse	Using alcohol or drugs in a harmful way.
25	Substance Misuse	Tolerance	The need for larger amounts to achieve the same effect.
26	Substance Misuse	Withdrawal	Symptoms experienced when stopping an addictive substance.
26	Substance Misuse	Rehabilitation	Recovery through therapy and medical support.

Weeks 27–28

Curriculum Component: Addiction

Week	Curriculum Component	Tier 3 Vocabulary	Definition
27	Addiction	Addiction	Dependence on a substance or activity.
27	Addiction	Tolerance	The need for larger amounts to achieve the same effect.
28	Addiction	Withdrawal	Symptoms experienced when stopping an addictive substance.
28	Addiction	Rehabilitation	Recovery through therapy and medical support.

Weeks 29–30

Curriculum Component: Binge Drinking and How to Respond to an Emergency

Week	Curriculum Component	Tier 3 Vocabulary	Definition
29	Binge Drinking / Emergency Response	Binge Drinking	Consuming excessive alcohol in a short period.
29	Binge Drinking / Emergency Response	Emergency Response	Immediate action taken in a crisis to ensure safety.
30	Binge Drinking / Emergency Response	First Aid	Initial medical help given before professional treatment arrives.
30	Binge Drinking / Emergency Response	Recovery Position	Safe position for an unconscious but breathing person.

Weeks 31–32

Curriculum Component: First Aid

Week	Curriculum Component	Tier 3 Vocabulary	Definition
31	First Aid	First Aid	Initial medical help given before professional treatment arrives.
31	First Aid	CPR (Cardiopulmonary Resuscitation)	A life-saving technique for cardiac arrest.
32	First Aid	Emergency Response	Immediate action taken in a crisis to ensure safety.
32	First Aid	Recovery Position	Safe position for an unconscious but breathing person.

Weeks 33–34

Curriculum Component: Preparing for Exams

Week	Curriculum Component	Tier 3 Vocabulary	Definition
33	Preparing for Exams	Exam Preparation	The process of revising and practising for assessments.
33	Preparing for Exams	Time Management	Using time effectively to balance study and wellbeing.
34	Preparing for Exams	Organisation	Structuring tasks to meet goals efficiently.
34	Preparing for Exams	Stress Management	Techniques for coping with academic or personal pressure.

Weeks 35–39

Curriculum Component: Preparing for Exams (continued / resilience focus)

Week	Curriculum Component	Tier 3 Vocabulary	Definition
35	Preparing for Exams	Mindset	A person's way of thinking that affects learning and resilience.
36	Preparing for Exams	Growth Mindset	The belief that abilities can improve through effort.
37	Preparing for Exams	Perseverance	Continued effort despite difficulty.
38	Preparing for Exams	Motivation	The drive to achieve or complete something.
39	Preparing for Exams	Achievement	Reaching personal or academic goals.



Key Stage 5 – Tier 3 Vocabulary and Definitions

Life Skills – Year 12

Weeks 1–2

Curriculum Component: Introduction and TSFP Leadership and Development Programme Launch

Week	Curriculum Component	Tier 3 Vocabulary	Definition
1	Introduction and TSFP Leadership and Development Programme Launch	Leadership	The ability to guide, motivate, and inspire others towards a goal.
1	Introduction and TSFP Leadership and Development Programme Launch	Initiative	The ability to act independently and take charge of situations.
2	Introduction and TSFP Leadership and Development Programme Launch	Accountability	Taking responsibility for one's actions and decisions.
2	Introduction and TSFP Leadership and Development Programme Launch	Self-Awareness	Understanding one's personality, values, and behaviour.

Weeks 3–4

Curriculum Component: TSFP Leadership Development Programme Session 2

Week	Curriculum Component	Tier 3 Vocabulary	Definition
3	TSFP Leadership Development Programme Session 2	Collaboration	Working effectively with others to achieve shared outcomes.
3	TSFP Leadership Development Programme Session 2	Emotional Intelligence	The ability to recognise and manage one's own emotions and those of others.
4	TSFP Leadership Development Programme Session 2	Reflection	Evaluating personal actions to identify strengths and areas for improvement.
4	TSFP Leadership Development Programme Session 2	Goal Setting	Establishing objectives and identifying steps to achieve them.

Weeks 5–6

Curriculum Component: TSFP Leadership Development Programme Session 3

Week	Curriculum Component	Tier 3 Vocabulary	Definition
5	TSFP Leadership Development Programme Session 3	Communication Skills	The ability to express ideas clearly and listen effectively.
5	TSFP Leadership Development Programme Session 3	Time Management	Organising time to balance priorities efficiently.
6	TSFP Leadership Development Programme Session 3	Accountability	Taking responsibility for one's actions and decisions.
6	TSFP Leadership Development Programme Session 3	Initiative	Acting independently and taking ownership of tasks.

Weeks 7–8

Curriculum Component: TSFP Leadership Development Programme Session 4

Week	Curriculum Component	Tier 3 Vocabulary	Definition
7	TSFP Leadership Development Programme Session 4	Leadership	The ability to guide and influence others positively.
7	TSFP Leadership Development Programme Session 4	Collaboration	Working effectively with others.
8	TSFP Leadership Development Programme Session 4	Reflection	Reviewing actions to improve performance.
8	TSFP Leadership Development Programme Session 4	Emotional Intelligence	Understanding and managing emotions effectively.

Weeks 9–10

Curriculum Component: The Power of Language

Week	Curriculum Component	Tier 3 Vocabulary	Definition
9	The Power of Language	Language	The words and tone used to express meaning and emotion.
9	The Power of Language	Bias	Prejudice for or against something in an unfair way.
10	The Power of Language	Microaggression	Subtle, often unintentional discrimination or insult.
10	The Power of Language	Inclusive Language	Words that respect all individuals and groups.

Weeks 11–12

Curriculum Component: CV's

Week	Curriculum Component	Tier 3 Vocabulary	Definition
11	CV's	CV (Curriculum Vitae)	A summary of a person's education, experience, and skills.
11	CV's	Transferable Skills	Abilities that apply across different careers or contexts.
12	CV's	Personal Statement	A written explanation of achievements and goals.
12	CV's	Professionalism	Behaviour and attitude expected in the workplace.

Weeks 13–14

Curriculum Component: Fertility and Ectopic Pregnancy

Week	Curriculum Component	Tier 3 Vocabulary	Definition
13	Fertility and Ectopic Pregnancy	Fertility	The ability to conceive a child naturally.
13	Fertility and Ectopic Pregnancy	Infertility	The inability to conceive after a year of trying.
14	Fertility and Ectopic Pregnancy	Ectopic Pregnancy	A pregnancy occurring outside the womb.
14	Fertility and Ectopic Pregnancy	Hormones	Chemicals controlling bodily processes like reproduction.

Weeks 15–16

Curriculum Component: Fertility and Conception

Week	Curriculum Component	Tier 3 Vocabulary	Definition
15	Fertility and Conception	Conception	The fertilisation of an egg by sperm.



Week	Curriculum Component	Tier 3 Vocabulary	Definition
15	Fertility and Conception	Ovulation	The release of an egg from the ovary.
16	Fertility and Conception	Reproductive Health	The wellbeing of the reproductive system.
16	Fertility and Conception	IVF (In Vitro Fertilisation)	A medical process assisting conception.

Weeks 17–18

Curriculum Component: Pregnancy and Birth

Week	Curriculum Component	Tier 3 Vocabulary	Definition
17	Pregnancy and Birth	Pregnancy	The period during which a baby develops in the womb.
17	Pregnancy and Birth	Antenatal Care	Health monitoring during pregnancy.
18	Pregnancy and Birth	Miscarriage	Loss of pregnancy before 24 weeks.
18	Pregnancy and Birth	Reproductive Health	Overall wellbeing of the reproductive system.

Weeks 19–20

Curriculum Component: Abortion and Reproductive Rights

Week	Curriculum Component	Tier 3 Vocabulary	Definition
19	Abortion and Reproductive Rights	Reproductive Rights	The right to make informed decisions about reproduction.
19	Abortion and Reproductive Rights	Abortion	The deliberate ending of a pregnancy.
20	Abortion and Reproductive Rights	Pro-Choice	Supporting the right to choose whether to continue a pregnancy.
20	Abortion and Reproductive Rights	Pro-Life	Belief that life should be protected from conception.

Weeks 21–22

Curriculum Component: Contraception and Sexual Health

Week	Curriculum Component	Tier 3 Vocabulary	Definition
21	Contraception and Sexual Health	Contraception	Methods used to prevent pregnancy.
21	Contraception and Sexual Health	Barrier Methods	Physical prevention of fertilisation.
22	Contraception and Sexual Health	Hormonal Methods	Contraceptives that regulate fertility using hormones.
22	Contraception and Sexual Health	STIs (Sexually Transmitted Infections)	Infections spread through sexual activity.
22	Contraception and Sexual Health	Sexual Consent	Freely given, informed, and reversible agreement.

Weeks 23–24

Curriculum Component: First Aid

Week	Curriculum Component	Tier 3 Vocabulary	Definition
23	First Aid	First Aid	Immediate help before professional care arrives.
23	First Aid	CPR (Cardiopulmonary Resuscitation)	Emergency technique restoring breathing and heartbeat.
24	First Aid	Recovery Position	Safe position for an unconscious but breathing person.
24	First Aid	Bleeding Control	Applying pressure to reduce blood loss.

Weeks 25–26

Curriculum Component: Trial Exam Window: Study Session

Week	Curriculum Component	Tier 3 Vocabulary	Definition
25	Trial Exam Window: Study Session	Time Management	Organising time to balance priorities.
26	Trial Exam Window: Study Session	Reflection	Evaluating performance to improve outcomes.

Weeks 27–28

Curriculum Component: Alcohol and Substances

Week	Curriculum Component	Tier 3 Vocabulary	Definition
27	Alcohol and Substances	Alcohol Misuse	Consuming alcohol in a harmful way.
27	Alcohol and Substances	Tolerance	Requiring more of a substance for the same effect.
28	Alcohol and Substances	Dependence	Needing a substance to function normally.
28	Alcohol and Substances	Withdrawal	Symptoms experienced when stopping substance use.

Weeks 29–30

Curriculum Component: Harmful Sexual Behaviour and Honour Based Violence

Week	Curriculum Component	Tier 3 Vocabulary	Definition
29	Harmful Sexual Behaviour and Honour Based Violence	Harmful Sexual Behaviour	Actions that violate consent or respect.
29	Harmful Sexual Behaviour and Honour Based Violence	Honour-Based Violence	Abuse committed to protect family reputation.
30	Harmful Sexual Behaviour and Honour Based Violence	Domestic Abuse	Controlling or violent behaviour in relationships.
30	Harmful Sexual Behaviour and Honour Based Violence	Safeguarding	Protecting individuals from harm and abuse.

Weeks 31–32

Curriculum Component: Health, Risk and Prevention

Week	Curriculum Component	Tier 3 Vocabulary	Definition
31	Health, Risk and Prevention	Risk Assessment	Identifying and minimising potential dangers.
31	Health, Risk and Prevention	Preventative Health	Actions taken to avoid illness or injury.
32	Health, Risk and Prevention	Lifestyle Choices	Daily habits that impact long-term health.
32	Health, Risk and Prevention	Healthy Lifestyle	Habits supporting physical and mental wellbeing.

Weeks 33–34

Curriculum Component: Radicalisation and Extremism

Week	Curriculum Component	Tier 3 Vocabulary	Definition
33	Radicalisation and Extremism	Radicalisation	Adopting extreme beliefs or ideologies.
33	Radicalisation and Extremism	Extremism	Radical views rejecting democracy and equality.
34	Radicalisation and Extremism	Online Grooming	Manipulating someone online for exploitation or recruitment.
34	Radicalisation and Extremism	Counter-Terrorism	Actions to prevent extremist threats.

Weeks 35–36

Curriculum Component: UCAS and Apprenticeship Launch

Week	Curriculum Component	Tier 3 Vocabulary	Definition
35	UCAS and Apprenticeship Launch	UCAS (Universities and Colleges Admissions Service)	The UK system for applying to higher education.
35	UCAS and Apprenticeship Launch	Apprenticeship	Paid work-based training leading to a qualification.
36	UCAS and Apprenticeship Launch	Personal Statement	Written explanation of achievements and ambitions.
36	UCAS and Apprenticeship Launch	Career Planning	Setting long-term goals for employment and development.

Weeks 37–38

Curriculum Component: Trial Exam Window: Study Session

Week	Curriculum Component	Tier 3 Vocabulary	Definition
37	Trial Exam Window: Study Session	Reflection	Evaluating performance to improve outcomes.
38	Trial Exam Window: Study Session	Time Management	Organising time effectively during exams.

Week 39

Curriculum Component: UCAS Points

Week	Curriculum Component	Tier 3 Vocabulary	Definition
39	UCAS Points	UCAS Points	Scores awarded for qualifications used for university entry.
39	UCAS Points	Work-Life Balance	Managing professional and personal commitments effectively.

Life Skills – Year 13

Week	Curriculum Component	Tier 3 Vocabulary	Definition
1	Introduction to Life Skills and Expectations	Transition	The process of moving from education to employment or higher study.
1	Introduction to Life Skills and Expectations	Self-Reflection	Assessing one's skills and aspirations for improvement.
1	Introduction to Life Skills and Expectations	Study Skills	Strategies for effective learning and revision.
1	Introduction to Life Skills and Expectations	Growth Mindset	Belief in improving through effort and practice.
2	Introduction to Life Skills and Expectations	Resilience	Perseverance through challenges and setbacks.
2	Introduction to Life Skills and Expectations	Professional Conduct	Behaviour that demonstrates reliability and integrity.

Weeks 3–11: UCAS / Applications – Personal Statements

Week	Curriculum Component	Tier 3 Vocabulary	Definition
3	UCAS / Applications Personal Statements	Personal Statement	A written summary of goals and achievements for university or work.
3	UCAS / Applications Personal Statements	Application	The formal process of seeking education or employment.
4	UCAS / Applications Personal Statements	Reference	A statement of support written by an employer or teacher.
5	UCAS / Applications Personal Statements	Interview Preparation	Planning and practising to perform confidently.
6	UCAS / Applications Personal Statements	Confidence	Belief in one's ability to succeed.
7	UCAS / Applications Personal Statements	Motivation	Internal drive to achieve goals.
8	UCAS / Applications Personal Statements	Organisation	Keeping materials and priorities structured.
9	UCAS / Applications Personal Statements	Time Management	Using time efficiently for productivity.
10	UCAS / Applications Personal Statements	Revision Strategy	Planning study time effectively.
11	UCAS / Applications Personal Statements	Transition Planning	Preparing for the next stage of education or employment.

Week 13: Trial Exam Window – Study Session

Week	Curriculum Component	Tier 3 Vocabulary	Definition
13	Trial Exam Window: Study Session	Exam Preparation	Reviewing and practising knowledge before assessment.
13	Trial Exam Window: Study Session	Stress Management Techniques	to maintain calm under pressure.
13	Trial Exam Window: Study Session	Perseverance	Continuing effort despite challenges.
13	Trial Exam Window: Study Session	Achievement	Fulfilling academic or personal goals.

Weeks 15–18: Budgeting – The Essentials & Life as an Adult

Week	Curriculum Component	Tier 3 Vocabulary	Definition
15	Budgeting: The Essentials	Budgeting	Planning and managing personal finances.
15	Budgeting: The Essentials	Income	Money earned from work or other sources.
16	Budgeting: The Essentials	Expenditure	Money spent on goods and services.
16	Budgeting: The Essentials	Savings Account	A financial account used to store and grow money.
17	Budgeting: Life as an Adult	Debt Management	Strategies to repay borrowed money responsibly.
17	Budgeting: Life as an Adult	Credit Score	A rating that shows how reliable someone is at repaying debt.
18	Budgeting: Life as an Adult	Financial Responsibility	Making informed and ethical decisions with money.
18	Budgeting: Life as an Adult	Cost of Living	The amount needed to maintain a basic standard of life.

Week 19: Gambling and Addiction

Week	Curriculum Component	Tier 3 Vocabulary	Definition
19	Gambling and Addiction	Gambling	Risking money or valuables on uncertain outcomes.
19	Gambling and Addiction	Addiction	Compulsive behaviour despite negative consequences.
19	Gambling and Addiction	Tolerance	Needing increasing amounts to achieve the same effect.
19	Gambling and Addiction	Dependence	Relying on a behaviour or substance to function normally.

Weeks 21–22: Digital Footprint and Online Reputations

Week	Curriculum Component	Tier 3 Vocabulary	Definition
21	Digital Footprint and Online Reputations	Digital Footprint	The record of one's online activities.
21	Digital Footprint and Online Reputations	Online Reputation	How a person is perceived based on digital behaviour.
22	Digital Footprint and Online Reputations	Cybersecurity	Protecting systems and data from unauthorised access.
22	Digital Footprint and Online Reputations	Online Boundaries	Setting limits for safe digital communication.
22	Digital Footprint and Online Reputations	Confidentiality	Protecting private information.

Weeks 23–24: Sexual Health and Healthy Relationships

Week	Curriculum Component	Tier 3 Vocabulary	Definition
23	Sexual Health and Healthy Relationships	Sexual Health	Wellbeing related to sexual activity and relationships.
23	Sexual Health and Healthy Relationships	Healthy Relationships	Partnerships built on trust, equality, and consent.
24	Sexual Health and Healthy Relationships	Consent	Freely given, informed, and specific permission.
24	Sexual Health and Healthy Relationships	Respect	Treating others' feelings and rights with consideration.
24	Sexual Health and Healthy Relationships	Equality	Ensuring all individuals are treated fairly.

Weeks 27–28: Drugs and Alcohol Awareness

Week	Curriculum Component	Tier 3 Vocabulary	Definition
27	Drugs and Alcohol Awareness	Drug Awareness	Understanding the risks and effects of drugs.
27	Drugs and Alcohol Awareness	Alcohol Awareness	Recognising the impact of alcohol on health and behaviour.
28	Drugs and Alcohol Awareness	Substance Misuse	Using drugs or alcohol in a harmful way.
28	Drugs and Alcohol Awareness	Prevention	Measures taken to avoid harm or disease.

Week 29: Staying Safe / Travelling Abroad

Week	Curriculum Component	Tier 3 Vocabulary	Definition
29	Staying Safe / Travelling Abroad	Travel Safety	Behaving responsibly while abroad.
29	Staying Safe / Travelling Abroad	Cultural Awareness	Appreciating diversity and difference.
29	Staying Safe / Travelling Abroad	Global Citizenship	Understanding one's role in an interconnected world.
29	Staying Safe / Travelling Abroad	Human Rights	Fundamental freedoms to which everyone is entitled.

Weeks 31–35: Exams

Week	Curriculum Component	Tier 3 Vocabulary	Definition
31	Exams	Exam Preparation	Reviewing and practising knowledge before assessment.
32	Exams	Time Management	Using time effectively during revision and exams.
33	Exams	Stress Management	Techniques to maintain calm under pressure.
34	Exams	Confidence	Belief in one's ability to succeed.