

KS4 - Phase overview Lifeskills (Groups 1,2 & 4) - Year 1 - Castledon College

Year 1	Autumn	Spring	Summer
Entry Level 3 (HT1)	<p>Assertiveness and Decision Making Skills – Students are given the opportunity to interact with their peers and discuss their interests in a structured conversation.</p> <p>Students are also encouraged to identify rights and responsibility of individuals within certain settings such as the work place and school. Students are also required to explore what self-control is and when in their life they may need to be assertive.</p>	<p>Health and Hygiene – Students will explore the following areas within health and hygiene –</p> <ul style="list-style-type: none"> • Personal hygiene. • Identifying health foods. • Identifying when to clean clothing. • Identifying when to clean areas of the home and what cleaning products they could use to do this. <p>Students will visit the local community to purchase cleaning products.</p>	<p>Understanding Diversity in Society – Students will be encouraged to understand what diversity means and identify different diverse groups. They will also look at how diverse groups differ from others and if they have any similarities. Students will discuss advantages of living within a diverse society.</p> <p>Students will have an opportunity to visit different religious places of worship during the scheme of work.</p>
Level 1 (HT1)	<p>Assertive Living – Students are encouraged to think and discuss different types of behaviour while also looking at what affects their self-esteem and how this can be influenced in a positive way. Students are encouraged to look at their own strengths and interests, while also exploring what might cause them stress and how stress can be managed in everyday life.</p>	<p>Health and Hygiene in the Home – Students are encouraged to explain why it is important to keep certain rooms in the home clean and tidy ie bathroom and kitchen. Students will identify what materials and cleaning products they will need to keep the home tidy.</p> <p>They will also identify and explain why it is important to keep themselves clean and healthy with particular attention on their clothing, teeth, bodies and eyes.</p>	
Entry Level 3 (HT2)	<p>E-Safety – Students will explore the following areas within e-safety –</p> <ul style="list-style-type: none"> • Understanding what e-safety is and why it is important to children. • Different types of information technology associated with e-safety. • Positive and negative on-line behaviour and the consequences of them. • Social media and video game ratings. <p>Students will visit local shops and supermarkets to explore different forms of media in relation to e-safety.</p>	<p>Sex and Relationships - Sex and relationships will cover the following criteria and topics –</p> <ul style="list-style-type: none"> • Family relationships • Positive relationships • Individual rights and responsibilities within a relationship • Function of specific body parts • Contraception and sexually transmitted infections • Help and advice agencies 	<p>Personal Budgeting and Managing Money – Students will be able to give examples of income and expenditure while also identifying possible difficulties with coping with a small budget. They will also give examples of financial transactions and where this might take place. They will look at possible ways to save money and how this is done.</p> <p>Students will also identify key elements of a payslip and receipt.</p> <p>Visits to local bank and supermarket will take place during this scheme of work.</p>
Level 1 (HT 2)			<p>Personal Budgeting and Managing Money - Students that are following the level 1 unit will follow all of the above elements within the unit, however they will also explore personal budget plans, the benefits of saving money.</p>