

Skills for Life (PSHE at Open)

PSHE at Open Academy is known as Skills for Life (SKL). The curriculum intent is that we will cover topics that will help prepare our learners for a productive and positive life in the outside world.

Our curriculum has been designed to include legislative requirements as well as what our school community (staff, students and parents) believe our young people should be learning. It follows the PSHE Association guidance in that there are three distinct areas of study twice per year; Health and Well-being, Living in the wider world, and Relationships.

Delivery of SKL in KS3

Students have one lesson a fortnight although many topics are also covered in other subjects. For example, students learn about finances in Maths, healthy eating and balanced diets in Food Technology, healthy lifestyles within PE and reproduction in Science. We also have activities in tutor time where relevant topics may be part of discussions such as BLM, Brexit, voting etc. as well as drop down sessions and where students learn about road safety from external organisations for example. Our weekly assemblies are also frequently related to SKL topics.

Delivery of SKL in KS4

At KS4 students also have one SKL lessons per fortnight. At this stage there is also a greater emphasis on careers and students' next steps; focussing on work experience in year 10, and post 16 options and CV building in year 11.

Supporting Students at Open Academy

We pride ourselves on the individual care afforded to our learners. As well as SKL lessons where many of the pressures our young people face are tackled, we also support them through;

- tutor time 'know your students'
- our Careers Advisor
- an excellent pastoral team through Heads of Year and Assistant Heads of Year
- a Chaplain
- a Designated Safeguarding Lead, who provides support and signposting to those needing extra help (school counsellor, nurse, MAP, Nelsons Journey, PCO's)

Staff delivering SKL

Mrs Wicks – SKL lead and Business teacher
Mrs Thoppil – SKL and RS teacher
Mrs Clayton – SKL and English teacher
Mr Pickup – SKL and History teacher
Mr Crawford – SKL and History teacher
Miss Ormisi – SKL and Drama teacher

Open Academy SKL Annual Plan 2021/22

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school, personal safety in and outside school, first aid	Developing skills & aspirations Careers, teamwork, enterprise skills, and raising aspirations	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Diversity Diversity, prejudice, and bullying	Financial decision making Saving, borrowing, budgeting, making financial choices, planning my future
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination including: racism, religious discr, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy/unhealthy friendships, assertiveness, substance misuse, exploitation	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Intimate relationships Relationships and sex education - consent, contraception, STIs, and attitudes to pornography	Employability skills Employability and online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Work experience Preparation for and evaluation of work experience and readiness for work. CV's	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, impact of the media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices
Year 11	Building for the future Sexual harassment, Self-efficacy, stress management, and future opportunities	Next steps Application processes, and skills for further education, employment and career progression. CV's and job application process	Communication in relationships Personal values, assertive communication (inc in relation to contraception and sexual health), relationship challenges and abuse	Independence Responsible health choices, and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	