

KS3 LIFE SKILLS - Curriculum Path

Year
7

Autumn 1

PERSONAL SAFETY



Stranger danger, what to do when lost, online safety online, road and pedestrian safety

Autumn 2

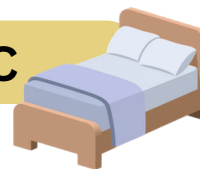
BUDGETING SKILLS



Spending decisions, budgets, getting a job, inflation, adverts and careers mod 2

Spring 1

DOMESTIC SPACE



Changing bedding and making a bed, washing labels on clothes, store and organise clothes, dusting, recycling

Spring 2

LIQUID NUTRITION



Making cold drinks, smoothies, milkshake, table manners, disposing of waste

Summer 1

SELF-CARE



Tying shoe laces, choosing appropriate clothes, washing your body and hair

Summer 2

TIME



Calendars and alarms, seasons, reading clocks and careers in public service

Year
8

HOME & COMMUNITY



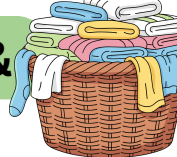
Dangers in the home, overloaded plugs, fire hazards, antisocial behaviour, calling 999

MANAGING MONEY



How to open a bank account, read bank statements, saving, cards and debt

LAUNDRY & PACKING



Sorting laundry, hand washing clothes, drying clothes, organising belonging packing emergency bags

NUTRITION BASICS



Making toast, sandwiches kitchen appliances, setting a table, storing food and jobs in the community

SELF-CARE: HEALTH



Illnesses. When to call doctors, simple first aid and jobs in the community

LIFE MANAGEMENT



Costs of pets, qualities and skills of friendships, sleep hygiene

Year
9

ONLINE SAFETY



Staying safe online, staying safe on social media and using webcams, car safety

FINANCES: TECHNOLOGY



Mobile phone products, cryptocurrency, financial exploitation, online gaming

DOMESTIC CHORES



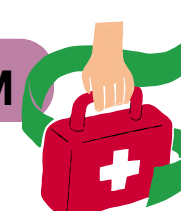
How to use a washing machine, simple gardening, stain removal

STAYING HEALTHY



Balanced nutrition, cross contamination, cutting fruit and veg, meal portions

HELP FORM OTHERS



Filling out medical forms, seeking professional help, first aid, mock interviews

LIFE MANAGEMENT



Consumer rights, sources, coping mechanisms, relaxing and mock interviews