Curriculum Intent Statement

Life+

**“Investing in yourself is the best investment you will ever make. It will not only improve your life; it will improve the lives of all those around you.” ―Robin Sharma**

At Stockbridge high school we aim to ensure that our students are confident, healthy, independent, and responsible members of society. We will challenge and inspire students to develop an awareness of modern issues through diverse activities and debate. As well as teaching about how students can be safe, healthy, and happy, they will be encouraged to reflect upon how they are developing socially, morally, spiritually, and culturally. We provide our students with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our students are encouraged to play a positive role in contributing to school life and the wider community.

There are seven main areas that each year group will cover in Life+:

* Health and Wellbeing
* Relationships and sex education
* Rights, responsibilities, and British values
* Staying safe on and offline
* Diversity and equality
* RE
* Life beyond school

Lessons in Y7 will focus on making a good transition from primary e.g. good friendships, respect, bullying, peer pressure etc. In the health and wellbeing section they will cover key areas for the year group e.g. puberty, personal hygiene, and the importance of exercise and healthy eating. Each year, lessons will build on previous topics, or become more age appropriate e.g sexual consent and the law, addictions, mental health, careers etc

Students in year 7 will have 1 lesson a week, all other year groups 1 per fortnight. Lessons will also be accompanied by weekly tutor time, assemblies, visitors, trips and extracurricular activities which will all contribute to the personal development of our students to enable them to be successful, informed, safe and happy in school and later life.

Personal Health, and Relationship and sex education have now become statutory for all schools to cover in detail. Personal health education is varied and based on physical, emotional, and mental health and wellbeing. RSE will enable students to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It also covers contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). Lessons also teach what is acceptable and unacceptable behaviour in relationships.

By the time students complete their Life+ studies at Stocksbridge High School, they will be critical thinkers, who have developed oracy skills through giving their own opinions and debating about real life issues. The curriculum will allow students to explore how to keep themselves safe, identify risks to self and others, strategies to cope with challenges, as well as develop their financial knowledge and career aspirations. They will explore what it is to be British and develop their understanding of the wider spiritual world. They will gain a wider understanding of other cultures and religions and the ethical concepts which underly these. Across the 5 years, students will have access to a range of external speakers/experiences which allow a deeper personal development to ready them for the wider post-16 world and later life.