



## Juniper Hill School – Life Skills Curriculum Topic Overview

The Life Skills Curriculum will be taught in Years 1 – 6 for 30 - 40 mins every week. Life Skills will be taught in place of a key stage assembly. There are 12 topics, with 5 or 6 lessons in each. The children will be taught a new topic every half-term. The curriculum will be taught on a two-year rolling programme. Each phase in the school e.g. KS1, LKS2 & UKS2 will be taught the same lesson each week.

The school has looked at the new Relationships Education, Relationships and Sex Education (RSE) and Health Education document and our PHSE scheme of work 'Jigsaw'. The topics in the Relationships Education, Relationships and Sex Education (RSE) and Health Education that are covered in Jigsaw have been identified. The topics that aren't covered in Jigsaw will be covered in Life Skills, there are 6 topics in total. The school has identified 6 additional topics that support children's wellbeing and builds resilience. A combination of the 6 topics from the Relationships Education, Relationships and Sex Education (RSE) and Health Education document and Juniper's own resilience and wellbeing topics combine to create our own unique Juniper Hill School Life Skills Curriculum.

<b>Topics (Relationships Education, Relationships and Sex Education (RSE) and Health Education)</b>	<b>Topics (Juniper Hill School's own topics)</b>
Mental Wellbeing	Empathy (links to kindness)
Internet Safety and Harms	Self-Compassion (links to kindness)
Health and Prevention	Mindset / Goals
Families and People Who Care for Me	Problem Solving (links to school value of courage and creativity)
Caring Friendships	Opportunities in Adversity (link to school value of courage, independence)
Respectful Relationships	Believe in Yourself / Hope and Optimism (links to enjoyment and achievement)