

Abridged Curriculum Plan for Academic Year 2022-23:			Life Skills		Kites ARB, Cape Cornwall School	
	Autumn Term (A)	Autumn Term (B)	Spring Term (A)	Spring Term (B)	Summer Term (A)	Summer Term (B)
Unit:	Personal Space and Friendships	Kindness, Truthfulness and Honesty	Personal Safety	Team Building	Healthy Eating and Wellbeing	Mental Health
Topics:	<ul style="list-style-type: none"> • Personal Space • Bubbles • What you expect from a friend • Good and bad personal qualities • Examples of good and bad friendship 	<ul style="list-style-type: none"> • What makes us the same/different • Honesty and what it means • Truth vs Lies • Online Safety • Respect of others 	<ul style="list-style-type: none"> • Personal Hygiene • Drugs • Alcohol • Smoking • Relationships and Consent 	<ul style="list-style-type: none"> • Support Networks • Functioning as a Team • Trust • Things I can and cannot control 	<ul style="list-style-type: none"> • Balanced Diet • Healthy Eating • Food and Drink • Exercise 	<ul style="list-style-type: none"> • What is mental health • Importance of mental health • Coping mechanisms
Activities/Practical Tasks:	Students will be able to suggest examples of social situations and personal space which make them feel uncomfortable and how to avoid these situations. Students will look at what they expect from friends and how they can be a good friend in return. Students will be able to provide clear examples of good and bad friendship qualities.	Students will look at some of the things that make them the same and different to each other. Students will understand why it is important to tell the truth and some of the differences between telling the truth and lying. Students will look at how to stay safe online and some of the ways we can respect other people.	Students will look at ways to recognise and maintain good hygiene. Students will understand the dangers of drugs, alcohol and smoking/vaping. Students will be able to discuss examples of a healthy relationship and will understand what is meant by consent and why it is important.	Students will be able to name people who they trust and understand what a support network is. Students will look at team building activities and how to work in a team. Students will know what is meant by trust and be able to provide examples of trustworthy behaviour. Students will have an understanding of things they can control.	Students will understand what is meant by a healthy diet and will be able to compare some of the different types of food. Students will be able to construct a meal plan for a healthy diet. Students will be able to suggest other ways that good physical health can be maintained.	Students will understand what is meant by mental health and why it is important to maintain positive mental health. Students will be able to think about ways they can maintain good mental health when presented with unexpected circumstances.