Life Skills

Year 9

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Form \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Welcome Back! and into Year 9 Life Skills

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| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have helped make my class write a ‘Working Together Agreement’ ground rules to help everyone feel safe to express themselves.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have reflected on making a smooth transition into Year 9 and discussed any worries.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt strategies when feeling anxious or worried.
 |  |
| 1. I have reflected on and identified staff I can go to for support.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about the importance of School Rules & cooperation
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |

Life Skills

 Year 9

Careers

Self Assessment, CV and Personal Statement

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| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have reflected on my life and the skills I have learnt and produced ‘Mr River of Life’.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt the difference between a ‘Skill’ and a ‘Quality’.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have reflected on, and identified, my skills and qualities.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have reflected on, and identified, skills and qualities I want to learn or to develop further.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have produced ‘My Shield’ using the information from above.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt that identifying my skills and qualities, and what I want to develop, will help me in my future and in matching a job that suits me.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have researched Skills and Qualities linked to various jobs using the website Kudos.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have begun writing my CV using the website Kudos.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have written a personal statement.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |

Life Skills

 Year 9

Rules and Laws, Crime and ASB

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| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learnt the difference between rules and laws.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about why we have laws.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about Laws and Police.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about the Government of the UK and the Houses of Parliament.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about the UK court system.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about anti-social behaviour.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about how anti-social behaviour affects others.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt strategies to lower my risk from anti-social behaviour.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about how to STOP Bullying
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt that Words Count (no use of word ‘Gay’ and other discriminatory words)
 |  |

Life Skills

 Year 9

Relationships and Sexual Health

|  |  |
| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learnt about different types of relationships.
 | 1. http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg
 |
| 1. I have learnt the positive qualities of a healthy relationship.
 | 1. http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg
 |
| 1. I have learnt the negative qualities of an unhealthy relationship.
 | 1. http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg
 |
| 1. I have learnt about having respect in all relationships.
 | 1. http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg
 |
| 1. I have learnt about how my emotions might change because of becoming a teenager and how to cope with challenging emotions.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about how it is normal to have sexual feelings.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about attraction and managing my feelings.
 |  |
| 1. I have learnt about some of the different sexualities and genders people may have.
 | 1. http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg
 |
| 1. I have learnt what appropriate behaviour is while in public and when in private.
 | 1. http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg
 |
| 1. I have learnt strategies in resisting peer pressure.
 | 1. http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg
 |
| 1. I have learnt that I have the right to say **no** to anything that makes me feel uncomfortable.
 |  |
| 1. I have learnt about how to keep myself safe in any relationship.
 | 1. http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg
 |
| 1. I have learnt and understand the important of hygiene products, such as using deodorant daily.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned about contraception and taken part in a condom demonstration.
 |  |

Year 9

Life Skills

Citizenship - UNCRC!

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| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learned what Citizenship means.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned that I am a citizen of many different communities.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned to understand the difference between ‘Wants’ and ‘Needs’.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned that ‘Needs’ are the things we need to be able to live a safe and healthy life.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned that all the things we need to live a safe and healthy life are called ‘Rights’.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned what the CRC stands for.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned that all children have ‘Rights’ and the adults that take care of us need to ensure our rights are met.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have about the different ‘Rights’ I am entitled to from the CRC and thought about which ones I think are most important.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt how Rights are linked to our school, home and life.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have shared what I have learned through making a PPT about Children’s’ Rights.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt what it means to be a ‘Rights Respecting School’.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt that I have a right to express my opinion in things that concern me, and this right is met through voicing my opinion in our School Council.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |

Life Skills

 Year 9

Citizenship – Options & Yr 9 Residential

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| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learnt what my options are in Year 10 and 11.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt the best ways to choose my options.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about how to prepare for going to on the Year 9 Residential.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have completed an evaluation of my time in on the Year 9 residential, skills learned and successes shared.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |

Life Skills

 Year 9

Health and Wellbeing

|  |  |
| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learnt Health is more than diet and exercise.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt what PIES means.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt different things I can do to improve my Health and Wellbeing.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt the benefits of a healthy lifestyle.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt what having a ‘Healthy Diet’ means.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt ways to help make my diet healthier.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt the importance of exercise.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt Ways I can add exercise to my daily routine.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about issues to do with Mental Health.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about ‘Mindfulness’.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |

Life Skills

 Year 9

Equal Opportunities

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| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learnt that Equal Opportunities does not mean treating everyone the same.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt that Equal Opportunities means giving everyone the opportunities to have the same standard of living.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt what ‘Discrimination’ means.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt what ‘Prejudice’ means.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt what ‘Stereotyping’ means.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about different types of discrimination.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt why people discriminate.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about how to challenge discrimination and prejudice.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |

Life Skills

Year 9

Daring to be Different

|  |  |
| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learnt what self-esteem is.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt what self-awareness means.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt ways to build my self-esteem.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt, reflected upon and identified those things that make me special and unique.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have made a motto for myself.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about Emotional Literacy.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt ways to develop my Emotional Literacy.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt to share what I am proud of.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |

Life Skills

Year 9

Money Matters

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| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learnt different forms of money.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt how to use different coins confidently.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt the characteristics of different money – size, shape, colour, value and design elements.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt to carry out simple transactions.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt to calculate the change to be given for different items.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt to identify and discussed different types of payment methods.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt how needs and wants are related to spending.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt the difference between income and expenditure.
 |  |
| 1. I have learnt the problems of overspending.
 |  |
| 1. I have learnt the importance of saving money.
 |  |
| 1. I have learnt different ways of saving money
 |  |
| 1. I have learnt where to safely store my savings.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |

Life Skills

Year 9

British Values and Charitable Work

|  |  |
| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learned about the geographical differences in Great Britain, British Isles and the United Kingdom of Great Britain and Northern Ireland.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned what values are.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned the difference between being British and British Values.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned the top 5 most important British Values are.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned what some of my values are and displayed it on my flag.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned the importance of having a school council and students having a say in the things that affect them.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learned the importance of contributing to charities.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |

Life Skills

Year 9

Keeping Safe in the Community

|  |  |
| --- | --- |
| Outcome | Student Self-Assessment |
| 1. I have learnt about the risks of smoking
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt the risks of taking drugs.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt about the risks of drinking alcohol.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt the importance of keeping myself safe on the internet and when using social media.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. To have learned ways to keep myself safe when I am outside of school.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpghttp://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. I have learnt the importance of wearing seatbelts
 |  |
| 1. I have learnt the basics of first aid.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |
| 1. To have learnt how to keep my skin healthy, especially during the summer.
 | http://ecx.images-amazon.com/images/I/21cM69XM3oL.jpg |