



CURRICULUM INTENT – Life Skills

The best way to predict your future is to create it — *Abraham Lincoln*

The Life Skills curriculum is designed to empower students with the knowledge, skills, and attributes they need to lead safe, healthy, and successful lives both now and in the future. Our intent is to develop the whole child—intellectually, emotionally, socially, and morally—so they can grow into confident, respectful, and responsible young adults.

We aim to ensure all students are well-prepared for the challenges and opportunities of modern life, including further and higher education, the world of work, and active citizenship. Through a broad and balanced programme, students will explore personal development, wellbeing, careers, and social responsibility in a way that supports their individual growth and helps them to flourish in an ever-changing world.

RIGOUR - the Life Skills curriculum is embedded through a carefully sequenced programme that builds knowledge and skills progressively from Key Stage 3 to Key Stage 4. Lessons are planned with high expectations, encouraging students to think critically, engage with complex societal issues, and reflect on their own development. Key concepts—such as resilience, decision-making, personal safety, and employability—are revisited and deepened over time to ensure long-term understanding.

PROGRESSION – In Life Skills, the curriculum is designed as a progressive, spiral model that ensures students revisit key themes with increasing depth and complexity across Key Stages 3 and 4. Foundational knowledge introduced in Year 7—such as healthy relationships, personal identity, and decision-making—provides the building blocks for more advanced topics in later years, including mental health, financial literacy, post-16 planning, and workplace readiness. Each year deepens prior learning while introducing new content that is age-appropriate and responsive to students' developmental needs. Literacy is embedded throughout the Life Skills programme to support all learners in articulating their thoughts clearly, both in writing and speech. Oracy plays a vital role, enabling students to express informed, balanced viewpoints on ethical, social, and real-world issues with confidence and respect. This structured progression ensures all students are equipped with the knowledge and skills to navigate life's challenges and thrive beyond school.

COHERENCE - In our Life Skills curriculum, coherence is achieved through a clear and deliberate structure that links key themes and concepts across year groups, forming a golden thread of personal development. Core areas—such as health and wellbeing, relationships, and living in the wider world—are introduced early and revisited with increasing depth, ensuring students build on prior learning in a logical and meaningful way. The curriculum is sequenced to reflect students' growing maturity and the real-life decisions they face, with earlier discussions on self-identity and peer influence laying the groundwork for more complex topics like consent, financial responsibility, and career planning in Key Stage 4. Real-world scenarios, student voice, and lived experiences are embedded as powerful narrative tools to help learners connect emotionally and retain knowledge. As students progress through each key stage, they develop a rich, inter-connected understanding that supports their personal growth and prepares them to lead safe, confident, and successful lives.

ENGAGEMENT – We strive to foster genuine engagement with the Life Skills curriculum by making learning relevant, empowering, and responsive to the real-world experiences of our students. The curriculum is designed to ignite curiosity about personal development and social responsibility, helping students explore who they are and how they relate to the world around them. Lessons are flexible and responsive to current issues—such as mental health awareness, online safety, and equality—ensuring that content remains meaningful and timely. Through high-quality teaching and a safe space for discussion, students develop confidence, empathy, and a sense of agency. Engagement is further enhanced through enrichment opportunities such as Life Skills events, visiting speakers, external workshops, and career-focused events, all of which bring the curriculum to life beyond the classroom. This approach supports students in making informed choices and builds their passion for lifelong learning and personal growth.



AMBITION - We are ambitious for all students at Hummersknott Academy to develop into confident, compassionate, and responsible citizens, equipped to make a meaningful contribution to society. Through the Life Skills curriculum, we nurture a strong sense of self, community, and global awareness, empowering students to understand and influence the world around them. By the end of Key Stage 3, students are expected to have built a secure foundation in key personal, social, and health-related themes, including emotional wellbeing, identity, and respectful relationships. As they progress into Key Stage 4, students deepen their understanding of complex issues such as financial literacy, employability, and ethical decision-making, preparing them to manage the challenges of adulthood with resilience and independence. We continuously challenge our students to reflect, grow, and strive for personal excellence, ensuring they leave school not only with academic qualifications, but with the confidence and character to thrive in a rapidly changing world.