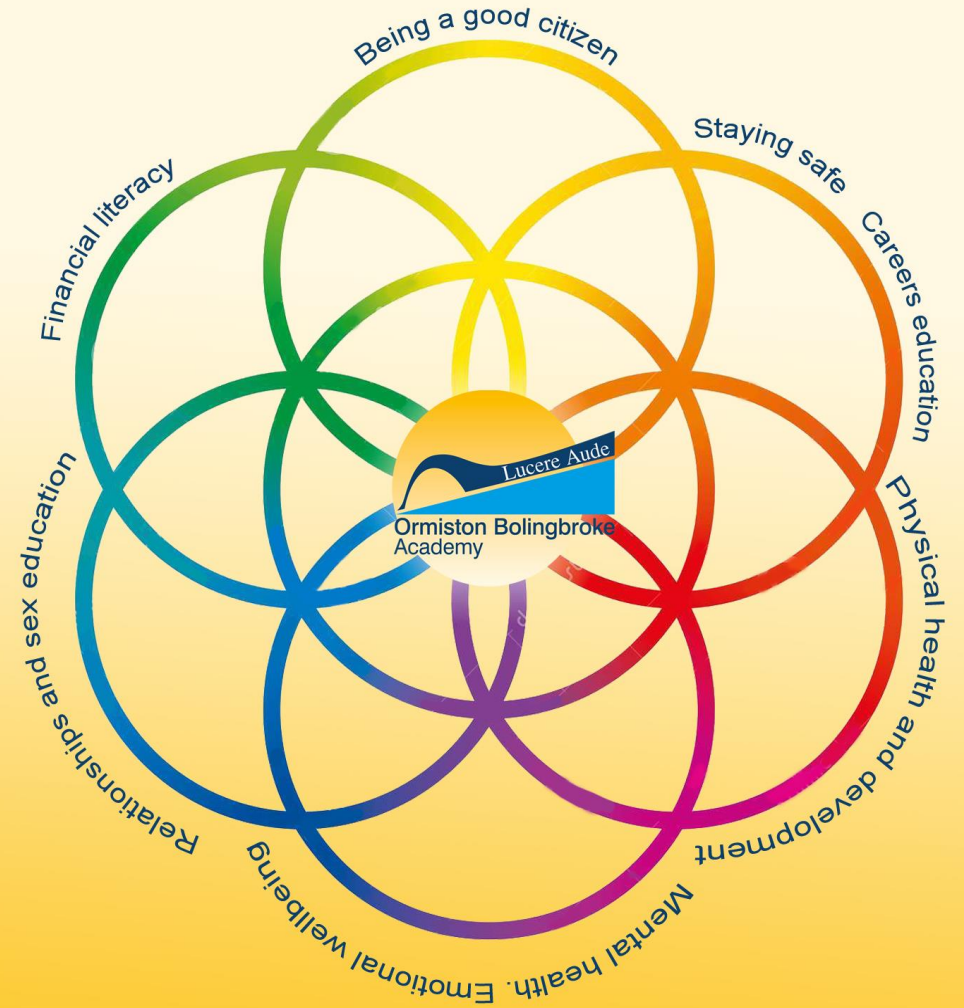


Ormiston Bolingbroke Academy

Lessons for Life (PSHE) parent/carers engagement summary.

2025 – 2026



LESSONS FOR LIFE



@lfl_oba

Introduction to this document



This is a live document designed to give parents/carers an overview of the learning which different year groups will cover each half term.



In the next slide you will find the long term plan for the entire academic year of which projects students in years 7 – 11 will study.



In the slides following this you will find a half termly breakdown of the lesson content different year groups will study.

- **Purple** represents an interaction with an external partner or speaker.

- **Blue** represents a mini project.

- **Green** represents the focus of 'Being a Good Citizen'.

- **Orange** represents the focus of 'Physical health and development and mental wellbeing'.

- **Red** represents the focus of 'Staying Safe'.

- **Grey** represents the focus of 'Careers Education'.

- **Gold** represents the focus of 'Financial Literacy'.

- **Dark blue** represents the focus of 'Relationships and Sex Education'.

- **Dark grey** represents a time when students do not have Lessons for Life for reasons such as exams, bank holidays, school holidays, INSET days etc.

Term	Autumn 1		Autumn 2			Spring 1	Spring 2		Summer 1			Summer 2					
	7 weeks		7 weeks			6 weeks	6 weeks		5 weeks			7 weeks					
YR 7	OBA Against Bullying		Armistice	FBV	Help I'm Hairy!	Dental	Me and My Community		Coab. Digital	The Web We Want			Water safety	Assessment	Mind Matters - Wellbeing Warriors	Inspirational Individuals	
YR 8	Life In Modern Britain		Cheshire Fire	Personal Safety			Considering My Career		Uni Frog	FRS	You Are What You Eat		Relationships and Identity		Protected Characteristics		
YR 9	Substances and Society		Street Safety			#ScrollSafely		Courage and Choices - Options Process		Hillsbrough	Money Matters			Relationships, Responsibility and Respect			
		A W Fdn		D Fox	Police		PAL	Uni Frog	Options roadshow					School Nurse visits			
YR 10	Snagged		Carers	BodyWise: Choices for a Healthy Life			HIV	W Ex launh	Me and My Relationships		DV	Equality - Disrespect Nobody	Global Citizenship		Water safety	Enhancing My Employability	
YR 11	Me and My Money	Dare to Shine		Mocks	Me and My Money		Keep Calm and Carry On		Preparing for Employment		CVs	Mocks	Prep for Employment		Daily Mirror	Dare to Shine	
		Post 16 IAG	Carers		SFR	Pre-mocks	Mock results	Wellbeing	Photos					Exam prep - timetables and stress	Exam prep - timetables and stress		EXAM PERIOD

How projects are broken down:

Below is some guidance to explain how information is presented in the tables forthwith. You will find the current half term in the next slide and previous half terms in the slides which follow this.

Year	Project title	Project focus	Lesson content/titles
Which year group e.g. year 7	The name of the project – each project is given a relevant name to summarise what it is about.	What strand of PSHE this falls into. There are seven strands of the OBA Lessons for Life curriculum (see the logo on slide one).	Here you will see a breakdown of what learning outcomes students will cover as part of this project. These are not necessarily in the order of delivery and may be subject to change.

Any queries relating to OBA's Lessons for Life curriculum should be addressed to Mr Liam Hussey, Leader of PSHE: l.hussey@ob-ac.co.uk

Autumn 1 (September – October half term)

Year	Project title	Project focus	Lesson content/titles
7	<i>"OBA Against Bullying"</i>	Anti-bullying	The importance of friendship. Defining bullying. Different forms of bullying . How to report bullying concerns. Bystanders v upstanders. OBA's zero tolerance approach to bullying. Development of a campaign to end bullying.
8	<i>"Life in Modern Britain"</i>	Being a good citizen	What it means to be British. British culture. History, geography and governance of the UK. The role of the monarchy . Celebrating diversity. Extremism. The Prevent agenda. Fundamental British Values.
9	<i>"Substances and Society"</i>	Physical health and development (drug, alcohol and tobacco, including vaping)	To develop an awareness of drugs, alcohol tobacco and vaping. To understand the law around illegal drugs. To understand how drugs, tobacco/vaping and alcohol effect our physical and mental health. The influence of peer pressure on substance use. To address myths and misconceptions around substances.
10	<i>"Snagged"</i>	Staying safe (grooming and coercion)	Understanding what grooming is. Signs and indicators of grooming. County lines grooming. Criminal exploitation and grooming. Extremist grooming. Sexual grooming. Joint enterprise law. Sources of support with grooming.
11	<i>"Me & My Money"</i>	Financial literacy	Sources of income and expenditure. Different types of spending. Budgeting. Understanding credit. Payment methods and their advantages/disadvantages. Understanding mortgages. Pensions and retirement planning. How spending affects mental wellbeing. Insurance policies. Different types of bank accounts. How to understand a payslip.

Autumn 2 (October half term - Christmas)

Year	Project title	Project focus	Lesson content/titles
7	<i>"Help! I'm Hairy"</i>	Physical health and development	How the human body will change during puberty for both male and females, examining similarities and differences here. Watch and review an informative film named 'Help! I'm Hairy'. The role of testosterone and oestrogen. To review commonly faced dilemmas during puberty. To understand how emotions change and develop during puberty. The importance of a healthy diet, sleep, exercise, personal hygiene and dental health.
8	<i>"Personal Safety"</i>	Staying safe	The importance of safety. Personal safety in various situations as we become more independent. How we can keep ourselves and other people safe. How OBA safeguards all students. Sources of support. Basic first aid skills and knowledge. Different forms of abuse. Female Genital Mutilation. To understand Harmful Sexual Behaviour. What upskirting is and why this is illegal. Visit from Cheshire Fire and Rescue about bonfire and road safety.
9	<i>"Street Safety"</i>	Staying safe	Acid attacks. Knife crime (taught lesson and a visit from the Daniel Fox Foundation). Gang crime. Hate crimes. Racism in society (learning about the racially motivated murder of Anthony Walker). Violence Against Women and Girls, including domestic violence (visit from Collaborate Digital). Police talk about knife crime.
10	<i>"BodyWise"</i>	Physical health and development	Staying physically healthy. Diet and nutrition health. Teenage cancer awareness. Self-examination of breasts and testicles. HIV and AIDS. Donation of blood, organs and stem cells. Motivations and risks associated with tattoos, piercings and sunbeds. Common cancers and screening techniques. Understanding prostate cancer. Understanding cervical cancer.
11	<i>"Dare to Shine"</i>	Academic skill and success	Sixth form recruitment . Post 16 options information, advice and guidance. Revision, study and exam skill development. Exam preparation time. Mock results issued and reflection. Wellbeing activities to promote mindfulness.

Spring 1 (January return - February half term)

Year	Project title	Project focus	Lesson content/titles
7	<i>"Me and My Community"</i>	Being a Good Citizen	To develop an awareness of the local area. Complete a range of self-assessments about skills, aspirations, wants and needs. To understand what learning style suits each individual. About the history, geography and governance of the local area. To understand the different communities that exist and celebrate diversity within them. How to be a positive citizen my community, including at school and volunteering. How knife crime impacts our local area.
8	<i>"Relationships and Identity"</i>	Relationships and Sex Education	Respect and understanding of consent . Understand how to build, maintain and negotiate healthy relationships. Celebrate sexuality, pleasure and the joy of sexual relationships. Ability to comprehend, establish and respect boundaries. Appreciation of the diversity of sexual orientation and gender identities. Applying critical analysis to media representations. Understanding the risks and motivations linked with sexting.
9	<i>"#ScrollSafely"</i>	Staying safe	The benefits and drawbacks of our extensive use of the internet in the modern world. Understanding and reviewing key online safety issues that affect young people. Review contact as an online safety issue in detail. Review content as an online safety issue in detail. Review conduct as an online safety issue in detail. Visit from Cheshire Police cyber-crime team about online conduct. Review commercialism as an online safety issue in detail.
10	<i>"Me and My Relationships"</i>	Relationships and Sex Education	Different forms of relationships e.g. heterosexual, friendship, homosexual, bisexual etc.. What makes a healthy relationship. To understand the risks associated with dating including online safety. To recognise the signs of and strategies to manage coercive control. Understanding attraction and development into relationships. To review marriage and divorce. To appraise the matter of consent within a relationship. To review harmful sexual behaviour. To develop an awareness of the dangers of sexting. To understand the impact of pornography and how this is not reflective of real-life interactions
11	<i>"Preparing for Employment"</i>	Careers Education	Reflecting on work experience placements undertaken in year 10. How part time employment can be beneficial. Reviewing your career hopes and aspirations and next steps. Completing CVs, covering letters and application forms. Understanding employability skills. Understanding how jobs are applied for. Tips for success at a job interview. Rights and responsibilities at work. How equality and diversity is protected in the workplace. How to understand a payslip. Exploring local and national Labour Market Information. Raising awareness of the careers advice and guidance available.

Spring 2 (February half term – Easter)

Year	Project title	Project focus	Lesson content/titles
7	<i>"The Web We Want"</i>	Staying Safe (online)	The safe and responsible use of information communication technology. The benefits and issues created by our extensive use of the internet. Evaluate cyberbullying and the affects and consequences of this. How to deal with online safety concerns. Making positive choices online. Support services available for online safety issues. The law and online conduct. Creating a set of tips to keep safe online.
8	<i>"You are what you eat"</i>	Physical health and development	The importance of a healthy, balanced diet. The eat well plate. The different sources of nutrients in our diets. To understand a range of special dietary requirements that people have. Evaluate different eating disorders. Review food waste and how this can be combatted. The role of food banks. Appraise the link between diet and body dysmorphia.
9	<i>"Courage and choices"</i>	Careers education	Provider Access Legislation external engagement. Focus on apprenticeships and T Levels. Talk about OBA 6th Form. Options process launch assembly led by JWE. Process explained. Key dates shared. Complete a brief survey of intentions, their career aspirations and guidance required. Overview of the options process. Student aspirations and which subjects will support these, sources of support and guidance, key dates for the process. What the process involves, why personalise the curriculum, core/optional subjects, considerations when picking options subjects, the difference between academic and vocational qualifications, how Ebacc works, LMI. Career hopes and aspirations. Options roadshow. Subjects represented with stands, pull ups, fact files, artefacts, examples of work etc.
10	<i>"Equality – disrespect nobody"</i>	Being a good citizen	Revisit the protected characteristics and review different examples and case studies of inequality. Develop a pledge to promote equality in society.
11	<i>"Preparing for Employment"</i>	Careers Education	Reflecting on work experience placements undertaken in year 10. How part time employment can be beneficial. Reviewing your career hopes and aspirations and next steps. Completing CVs, covering letters and application forms. Understanding employability skills. Understanding how jobs are applied for. Tips for success at a job interview. Rights and responsibilities at work. How equality and diversity is protected in the workplace. How to understand a payslip. Exploring local and national Labour Market Information. Raising awareness of the careers advice and guidance available.

Summer 1 (Easter - May half term)

Year	Project title	Project focus	Lesson content/titles
7	<i>"Fundamental British Values"</i>	Being a good citizen	Becoming aware of the Fundamental British Values of: Rule of law, democracy, individual liberty & mutual respect and tolerance of those with different cultures and religions. What it means to be British. How the Fundamental British Values are demonstrated at OBA. How to make a positive contribution to life in modern Britain.
8	<i>"Considering my career"</i>	Careers education	Understanding different careers. Outlining your future plans. Understanding employability skills. Review your own skill set.. Understanding how jobs are applied for. Raising awareness of the careers advice and guidance available to you. Exploring national Labour Market Information
9	<i>"Money matters"</i>	Financial literacy	To develop an awareness of how you will spend and receive money as an adult. How we manage money The importance of budgeting. How we can be a savvy consumer. The difference between essential and non-essential spending. How savings work. How credit works. How financial goals are set and achieved. The choices we have when it comes to accommodation as an adult. How to keep money secure
10	<i>"Global citizenship"</i>	Being a good citizen	The problem with plastic waste. The Human Rights which we all have. How extremism is a global problem. How gambling affects us as a world issue. International conflicts/wars and how these impact on people and society. International law (the 'Rules of War')
11	<i>"Keep calm and carry on"</i>	Exam preparedness	Exam planning. Constructing revision timetables. Coursework completion. Exam preparation and revision. Understanding of exam command words. Strategies for exam success. Maintaining wellbeing and stress management during exam season. Motivational activities

Summer 2 (May half term - Summer holidays)

Year	Project title	Project focus	Lesson content/titles
7	<i>"Mind Matters"</i>	Mental health / emotional wellbeing	To develop an awareness of the different mental health issues that affect our daily lives. To understand how to support the mental health and wellbeing of ourselves and others. The links between physical health, online activity, peer activities and mental health. Methods in which we can support ourselves, others and support organisations around mental health. Address the stigma around mental health issues. To develop a tools and techniques to maintain your own mental health and that of others
8	<i>"Protected Characteristics"</i>	Being a Good Citizen	The laws that protect equality. A detailed review of what the nine protected characteristics are and how they must be respected. Understand key terms about equality. A detailed review of race as a protected characteristic. An in-depth review of sexual orientation as a protected characteristic. An in-depth review of religion as a protected characteristic (including Islamophobia and antisemitism). Examining disability as a protected characteristic. Evaluation of discrimination case studies and scenarios.
9	<i>"Relationships , Responsibility and Respect"</i>	Relationships and Sex Education	Visit from the school nurse about sexual health and a practical demonstration on using contraception. Theory and booklet activities to reflect on and reinforce the school nurse visit. Reproduction, fertility and miscarriages. Understanding teenage pregnancy. Contraception choices, advantages and disadvantages. How condoms are applied and used. Local sexual health support services. Sexually Transmitted Infections and Diseases including symptoms, conception and treatment of these. Healthy relationships in your teenage years. HIV and AIDS.
10	<i>"Enhancing My Employability"</i>	Careers education	Visit from Shaping Futures on Higher Education (university) pathways. Visit from Shaping Futures about Labour Market Information. Pre work experience placement planning. Week out on work experience. Reflection on work experience placements upon return to school. Visit from a successful entrepreneur.
11	During the final half term, year 11 students will be involved in exams and revision activity during the exam season. Towards the end of June year 11 students will go on study leave.		