

Lifeology 7 Year Curriculum Plan:





At its core, Lifeology is the study of life; the big decisions, the big questions and the vital tools for a happy and healthy life. Here at St Mark's, Lifeology empowers students by providing the information, tools and skills to become well rounded, active citizens during their time at school and beyond. The goal is for all students to leave school as **independent, self-reliant** and **assertive** young people.

All students will cover a range of topics that fall into our four big ideas: **Character, Community, Comfort** and **Care**.

In Lifeology students are shown a variety of different backgrounds through engaging with **case studies** and **personal testimonies**. Students are empowered by being encouraged to draw on their own **lived experiences**.







One key purpose of Lifeology, both as a subject and a department, is the development of students' **literacy**. This is achieved through **consistently embedded DVI, case study lessons** and **classroom strategies** with **instruction embedded in slides** - including turn and talk, philosophical enquiry and comprehension activities.







Lifeology Big Ideas:




Character	Community	Comfort	Care
How do I grow as a person?	How do we all live together?	How do I look after myself?	How do I keep myself safe?
12 schemes of work at KS3/4	6 schemes of work at KS3/4	7 schemes of work at KS3/4	4 schemes of work at KS3/4
			

Lifeology is a key component of the Spiritual, Moral, Social and Cultural development offer at Saint Mark's Academy. As a Church of England school we have a sacred commitment to involve all students in this offer, including those in Year 12 and Year 13. Our Sixth Form schemes of work have been carefully planned to ensure students are given the opportunity to develop and reflect on their spirituality. Four of these schemes of work are core RE units, and every other scheme of work is interleaved with elements of theology, philosophy and ethics. This is denoted below in two ways: core RE units appear with this colour, and all units are labelled with the same icons used by our RE curriculum to show which of the RE Big Ideas they address.

RE Big Ideas:

God's love of Humanity	Big Narratives	Justice and Equality	Nature of God	Religious Experience	Moral Philosophy
					

	<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>Year 10</u>	<u>Year 11</u>	<u>Year 12</u>	<u>Year 13</u>
<u>Autumn 1</u>	How do I Adjust to Secondary School? Big Idea: Comfort	<u>Discrimination and Prejudice:</u> What are my Human Rights? Big Idea: Community	<u>Discrimination and Prejudice:</u> What are the Types of Discrimination? Big Idea: Community	<u>Growing up in Merton:</u> How do we Stop Sexual Harassment? Big Idea: Character	First Give Project: What is Active Citizenship? Big Idea: Character	Universities and Higher Education Big Idea: Character	Reclaiming your Faith Big Idea: Character
<u>RE Big Ideas</u>							
<u>Careers links</u>		Potential	Potential	Potential	Implicit	Implicit	
<u>DVI</u>	Character Reflection Community Conflict Values Bullying	Rights Activism Responsibilities Homophobia Democracy Racism	Discrimination Ableism Sexism Racism Homophobia Prejudice	Harassment Consent Gender identity Sexuality Violence Pornography Explicit	Social issue Activism Charity Volunteering Awareness Fundraising	Degree Bachelors Masters Apprentice Employability Expertise	Feminism Equality Theology Gender Liberation Patriarchy
<u>Autumn 2</u>	<u>Stewardship:</u> How do we Look After the World? Big Idea: Community	<u>Growing up in Merton:</u> How do I Stay Safe Online? Big Idea: Character	How do I Pick a Career? Big Idea: Character	<u>Mental Wellbeing:</u> What can cause Stress? Big Idea: Comfort	First Give Project: What is Active Citizenship? Big Idea: Character	Employability Big Idea: Comfort	Drugs, Alcohol and Tobacco Big Idea: Care
<u>RE Big Ideas</u>							
<u>Careers links</u>		Implicit	Explicit		Implicit	Explicit	Potential
<u>DVI</u>	Stewardship Environment Recycling Food Miles Crisis Global Warming	Anonymous Risk Cyberbullying Digital Footprint Social Media Passive	Employability STEM Jobs Creative Industry Public Sector Private Sector CV	Wellbeing Preventative Stress Abuse Factor Spectrum	Social issue Activism Charity Volunteering Awareness Fundraising	Employability Transferable Motivation Discipline Productive Sector	Risk Moderation High Epidemic Sober Intoxicated

	<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>Year 10</u>	<u>Year 11</u>	<u>Year 12</u>	<u>Year 13</u>
<u>Spring 1</u>	Mental Wellbeing: How do I Care for Myself? Big Idea: Comfort	Stewardship: What is Environmental Activism? Big Idea: Community	Respectful Relationships: What is Abuse? Big Idea: Care	Stewardship: How do we Make Change? Big Idea: Community	First Give Project: What is Active Citizenship? Big Idea: Character	Financial Capability Big Idea: Comfort	Extremism and The Media Big Idea: Community
<u>RE Big Ideas</u>							
<u>Careers links</u>		Implicit		Implicit	Implicit	Implicit	
<u>DVI</u>	<i>Wellbeing</i> Meditation Mindfulness Mental Health Hygiene Relief	<i>Stewardship</i> Activist Informed Protest Confrontation Advocate	<i>Conduct</i> Abusive Coercion Consent Gaslighting Trauma	<i>Stewardship</i> Pressure Groups Activist Establishment Inequality Social Justice	<i>Social issue</i> Activism Charity Volunteering Awareness Fundraising	<i>Budgeting</i> Income Expenditure Taxation Equity Self employment	<i>Media</i> Traditional Extremism Echo chamber Misinformation Disinformation
<u>Spring 2</u>	Growing up in Merton: What is My Community Like? Big Idea: Character	Respectful Relationships: How do I have Good Friendships? Big Idea: Care	Growing up in Merton: What Risks are there in the Community? Big Idea: Character	Respectful Relationships: What is Safe Sex? Big Idea: Care	What should I pick at A-Level? Big Idea: Character	Philosophy and Ethics Big Idea: Character	Intimate Relationships & Safe Sex Big Idea: Care
<u>RE Big Ideas</u>							
<u>Careers links</u>	Implicit		Potential		Implicit		
<u>DVI</u>	<i>Diverse</i> Liberty Heritage Windrush Generation Community Multicultural	<i>Respectful</i> Imbalance Boundaries Reciprocal Compromise Mutual	<i>Risk</i> Belonging Vulnerable Grooming FGM Manipulate	<i>Consent</i> Mature Self-Reflection STIs Contraception Informed	<i>This is a series of weekly taster lessons for different A-Level options:</i> RE, Law, Psychology, Performing Arts	<i>Beneficial</i> Expression Compassion Mutually exclusive Resources Fertility treatment	<i>Consent</i> Mature Impact STIs and STDs Chronic Exposure

	<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>	<u>Year 10</u>	<u>Year 11</u>	<u>Year 12</u>	<u>Year 13</u>
<u>Summer 1</u>	<p>What is Puberty?</p> <p>Big Idea: Comfort</p>	<p>Mental Wellbeing: What are the Risk Factors?</p> <p>Big Idea: Comfort</p>	<p>How do I have a Healthy Lifestyle?</p> <p>Big Idea: Character</p>	<p>Discrimination and Prejudice: What is Structural Discrimination?</p> <p>Big Idea: Community</p>	<p>How do I live as an Adult?</p> <p>Big Idea: Comfort</p>	<p>Safe Sex and Contraception</p> <p>Big Idea: Care</p>	<p>Leading a healthy lifestyle after leaving home</p> <p>Big Idea: Comfort</p>
<u>RE Big Ideas</u>				● ●		●	
<u>Careers links</u>			Potential	Potential	Implicit		Implicit
<u>DVI</u>	<p>Puberty</p> <p>Hormones</p> <p>Period</p> <p>Self-worth</p> <p>Adult</p> <p>Maturity</p>	<p>Wellbeing</p> <p>Symptom</p> <p>Anxiety</p> <p>Body image</p> <p>Stress</p> <p>Risk factor</p>	<p>Health</p> <p>Lifestyle</p> <p>Moderation</p> <p>Sedentary</p> <p>Habit</p> <p>Excessive</p>	<p>Prejudice</p> <p>Oppression</p> <p>Bias</p> <p>Privilege</p> <p>Structural</p> <p>Institutional</p>	<p>Income</p> <p>Expenses</p> <p>Budget</p> <p>Investment</p> <p>Autonomy</p> <p>Independence</p>	<p>Contraception</p> <p>Safe sex</p> <p>Hormonal methods</p> <p>Barrier methods</p> <p>STIs</p> <p>Birth control</p>	<p>Health</p> <p>Lifestyle</p> <p>Independence</p> <p>Moderation</p> <p>Autonomy</p> <p>Self-reliance</p>
<u>Summer 2</u>	<p>How do I Study for Exams?</p> <p>Big Idea: Character</p>	<p>What is Financial Capability?</p> <p>Big Idea: Comfort</p>	<p>What are the Risks of Drugs, Alcohol and Tobacco?</p> <p>Big Idea: Care</p>	<p>How do I Study for Exams?</p> <p>Big Idea: Character</p>		<p>Discrimination and Prejudice</p> <p>Big Idea: Community</p>	
<u>RE Big Ideas</u>						● ●	
<u>Careers links</u>	Implicit	Implicit	Potential	Implicit			
<u>DVI</u>	<p>Revision</p> <p>Efficient</p> <p>Spaced Learning</p> <p>Versatile</p> <p>Self-Assess</p> <p>Metacognition</p>	<p>Budgeting</p> <p>Taxation</p> <p>Income</p> <p>Benefits</p> <p>Public Services</p> <p>Bankrupt</p>	<p>Risk</p> <p>Moderation</p> <p>High</p> <p>Epidemic</p> <p>Sober</p> <p>Intoxicated</p>	<p>Revision</p> <p>Efficient</p> <p>Spaced Learning</p> <p>Versatile</p> <p>Self-Assess</p> <p>Metacognition</p>		<p>Homophobia</p> <p>Misogyny</p> <p>Misandry</p> <p>Sexism</p> <p>Fatphobia</p> <p>Transphobia</p>	