



WOODBIDGE HIGH SCHOOL

Life Studies Overview

2026-27

Years 7-11

What is Life Studies?

Life Studies is a core subject taught through Year 7 to Year 11 that combines Relationships, Sex and Health Education (RSHE), PSHE, Citizenship, Careers, Environment education and the school ethos into one programme of lessons. Students receive one lesson every fortnight and those in Year 7 will have an introductory lesson during their first day at Woodbridge High School.

Each year is themed as follows:

- Year 7 – transition into secondary school
- Year 8 – transition into teenager
- Year 9 – knowledge gaining year
- Year 10 – applying the knowledge to themselves
- Year 11 – applying the knowledge beyond school

This allows students to improve their knowledge and understanding from each year to the next.

There is more information about Relationships, Sex and Health Education available on the school website, including a copy of the full syllabus that students will cover throughout all year groups, alongside copies of the resources used, and the school RSHE policy.

Go to www.woodbridgehigh.co.uk and choose “Teaching & Learning” from the top menu, then pick “SMSC, RSHE & British Values”

You will receive a letter at the start of September each year about the RSHE Provision at Woodbridge High School. This will give you more information about your right to withdraw your child from the sex education element should you wish to do so; please note that none of the lessons taught in Year 7 cover any of the sex education content. There will also be an opportunity to attend a parent consultation meeting during the first half-term of the Autumn term each year.

How is Life Studies taught?

In Year 7 & 8 students are taught within their tutor groups by members of the Life Studies Team. In Year 9, are taught within their house group, and in Year 10 and 11, students are taught in mixed classes to ensure that a wider variety of discussions can happen and that they experience a wider selection of opinions – this is important in helping them improve their critical thinking skills.

Students will complete a booklet of lessons per term, these booklets will be kept in school and collated, giving them a full set when they complete Year 11. Lesson resources are provided to the Life Studies team so they will match the resource examples available through the school website, and ensure that all classes cover the same content. PPR (home learning) will mainly consist of termly quizzes to assess what students have covered in that term.

The Life Studies team is made up of many teachers from across the school community, and they are led and trained by Ms Wardle, the Life Studies Co-ordinator and RSHE Lead.

Woodbridge High School Curriculum Overview

Year 7 – Life Studies



	Curriculum Content	Suggested Reading or Extension Activities
Term 1 (Sept-Dec)	• The Woodbridge Way • Friendships & Respect • Bullying and Cyberbullying • Discrimination & Stereotyping • Different Families & Parenting • Body Autonomy • Online Safety (digital footprint, unrealistic expectations & AI)	Students should discuss the issues raised during Life Studies with peers, parents and teachers. Discussion and debate are the best way to extend their learning.
Term 2 (Jan-March)	• Critical questioning • Rule of law & the UK Justice system • Drugs & Criminal Exploitation • Gangs & Knife Crime • Radicalisation & Extremism	Copies of the resources used in lessons are available through the school website should parents wish to use these to discuss things with their children.
Term 3 (April-July)	• Healthy Lifestyle (sleep and healthy eating) • Puberty & Menstruation • Happiness, Wellbeing & Mental Health • Basic First Aid • Diversity & the Law • Careers • Community & Volunteering • Homelessness	

Examples of PPR Tasks	PPR tasks are only occasionally set for Life Studies, this will include the assessment quizzes set through our online platforms. Lessons consist of discussion and debate, with written tasks in booklets.
Assessment Tasks, Methods & Frequency	Students will complete tasks in booklets allowing for continuous assessment through teacher observation. Students will be set half-termly quizzes, along with an End of Year assessment, these will be done online as PPR.
Equipment That Students Need	Pens, pencils.

Parents / Carers can help their child by:	• Discussing and debating the issues raised. • Encouraging students to find out more. • Watching documentaries with their children
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Who Can I Contact?	Teacher in Charge of Life Studies	Ms Wardle	
	Teachers of Y7 Life Studies	Ms Alexander Ms Barnes Ms Honeysett Ms Khudeza Ms Minhas	Mr Nainwal Mr Prosser Ms Walia Ms Watton Ms Zmirou

Please note: There is no Sex Education content within Year 7.

For more information about Life Studies and RSHE please visit the school website.

<https://www.woodbridgehigh.co.uk/page/?title=SMSC%2C+RSHE+%26amp%3B+British+Values&pid=150>

Woodbridge High School Curriculum Overview

Year 8 – Life Studies



	Curriculum Content	Suggested Reading or Extension Activities
Term 1 (Sept-Dec)	- Relationships (incl. the concept of consent) - Recognising unhealthy relationships - Marriage & the law - How media & social media influence relationships - Online safety (dealing with inappropriate content) - Trustworthy Sources - Impact of alcohol and drugs (including vaping)	Students should discuss the issues raised during Life Studies with peers, parents and teachers. Discussion and debate are the best way to extend their learning.
Term 2 (Jan-March)	- Radicalisation, extremism and criminal exploitation - Rights & Respect - Tackling Discrimination - Careers Skills - Careers Choices	Copies of the resources used in lessons are available through the school website should parents wish to use these to discuss things with their children.
Term 3 (April-July)	- Healthy Lifestyle (personal & oral hygiene, puberty, vaccinations) - Mental Health & Wellbeing - Empathy and dealing with loss & grief - Lifesaving First Aid Skills - Politics & Democracy in the UK - Refugees - Money and banking	

Examples of PPR Tasks	PPR tasks are only occasionally set for Life Studies, this will include the assessment quizzes set through our online platforms. Lessons consist of discussion and debate, with written tasks in booklets.
Assessment Tasks, Methods & Frequency	Students will complete tasks in booklets allowing for continuous assessment through teacher observation. Students will be set half-termly quizzes, along with an End of Year assessment, these will be done online as PPR.
Equipment Which Students Need	Pens, pencils.

Parents / Carers can help their child by:	- Discussing and debating the issues raised. - Encouraging students to find out more. - Watching documentaries with their children
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Who Can I Contact?	Teacher in Charge of Life Studies	Ms Wardle	
	Teachers of Y8 Life Studies	Ms Alexander Ms Barnes Ms Sajeev	Mr Shaw Ms Wardle Mr Williams

Please note: Following the recent change in the Department for Education guidance, **there is no Sex Education content within Year 8.**

For more information about Life Studies and RSHE please visit the school website.

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Woodbridge High School Curriculum Overview

Year 9 – Life Studies



	Curriculum Content	Suggested Reading or Extension Activities
Term 1 (Sept-Dec)	- Respectful relationships vs Bullying & peer pressure - Online safety and how to report issues - Grooming & exploitation (child sexual exploitation, child criminal exploitation and gangs) - Drugs, legal highs & vaping - Addiction (incl gambling and alcohol) - Careers & GCSE Options	Students should discuss the issues raised during Life Studies with peers, parents and teachers. Discussion and debate are the best way to extend their learning.
Term 2 (Jan-March)	- Intimate relationships and the factors that influence * - Consent & readiness vs harmful & unsafe relationships * - Contraception & reproductive health * - Sexually transmitted infections * - Harmful sexual behaviour (sexual harassment vs sexual assault)	Copies of the resources used in lessons are available through the school website should parents wish to use these to discuss things with their children.
Term 3 (April-July)	- Domestic abuse/violence and where to get help - FGM and the law - Mental Health and the Mental Health Act - Neurodiversity - NHS Services & Health - Medical decisions – immunisation, law on donations - Stereotypes & the Equality Act – equality vs equity - Parliament & Democracy in the UK	

Examples of PPR Tasks	PPR tasks are only occasionally set for Life Studies, this will include the assessment quizzes set through our online platforms. Lessons consist of discussion and debate, with written tasks in booklets.
Assessment Tasks, Methods & Frequency	Students will complete tasks in booklets allowing for continuous assessment through teacher observation. Students will be set half-termly quizzes, along with an End of Year assessment, these will be done online as PPR.
Equipment Which Students Need	Pens, pencils.

Parents / Carers can help their child by:	- Discussing and debating the issues raised. - Encouraging students to find out more. - Watching documentaries with their children
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Who Can I Contact?	Teacher in Charge of Life Studies	Ms Wardle	
	Teachers of Y9 Life Studies	Mr Chin Ms Delawala Ms Edmondson Ms Honeysett	Mr Esop Mr Shaw Ms Wardle

Topics marked with a * are the Sex Education content.

For more information about Life Studies and RSHE, including the right to withdraw your child from sex education, please visit the school website.

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Woodbridge High School Curriculum Overview

Year 10 – Life Studies



	Curriculum Content	Suggested Reading or Extension Activities
Term 1 (Sept-Dec)	• Positive relationship values and expectations * • Consent, peer pressure & sexual safety * • Sexual health clinics and how to access help * • Teen pregnancy (including fostering, adoption and abortion) & young parenthood * • Pornography and unrealistic expectations (incl. the law) • Online safety (including online sexual harassment, grooming) • Legal drugs & addiction	Students should discuss the issues raised during Life Studies with peers, parents and teachers. Discussion and debate are the best way to extend their learning.
Term 2 (Jan-March)	• Laws – how they are made, how they are enforced • Gangs & exploitation • Radicalisation • NHS Services • Regular health checks and self-examination	Copies of the resources used in lessons are available through the school website should parents wish to use these to discuss things with their children.
Term 3 (April-July)	• Mental health, mindset & wellbeing • Climate Change, Sustainability and Environment Anxiety • Careers – incl. interview practice, writing CVs, gaining employment skills, post-16 options • Diversity & Intersectionality • Budgeting	

Examples of PPR Tasks	PPR tasks are only occasionally set for Life Studies, this will include the assessment quizzes set through our online platforms. Lessons consist of discussion and debate, with written tasks in booklets.
Assessment Tasks, Methods & Frequency	Students will complete tasks in booklets allowing for continuous assessment through teacher observation. Students will be set half-termly quizzes, these will be done online as PPR.
Equipment Which Students Need	Pens, pencils.

Parents / Carers can help their child by:	• Discussing and debating the issues raised. • Encouraging students to find out more. • Watching documentaries with their children
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Who Can I Contact?	Teacher in Charge of Life Studies	Ms Wardle	
	Teachers of Y10 Life Studies	Ms Bemath Ms Delawala Ms Evans Mr Laws	Ms Meehitiya Ms Shahid Mr Steacy-Buck Ms Wardle

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Woodbridge High School Curriculum Overview

Year 11 – Life Studies



	Curriculum Content	Suggested Reading or Extension Activities
Term 1 (Sept-Dec)	- Careers: Exploring Post 16 & 6th Form Options - Mental health & wellbeing - Gangs and the impact of illegal acts on those involved - Health & the NHS - Relationships (laws surrounding marriage, etc)	Students should discuss the issues raised during Life Studies with peers, parents and teachers.
Term 2 (Jan-March)	- Consent, Contraception & STIs * - Abusive relationships and how to get help * - Fertility challenges & the impact on mental health * - Money & Budgeting - Bullying beyond school, hate crimes and the Equality Act	Discussion and debate are the best way to extend their learning.
Term 3 (April-July)	- Drugs, Alcohol and Legal Highs - Mental health & wellbeing in preparation for exams	Copies of the resources used in lessons are available through the school website should parents wish to use these to discuss things with their children.

Examples of PPR Tasks	PPR tasks are only occasionally set for Life Studies, this will include the assessment quizzes set through our online platforms. Lessons consist of discussion and debate, with written tasks in booklets.
Assessment Tasks, Methods & Frequency	Students will complete tasks in booklets allowing for continuous assessment through teacher observation. Students will be set half-termly quizzes, these will be done online as PPR.
Equipment Which Students Need	Pens, pencils.

Parents / Carers can help their child by:	- Discussing and debating the issues raised. - Encouraging students to find out more. - Watching documentaries with their children
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Who Can I Contact?	Teacher in Charge of Life Studies	Ms Wardle	
	Teachers of Y11 Life Studies	Mr Ankrah Mr Chin Ms Delawala Mr Esop	Ms Minhas Mr Steacy-Buck Ms Tann Ms Wardle

Topics marked with a * are the Sex Education content.

For more information about Life Studies and RSHE, including the right to withdraw your child from sex education, please visit the school website.

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