

Life and Well-being Skills Curriculum

Labyrinth Education

Academic Year Overview

Term	Focus Area	Activities	Intent	Implementation	Impact	SMSC & FBV
Autumn 1	Personal Hygiene – Hand Washing	Understanding and practicing hand hygiene routines	Promote self-care and awareness of hygiene	Routine-building, independence in hygiene	Embedded handwashing into daily routine	SMSC: Health responsibility; FBV: Individual Liberty
Autumn 2	Personal Hygiene – Bathing & Body Care	Learning full-body hygiene routines	Develop adult self-care skills	Teaching showering, drying, cleaning techniques	Enhanced independence, less external support	SMSC: Self-discipline; FBV: Rule of Law (routine care)
Spring 1	Oral Health & Communication	Teeth brushing, learning about dental health	Recognise link between oral care and wellbeing	Demonstrating correct brushing, dentist roleplay	Learners reduce dependency in oral hygiene	SMSC: Responsibility for own health; FBV: Individual Liberty
Spring 2	Healthy Eating & Lifestyle	Exploring diet, food impact, preparation skills	Promote informed dietary choices	Working with catering, taste testing, meal planning	Learners make informed food choices	SMSC: Healthy choices, cultural awareness; FBV: Respect, Liberty
Summer 1	Understanding Illness & Injury	First aid basics,	Develop independence	Teaching self-care, seeking	Increased self-	SMSC: Empathy, self-

		identifying symptoms	in health emergencies	help, injury response	awareness and confidence	responsibility; FBV: Rule of Law
Summer 2	Wellbeing Maintenance & Professional Visits	Haircuts, nail care, grooming	Build confidence in professional health settings	Visiting hairdressers, learning care terms	Improved self-presentation, community access	SMSC: Pride in appearance; FBV: Liberty, Respect