

<u>Timeline</u>	<u>Topic</u>	<u>Key concepts and knowledge</u>	<u>Skills development</u>	<u>Rationale</u>
<b>Y10 - half term 1</b>	<p><b>Health and Wellbeing</b></p> <p><b>Lesson 1</b> <b>What is PSHE recap and pupil audit</b></p> <p><b>Lesson 2</b> <b>Rise above dealing with change</b></p> <p><b>Lesson 3</b> <b>Managing change and relationships</b></p> <p><b>Lesson 4</b> <b>British Values</b></p> <p><b>Lesson 5</b> <b>Reframing negative thinking</b></p> <p><b>Lesson 6</b> <b>Recognising mental ill-health</b></p>	<p>Transition from KS3 to KS4 New Challenges</p> <p>Pupils can:                      identify changes and transitions that can take place during adolescence                      describe the impact that change can have                      explain different ways of managing change and where to seek support.</p> <p>Mental Health Reframing Negative Thinking</p> <p>Promoting emotional wellbeing</p> <p>To identify and manage unhealthy relationship behaviours</p> <p>To recognise that the way in which personal qualities, attitudes, skills and achievements are evaluated by others, affects confidence and self esteem</p> <p>Learn strategies to build resilience by reframing negative thinking</p> <p>Learn about the challenges young people might face as they move through adolescence</p> <p>Learn ways to promote positive mental health to help manage these challenges</p>	<p>Relationship and life skills</p> <p>Coping skills</p> <p>Mental health</p>	<p>By the end of the topic students will be able to:</p> <ul style="list-style-type: none"> <li>-identify the range of opportunities and challenges young people might encounter as they move into adulthood</li> <li>-explain strategies to help manage these challenges</li> <li>-analyse how mental health and emotional wellbeing can change throughout life, often in response to external events</li> </ul> <p>Teaching British values to children <b>improves their spiritual, moral social, and cultural (SMSC) development.</b> The British values underpin what it is to be a British citizen in what is a modern and</p>

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	<p><b>Lesson 7</b>  <b>Promoting emotional wellbeing</b></p> <p>The KS4 lesson plans use the Home Office’s #knifefree campaign as stimulus for discussion</p> <p>To celebrate those young people who, through their experiences, have chosen to live knife free</p>	<p>Learn about about how negative thinking patterns can impact on our response to disappointments</p> <p>Zumos – Welcome assembly</p>		
Y10 – half term 2	<p><b>Relationships and sex education</b></p> <p>Lesson 1                      Identifying unhealthy relationship behaviours</p>	<p>RSHE</p> <p>By the end of the lessons, pupils will be able to:</p> <ul style="list-style-type: none"> <li>• assess whether relationship behaviours are healthy or unhealthy</li> <li>• explain strategies to effectively manage relationship break ups</li> <li>• suggest ways to support a friend who is in an unhealthy relationship</li> <li>• To recognise and manage unwanted attention</li> </ul>		<p>Developed by the PSHE Association in collaboration with the Alice Ruggles Trust to promote To develop an awareness of unhealthy relationship behaviours and stalking in order to help protect young people from the potential risks in such</p>

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	<p><b>Lesson 2</b></p> <p>Managing unwanted attention</p> <p><b>Lesson 3</b></p> <p>Reducing inappropriate behaviours</p> <p><b>Lesson 4</b></p> <p><b>Relationship rights and reporting abuse</b></p> <p><b>‘Something’s Not Right’</b></p> <p><b>Home Office resource</b></p> <p><b>Lesson 5</b></p> <p><b>Homelessness</b></p> <p><b>Lesson 6</b></p> <p><b>Mental Health</b></p> <p><b>Zumos lesson</b></p>	<ul style="list-style-type: none"> <li>to recognise inappropriate behaviour and seek support</li> </ul> <p>Homophobic Bullying                      Challenging Homophobic Language and attitude</p> <p>Homelessness</p> <p>Managing conflict at home and the dangers of running away from home, <b>homelessness</b></p> <p>‘Somethings nor right’                      KS4 Home Office Resource</p> <p>Focus on recognising abuse, where young people can go for help, and overcoming barriers to reporting including peer on peer and sexual Harrassment</p> <p>Ways of recognising and reducing risk, minimising harm and strategies for getting help in an emergency</p>		<p>situations and risky situation</p> <p>Supporting students to speak to a trusted adult, and report concerns, is more important than ever, with young people having experienced a range of challenges at home during the recent coronavirus pandemic and resulting lockdown restrictions. These lessons therefore support schools in their recovery approach to this academic year (2021-22).</p>

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Y10 – half term 3	<p><b>Living in a Wider World</b></p> <p><b>Career related learning</b></p> <p><b>Lesson 1 Options at post 16</b></p> <p><b>Lesson 2 Creative Careers</b></p> <p><b>Lesson 3 Showcasing Personal Strengths</b></p> <p><b>Lesson 4 Managing online reputation</b></p> <p><b>Lesson 5 CV Workshop</b></p> <p><b>Lesson 6 National Apprenticeship week</b></p>	<p><b>Topic:</b> Career Progression</p> <p>Options at Post 16</p> <p><b>Aims:</b> To enable students to maximise chances when applying for education or employment opportunities and to develop their career identity.</p> <p><a href="#">Stereotyping Exploring the influence stereotypes have on education and career choice</a></p> <p><a href="#">Personal Qualities and Skills Exploring the relationship between personal qualities and skills</a></p> <p><a href="#">Job Qualities and Skills (Enhancing job awareness and creative thinking about the labour market</a></p> <p><a href="#">Job Qualities and Skills (2 of 2) Develop awareness of LMI and career vocabulary in a collaborative way</a></p> <p><a href="#">Job for life Changing work patterns and the influence on career decision-making</a></p> <p><a href="#">Have you got an attitude? Explore how our attitudes and values can influence our careers</a></p>		<p>Career Progression</p> <p>Improve employability</p>

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		Careers Focus CV writing  Employability Skills Preparing for work experience  <a href="#">Work Life Balance The essential balancing act for everyone in work</a>		
<b>Y10 – half term 4</b>	<b>Health and Wellbeing</b>  <b>Alcohol Education Lessons 1-4</b>  <b>Mental Health Drug Education Lessons 5-6</b>	Exploring the influence of role models  <a href="https://www.youtube.com/watch?v=Yn_shQZz5tw">https://www.youtube.com/watch?v=Yn_shQZz5tw</a> 52 minutes  Evaluating the social and emotional risks of drug use (REALLY RESOURCE)  Substance use and assessing risk  Learn how to identify and assess the risks and potential consequences of substance use. This lesson considers how different sources of influence affect decision-making; strategies to manage peer influence; and ways to act as a positive influence on peers To learn about the potential consequences of drug production, sale and use, and the support available for individuals regarding substance use, including addiction and dependency  Substance use and managing influence	Personal wellbeing Staying Safe	

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	<p><b>Health and Wellbeing</b></p> <p><b>St John’s First Aid KS4 Pathway</b></p>			
<p><b>Y10 – half term 5</b></p>	<p><b>Relationships and Citizenship</b></p> <p><b>Lesson 1</b></p> <p>Understanding and preventing extremism</p> <p><b>Lesson 2</b></p> <p>How can language divide us?</p> <p><b>Lesson 3</b></p> <p>How can peoples actions be affected by others</p> <p><b>Lesson 4</b></p> <p>Family Life</p>	<p>British values, human rights and community cohesion</p> <p><a href="#">Challenging extremism and radicalisation</a></p> <p>Understanding and preventing extremism</p> <p>How can language divide us?</p> <p>How can people’s actions be affected by others’ influence?</p> <p>How can I help my community?</p> <p>KS4 Family Life</p> <p>3 lessons</p> <p>Understanding different families and learning parenting skills</p> <p>This lesson seeks to help young people develop their understanding of long term commitments, how to make these legally binding and the unacceptability of forced marriage.</p>	<p>Personal wellbeing</p> <p>Relationship skills</p>	<p>Three lessons for Key Stage 4 focusing on relationships, marriage and families. It is intended for use in a comprehensive PSHE programme, to be taught as part of wider learning on healthy</p>

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	Long Term Commitment  <b>Lesson 5</b> The Legal Status of marriage  <b>Lesson 6</b> Parenting	This lesson seeks to help young people develop their understanding of the legal rights of different long term commitments and how attitudes towards marriage may vary.  This lesson seeks to help young people develop their understanding of the responsibilities of being a parent and the challenges parents may face with regards to raising children.		relationships and parenting.
Y10 – half term 6	<b>Living in a wider world</b>  <b>Money Management</b>  <b>Financial Awareness</b>  <b>Lesson 1</b> <b>Financial decisions and risk</b>  <b>Lesson 2</b> <b>Gambling addiction</b>  <b>Lesson 3</b> <b>Diversity week</b>  <b>Lesson 4</b> <b>Gambling Risk and Reward</b>	<u><b>Understanding the causes and effects of debt, borrowing and risk</b></u> Borrowing Risk and Reward Gambling		

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	<p><b>Lesson 5 Borrowing, Debt and repayments</b></p> <p><b>Lesson 6 Borrowing unsecured</b></p>			