

Curriculum Summary – PSHE (Year 10)

| Autumn | Spring | Summer |
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| <p>Health and Wellbeing - Mental health (7 Lessons) Students will learn:</p> <ul style="list-style-type: none"> • How to manage challenges during adolescence • How to reframe negative thinking • Strategies to promote mental health and emotional wellbeing • About the signs of emotional or mental ill-health • How to access support and treatment • About the portrayal of mental health in the media • How to challenge stigma, stereotypes and misinformation <p>Relationships and Sex Education (RSE) (8 Lessons) Students will learn:</p> <ul style="list-style-type: none"> • About relationship values and the role of pleasure in relationships • About myths, assumptions, misconceptions and social norms about sex, gender and relationships • About the opportunities and risks of forming and conducting relationships online • How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours • About the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent • How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support • How to recognise and challenge victim blaming • About asexuality, abstinence and celibacy | <p>Life Skills – Cooking (6 Lessons) Students will cook:</p> <ul style="list-style-type: none"> • Pizza • Granola bars / Flapjack • Sausage Rolls • Cold Pasta Dish • Bacon/Tomato and Cheese Twists • Shortbread <p>Students will learn:</p> <ul style="list-style-type: none"> • Budgeting • Basic cooking skills • Weighing and measuring (Maths) • About healthy and unhealthy foods • About allergies • About food packaging and environmental issues. <p>Work Experience (Prep) (6 Lessons) Students will learn:</p> <ul style="list-style-type: none"> • How to evaluate strengths and interests in relation to career development • About opportunities in learning and work • Strategies for overcoming challenges or adversity about responsibilities in the workplace • How to manage practical problems and health and safety • How to maintain a positive personal presence online • How to evaluate and build on the learning from work experience | <p>(Work Experiment placement Week)</p> <p>Addressing extremism and radicalisation (5 Lessons) Student will learn:</p> <ul style="list-style-type: none"> • About communities, inclusion, respect and belonging • About the Equality Act, diversity and values • About how social media may distort, mis-represent or target information in order to influence beliefs and opinions • How to manage conflicting views and misleading information • How to safely challenge discrimination, including online • How to recognise and respond to extremism and radicalisation <p>Religious Education Students will learn:</p> <ul style="list-style-type: none"> • To make sense of a range of religious and non-religious beliefs. • To understand the impact and significance of religious and non-religious beliefs • To make connections between religious and non-religious beliefs, concepts, practices and ideas studied. • Learn about local, national and global contexts |