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| * **What we are learning**: The topic or focus for the half term. * **Key knowledge & skills**: What students should understand and be able to do. * **How we assess learning**: knowledge checks, practical tasks, written responses and formal assessments. * **Key words to know**: Vocabulary students will learn and use. |

**Curriculum Overview: Personal Development (Citizenship, RS & PSHE)**

**Year group: 10**

**What your child will learn each half term**

This overview shows the key topics, skills, and knowledge your child will be learning in **Personal Development** in **Year 10**. It helps families understand what’s being taught, how it builds on previous learning, and how you can support your child at home.

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| **Half term** | **What we are learning** | **Key knowledge and Key Skills** | **How we will assess learning in this unit** | **Homework** | **Key vocabulary for this unit** |
| Term 1- Citizenship Politics | **Key topic: The Political System in the UK**  Key features and figures of the UK political system. | **Key knowledge**  Key words that will be used across the Citizenship course.  Importance of politics and key political figures in the UK.  How a democratic political system operates.  The role of an MP.  How laws are made.  What a General Election is.  electoral Systems.  Political Participation.  **Skills**  Comprehension Skills  Analysis Skills  Evaluation skills | Baseline assessment: Knowledge quiz to be completed at the start and end of the unit.  Knowledge checks each lesson.  A series of short-written tasks. | Knowledge quiz | Democracy  Executive  Legislature  Judiciary  Labour  Conservative  Constituency  Parliament  Bill  Private Members Bill  General Election  First Past The Post |
| Term 2- Religious Studies  Medical Ethics | **Key topic: Medical Ethics**  Why abortion, euthanasia and fertility treatment are considered to be ethical issues and the religious and secular arguments for and against these practices. | **Key Knowledge**  Key words that will be used throughout the unit of work.  Christian beliefs about abortion, euthanasia and fertility treatments.  Muslim beliefs about abortion, euthanasia and fertility treatments.  Humanist beliefs about abortion, euthanasia and fertility treatments.  Critical thinking: being able to give both sides of an argument and form an opinion.  **Key Skills**  Self-awareness: reflecting on learning and own worldview. | Baseline assessment: knowledge quiz to be complete at the start and end of the unit.  Knowledge checks each lesson.  A series of short-written tasks. | N/A | Medical Ethics  Abortion  Pro-life  Pro-choice  Predestination  Euthanasia  Sanctity of life  Quality of life  Fertility treatment |
| Term 3- PSHE Careers | **Key theme- Careers**  1.Exam stress and revision preparation  2. Work experience through volunteering  3. Employment and pathways  4.Exploring apprenticeships | **Key knowledge**  Revision strategies and techniques.  Coping with exam pressure and stress.  Importance of work experience through volunteering.  How to seek volunteering opportunities.  Different routes into work  Patterns of work  Understanding apprenticeships  Advantages and disadvantages of apprenticeships  Different types of apprenticeships  How to seek an apprenticeship  **Skills**  Employability skills  Teamwork  Organisation  Problem solving  Communication  Leadership  Motivation  Empathy  Confidence  Respect  Understanding  Reflective  Critical thinking | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Research tasks  Pair discussions  Ranking exercises  Quizzes  Scenarios  Video & questions  Written tasks  Reflection tasks  Support Signposting | N/A | Stress  Revision  Recall  Spaced repetition  Chunking  Mind mapping g  Pomodoro technique  Metacognition  Retrieval practice  Flashcards  Mindfulness  Resilience  Burnout  Procrastination  Cognitive load  Emotional regulation  Volunteer  Service  Commitment  Curriculum vitae  Responsibility  Teamwork  Apprenticeship  Apprentice  Employer  Mentor  Intermediate apprenticeships  Higher apprenticeships  Degree apprenticeships  Technical apprenticeships  Assessor  Minimum wage |
| Term 4- PSHE | **Key theme- Relationships and Health**  1.Consent  2. Working out relationships L1  3.Working out relationships L2  4.Positive relationships  5. Sexual relationships  6. Readiness for parenthood  7. Pregnancy and choices  8. Miscarriage  9. Adoption and fostering  10. Benefits of self-examination  11. Social attitudes to sending nude images  12. Dangers of viewing explicit material and body image  13. Dangers of vaping  14. Alcohol and risks | **Key knowledge**  Consent  Seeking consent through pressure and coercion is wrong  Managing pressure to consent  Recognising everyone’s right to not give or withdraw consent  Challenge victim blaming.  Legal consequences of pressure, persuasion and coercion in relation to consent.  Seeking advice and support.  Identifying healthy and unhealthy intimate relationships  Strategies to build healthy lasting relationships  Accessing support.  Features of healthy relationships  Evaluating relationships  Communicating effectively in intimate relationships  Assessing readiness for intimacy  Different ways to express intimacy  Responsibilities of being a parent  Importance of stable relationships whilst bringing up a child  Evaluating characteristics of successful parenting.  Responsibilities of parenting at different stages in a child’s life.  Unplanned pregnancy and choices  Emotions relating to an unplanned pregnancy  Influences that affect decisions about pregnancy.  Understanding how miscarriages can occur  Miscarriage symptoms and factors that can cause miscarriage  Miscarriage support  Understanding of adoption and fostering  Importance of regular self-examination  Understanding the common types of self-examination  Know how to self-examinate in relation to breast, testicular and skin cancer  Laws around sending nude images  Moral implications of sharing images without someone’s consent.  strategies to manage unwanted images, unwanted requests and pressure to send images.  How pornography can affect people and their relationships.  Understanding how pornography can distort someone’s expectations about themselves, others and relationships.  Support  Dangers of vaping  Impact of substance use  Dangers of drinking alcohol and how this can affect decision making.  Personal safety when drinking alcohol.  **Skills**  Communication  Empathy  Confidence  Respect  Resilience  Understanding  Understanding of laws  Self-awareness  Career planning  Self-regulation  Managing peer pressure  Substance awareness  Personal safety  Reflective  Empathy | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Research tasks  Pair discussions  Ranking exercises  Quizzes  Scenarios  Video & questions  Written tasks  Reflection tasks  Support Signposting | N/A | Consent  Coercion  Pressure  Manipulation  Withdraw  Legal consequences  Law  Healthy  Relationships  Unhealthy relationships  Controlling  Communication  Intimacy  Contraception  Pregnancy  Unplanned pregnancy  Responsibilities  Independence  Maturity  Patience  Empathy  Conception  Foetus  Embryo  Trimester  Parenthood  Adoption  Fostering  Abortion  Readiness  Pornography  Distortion  Explicit content  Body image  Vaping  Nicotine  Addiction  Alcohol  Ethanol  Intoxication  Addiction  Liver disease  Dehydration |