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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.
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**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 SkillsAnalysis SkillsEvaluation 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 ExecutiveLegislatureJudiciary Labour ConservativeConstituency Parliament BillPrivate Members BillGeneral 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 EthicsAbortion Pro-lifePro-choicePredestinationEuthanasia Sanctity of lifeQuality of lifeFertility 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 apprenticeshipsDifferent types of apprenticeships How to seek an apprenticeship **Skills** Employability skillsTeamwork Organisation Problem solving CommunicationLeadership Motivation Empathy Confidence Respect Understanding Reflective Critical thinking  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsResearch tasks Pair discussionsRanking exercises Quizzes Scenarios Video & questions Written tasksReflection tasks Support Signposting | N/A | Stress Revision Recall Spaced repetition Chunking Mind mapping gPomodoro technique Metacognition Retrieval practice Flashcards Mindfulness Resilience Burnout Procrastination Cognitive loadEmotional regulation Volunteer Service Commitment Curriculum vitae Responsibility Teamwork Apprenticeship Apprentice EmployerMentor Intermediate apprenticeships Higher apprenticeships Degree apprenticeshipsTechnical apprenticeships Assessor Minimum wage  |
| Term 4- PSHE  | **Key theme- Relationships and Health** 1.Consent 2. Working out relationships L13.Working out relationships L24.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** ConsentSeeking consent through pressure and coercion is wrong Managing pressure to consentRecognising 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 intimacyDifferent ways to express intimacyResponsibilities of being a parent Importance of stable relationships whilst bringing up a childEvaluating 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 miscarriageMiscarriage support Understanding of adoption and fostering Importance of regular self-examination Understanding the common types of self-examinationKnow how to self-examinate in relation to breast, testicular and skin cancerLaws around sending nude imagesMoral 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** CommunicationEmpathy Confidence Respect Resilience Understanding Understanding of lawsSelf-awareness Career planningSelf-regulationManaging peer pressureSubstance awareness Personal safety Reflective Empathy  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsResearch tasks Pair discussionsRanking exercises Quizzes Scenarios Video & questions Written tasksReflection tasks Support Signposting | N/A | Consent Coercion Pressure Manipulation Withdraw Legal consequencesLawHealthy RelationshipsUnhealthy 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  |