

Oswaldtwistle School PSHE Yr 10 Long Term Plan

PSHE Yr 10	Topic/Learning Pathway	Key Words	Links to previous learning	Links to wider curriculum
<p><b>AUTUMN 1</b></p>	<ul style="list-style-type: none"> <li>• Rights and responsibilities</li> <li>• Politics</li> </ul>	<ul style="list-style-type: none"> <li>• Politics</li> <li>• Government Election</li> <li>• Free Press</li> <li>• Voting</li> <li>• Constituency</li> <li>• Monarchy</li> <li>• Royal family</li> <li>• Campaign</li> <li>• Social media</li> <li>• Online</li> <li>• E-safety</li> <li>• Advertising</li> <li>• Rights</li> <li>• Responsibilities</li> <li>• Consumer</li> <li>• Employment</li> <li>• Marriage</li> <li>• Divorce</li> </ul>	<p><u>KS3.</u></p> <ul style="list-style-type: none"> <li>• The importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (especially testicular self-examination in late KS3); the purpose of vaccinations offered during adolescence for individuals and society.</li> <li>• About the law relating to sexual consent.</li> <li>• The impact of sharing sexual images of others without consent.</li> <li>• About the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia,</li> </ul>	<p>Autumn 1 - Art – rights and responsibilities, what an artist has to think about</p> <p>Autumn 1 - Modern slavery and human rights</p> <p>Autumn 1 - PSD – personal identity</p> <p>Spring 1 - Citizenship – rights and responsibilities</p>

Oswaldtwistle School PSHE Yr 10 Long Term Plan

			<p>transphobia, racism, ableism and faith-based prejudice.</p> <ul style="list-style-type: none"> <li>• The need to promote inclusion and challenge discrimination, and how to do so safely, including online.</li> <li>• To recognise and challenge stereotypes and family or cultural expectations that may limit aspirations.</li> </ul>	
<p><b>AUTUMN 2</b></p>	<ul style="list-style-type: none"> <li>• Politics</li> <li>• Mental and wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• Active citizenship</li> <li>• Politics</li> <li>• Democracy</li> <li>• Government</li> <li>• Election</li> <li>• Local</li> <li>• Volunteer</li> <li>• Community</li> <li>• Voting</li> <li>• Campaign</li> <li>• Abuse</li> <li>• Emotional abuse</li> <li>• Child abuse</li> <li>• Mental health</li> <li>• Self-harm</li> <li>• Suicide</li> <li>• Wellbeing</li> <li>• Neglect</li> <li>• Physical</li> <li>• Sexual abuse</li> </ul>	<p><u>KS3.</u></p> <ul style="list-style-type: none"> <li>• To recognise and manage internal and external influences on decisions which affect health and wellbeing.</li> <li>• Strategies to understand and build resilience, as well as how to respond to disappointments and setbacks.</li> <li>• A range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the</li> </ul>	<p>Autumn 2 - PSD – healthy living Autumn 2 - Citizenship – political power Spring 1 - Science – disease and health</p>

Oswaldtwistle School PSHE Yr 10 Long Term Plan

			<p>value of positive relationships in providing support.</p> <ul style="list-style-type: none"><li>• The benefits of physical activity and exercise for physical and mental health and wellbeing.</li><li>• The role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices.</li><li>• Strategies for maintaining personal hygiene, including oral health, and prevention of infection.</li><li>• Strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing.</li></ul>	
--	--	--	--	--

Oswaldtwistle School PSHE Yr 10 Long Term Plan

<p><b>SPRING 1</b></p>	<ul style="list-style-type: none"> <li>• Exploring British values</li> <li>• Violence, crime and seeking safety</li> </ul>	<ul style="list-style-type: none"> <li>• Fake news</li> <li>• Conspiracy</li> <li>• Critical thinking</li> <li>• Misinformation</li> <li>• Prejudice</li> <li>• Justice</li> <li>• Rights</li> <li>• Responsibilities</li> <li>• Coerce</li> <li>• Tolerance</li> <li>• Honour</li> <li>• Violence</li> <li>• Force marriage</li> <li>• Online gambling</li> <li>• Addiction</li> <li>• Validation</li> <li>• Data</li> <li>• Modern day slavery</li> <li>• Crime</li> </ul>	<p><u>KS3.</u></p> <ul style="list-style-type: none"> <li>• The impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health.</li> <li>• The law relating to the supply, use and misuse of legal and illegal substances.</li> <li>• To recognise and challenge stereotypes and family or cultural expectations that may limit aspirations</li> </ul>	<p>Autumn 1 - Citizenship – British values  Autumn 1 - Media/free press  Autumn 2 - English – Of mice and Men  Autumn 2 - Home cooking – food from around the world  Spring 1 - Citizenship – rights and responsibility</p>
<p><b>SPRING 2</b></p>	<ul style="list-style-type: none"> <li>• Violence, crime and seeking safety</li> <li>• Exploring world issues</li> </ul>	<ul style="list-style-type: none"> <li>• International</li> <li>• Foreign aid</li> <li>• Fair trade</li> <li>• Peace</li> <li>• War</li> <li>• Conflict</li> <li>• Rights</li> <li>• Equality</li> <li>• Gender equality</li> </ul>	<p><u>KS3.</u></p> <ul style="list-style-type: none"> <li>• The risks associated with gambling and recognise that chance-based transactions can carry similar risks; strategies for managing peer and other influences relating to gambling.</li> <li>• About how people</li> </ul>	<p>Autumn 1 - Maths – number topics  Spring 2 - Citizenship – political change/voting  Spring 2 - Public finances  Spring 2 - PE – organisational skills  Summer 1 - PSD – managing a personal budget</p>

Oswaldtwistle School PSHE Yr 10 Long Term Plan

			may feel if they experience hurtful behaviour or bullying.	
<b>SUMMER 1</b>	<ul style="list-style-type: none"> <li>• Exploring world issues</li> <li>• Exploring relationships and sex education</li> </ul>	<ul style="list-style-type: none"> <li>• FGM</li> <li>• Sexting</li> <li>• Domestic violence</li> <li>• Violence</li> <li>• Sexualisation</li> <li>• Media</li> <li>• Legislation</li> <li>• International</li> <li>• Foreign aid</li> <li>• Fair trade</li> <li>• Peace</li> <li>• War</li> <li>• Conflict</li> <li>• Rights</li> <li>• Equality</li> <li>• Gender equality</li> </ul>	<p><u>KS3.</u></p> <ul style="list-style-type: none"> <li>• The risks and myths associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or who have already been subject to FGM.</li> <li>• The positive and negative uses of drugs in society including the safe use of prescribed and over the counter medicines; responsible use of antibiotics.</li> <li>• About the purpose, importance and different forms of contraception; how</li> </ul>	Summer 1 - Citizenship – British values

Oswaldtwistle School PSHE Yr 10 Long Term Plan

			<p>and where to access contraception and advice.</p> <ul style="list-style-type: none"><li>• That certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections (STIs).</li><li>• Indicators of positive, healthy relationships and unhealthy relationships, including online.</li><li>• To recognise that sexual attraction and sexuality are diverse.</li><li>• That the portrayal of sex in the media and social media (including pornography) can affect people's expectations of relationships and sex.</li><li>• How to safely and responsibly form,</li></ul>	
--	--	--	---	--

Oswaldtwistle School PSHE Yr 10 Long Term Plan

			<p>maintain and manage positive relationships, including online.</p> <ul style="list-style-type: none"> <li>• About the law relating to sexual consent.</li> <li>• The impact of sharing sexual images of others without consent.</li> </ul>	
<p><b>SUMMER 2</b></p>	<ul style="list-style-type: none"> <li>• Your future and beyond</li> <li>• Careers (x2)</li> </ul>	<ul style="list-style-type: none"> <li>• Gambling</li> <li>• By laws</li> <li>• Employment</li> <li>• Budgeting</li> <li>• Minimum wage</li> <li>• Expectations</li> <li>• Future</li> <li>• Transitions</li> <li>• Qualities</li> <li>• Traits</li> <li>• Hierarchy</li> <li>• Stereotypes</li> <li>• Enterprise</li> <li>• Finance</li> </ul>	<p><u>KS3.</u></p> <ul style="list-style-type: none"> <li>• Indicators of positive, healthy relationships and unhealthy relationships, including online.</li> <li>• To further develop and rehearse the skills of team working.</li> <li>• To assess and manage risk in relation to financial decisions that young people might make.</li> <li>• To further develop the skills of active listening, clear communication, negotiation and compromise.</li> <li>• About the factors that contribute to</li> </ul>	<p>Summer 1 - English – skimming and scanning</p>

Oswaldtwistle School PSHE Yr 10 Long Term Plan

			<p>young people joining gangs; the social, legal and physical consequences of gang behaviours.</p> <ul style="list-style-type: none"><li>• Motivations, misconceptions and consequences of carrying weapons and strategies for managing pressure to carry a weapon.</li><li>• To develop conflict management skills and strategies to reconcile after disagreements.</li><li>• To review their strengths, interests, skills, qualities and values and how to develop them.</li><li>• The skills and qualities required to engage in enterprise.</li><li>• About different work roles and career pathways, including clarifying their own early aspirations.</li></ul>	
--	--	--	---	--