



Living Education (PSHE) Year 10 Medium Term Scheme of Work from 2023

Half term	Topic	In this unit of work, students learn...	PSHE Association Programme of Study refs: H = Health & Wellbeing R = Relationships L = Living in the Wider World
Autumn 1 Sept – Oct half term	Team St Michael's Setting new ground rules School Council election Patrons work Health and Wellbeing 6 Transition to Year 10. Resilience and coping strategies. Living in the Wider World 4 Understanding gambling, including online	<ul style="list-style-type: none"> • Ground rules for respectful discussions • Election of tutorial school council representative • Setting goals for Year 9 • Who is my tutorial patron and what makes them a good role model <li style="color: red;">Information letter sent home to parents. • What is a 'growth mindset' and a 'fixed mindset'? • What is your attitude to learning? • Developing resilience in learning • Developing resilience in the face of change • Effective revision techniques • Why we should learn about gambling • The risks of gambling for a young person • Evaluating risk and our influences • Impulsivity vs delayed gratification • How to avoid the temptations of gambling • How might the industry influence people to gamble? • Signs of problem gambling • Gambling and your values 	<p>Y10 Unit B - H1, H2, R29, L1, L10, L11, L12, L13</p> <p>Y10 Unit C - H1, H3, H4, H5, H6, R1, R29</p> <p>Y10 Unit G - H1, H4, H19, R1, R3, R4, R6, R7, R8, R28, R30, R34</p>



	<p>Citizenship 4 British values, human rights and community cohesion.</p> <p>Challenging extremism and radicalisation.</p>	<ul style="list-style-type: none"> • What is extremism and radicalisation? • The influence of the media on society • Bias and 'fake media' • Becoming a more critical reader • Charisma vs leadership and credibility • The power of 'groupthink' and the need to belong • Forgiveness and reconciliation • What the bible says about intolerance and discrimination 	<p>Y11 Unit U - H20, R3, R30, R31, L1</p> <p>Y11 Unit V - H20, H27, R6, R28, R29, R30, R31, R33, R34, R35, L1</p> <p>Y11 Unit W - H4, H8, H20, R1, R4, R5, R6, R36, L1, L6</p>
<p>Autumn 2 Oct half term - Christmas</p>	<p>Health and Wellbeing 7 Mental health conditions and dealing with stigma. Body image and the media.</p>	<ul style="list-style-type: none"> • What is mental health? • Staying mentally healthy • Understanding anxiety and panic attacks • When does feeling down turn into depression? • The importance of sleep and a healthy balanced diet in maintaining good mental health • Where to get help if you feel you or someone you know are struggling with your mental health 	<p>Y10 Unit D - H1, H3, H4, H5, H6, R1, R29</p> <p>Y10 Unit E - H3, H4, H5, H6, H15, R1, R29</p>
<p>Spring 1 Christmas – Feb half term</p>	<p>Relationships 7 Myths of relationships and sex. Healthy expectations and handling rejection or break ups of romantic relationships</p>	<ul style="list-style-type: none"> • Relationship 'norms' – what are they and where do they come from? • What a healthy relationship might look like • Unhealthy and controlling behaviours • The influence of relationship stereotypes • How gender stereotypes can affect our behaviour • Recap of the Equality Act and UK laws • What is gender? • Gender identity and gender expression • Gendered messages and terminology • Discovering your relationship values • Spotting relationship 'red flags' and ending relationships well • Healthy behaviours for intimate relationships • Consent and understanding the right to say no 	<p>Y10 Unit H - H7, H19, R24, R25, R26, R27, R28, R29, R30, L1, L3, L4, L5, L6, L7</p> <p>Y10 Unit I - H7, H19, R24, R25, R26, R27, R28, R29, R30, L1, L3, L4, L5, L6, L7</p> <p>Y10 Unit J - H7, H19, R24, R25, R26, R27, R28, R29, R30, L1, L3, L4, L5, L6, L7</p> <p>Y10 Unit K - H1, R1, R5, R6, R7, R9, R16, R19, R29</p>



		<ul style="list-style-type: none"> • Justice and fairness in relationships • Recap of laws concerning consent • How pornography can affect relationships • Some features of a healthy sexual relationship 	
<p>Spring 2 Feb half term - Easter</p>	<p>Relationships 8 Understanding different family setups and parenting skills. Unplanned pregnancy choices. Managing change, grief and bereavement.</p>	<ul style="list-style-type: none"> • What does it mean for a couple to be ready for sexual activity? • The importance of consent and 'capacity to consent' • Recognising and resisting pressures • Signs of an unhealthy relationship • What should you know about STIs? • How to access sexual health services locally • What types of contraception exist? • Comparing types of contraception • How to use a condom safely and effectively • Negotiating contraception use • Responsibilities for sexual health • What to do if contraception fails and how to get help and support • 	<p>Y10 Unit P - H1, H4, R1, R4, R5, R6, R8, R13, R14, R15, R16, R24</p> <p>Y10 Unit Q - H4, R1, R3, R5, R6, R8, R14, R16, R17, R18, R19, R20, R29, R30</p> <p>Y10 Unit R - H11, H12, R15, R21, R22</p> <p>Y10 Unit S - H11, H31, R3, R5, R15, R21, R22</p>
<p>Summer 1 Easter – May half term</p>	<p>Health and Wellbeing 6 Drugs education 4</p>	<ul style="list-style-type: none"> • What do you know about legal and illegal drugs already? • How are drugs classified? • Identifying legal and illegal drug use • Understanding the dangers of illegal recreational drugs and New Psychoactive Substances (NPS) • Why might some people choose to take drugs, and when might this become a problem? • What is addiction? • Keeping yourself and others safe 	<p>Y10 Unit L - H1, H24, H25, H27, H28, H30, R3, R30, R31, R32</p> <p>Y10 Unit M - H20, H24, H25, H26, H29</p> <p>Y10 Unit N - H20, H25, H27, H28, H30, R30, R31</p> <p>Y10 Unit O - H20, H24, H28, H30, H31, R31, R32</p>



<p>Summer 2 May half term -</p>	<p>Careers 4 Post-16 choices. Rights and responsibilities for health and safety; online reputation. Preparation for Runshaw Sampling Day</p>	<ul style="list-style-type: none"> • What are your Post-16 choices? • Vocational vs academic studies and blended pathways • Who might choose each type of study? • The local Post-16 offer • T-levels: a new way to study • Why some people choose apprenticeships • Types of employment and contracts • Reflecting on your attributes and skills • What is employability? • Developing enterprise skills and 21st Century employability skills • Job sectors and labour market information • How might you best 'sell' your skills to an employer? • Rights and responsibilities at work for employers and employees 	<p>Y9 Unit J - H1, H2, R1, R2, R3, L7, L15, L16, L17, L18</p> <p>Y10 Unit V - H1, H2, R1, R2, R3, L7, L15, L16, L17, L18</p> <p>Y10 Unit W - L1, L2, L8, L10, L11, L12, L13, L14, L16, L17, L18, L19</p> <p>Y10 Unit X - H1, H2, L1, L10, L11, L12, L13, L14, L15, L17, L19</p>
--	--	---	---

Relationships/Health and Wellbeing are statutory elements of the course.
For more information please refer to the RSE and Drugs Education policies.

Other elements within the Year 10 Living Education programme

Careers Education including whole year group day trip to a Sampling Day at Runshaw College, Leyland
Citizenship and British Values
Financial capability (some outcomes also covered in Maths)
Open Water Danger

Elements of **Citizenship education** are taught cross-curricular.