

# NOCN in Personal Well-Being Overview of Learning for Year 10

<p><b>Autumn Term 1</b></p> <p><b>Unit 1- Beliefs &amp; Values</b> (Level 1 &amp; 2)</p>	<p>(Level 1+2)</p> <p>To state and describe what is meant by “beliefs”</p>	<p>(Level 2)</p> <p>To describe what is meant by ‘system of belief’</p>	<p>(Level 1+2)</p> <p>To understand and compare own beliefs to those of other people/groups</p>	<p>(Level 1+2)</p> <p>To understand what is meant by “values”</p>		<p>(Level 1+2)</p> <p>To understand how values and beliefs can influence attitudes, opinions and behaviour</p>	
<p><b>Autumn Term 2</b></p> <p><b>Unit 2- Understanding Risk</b> (Level 1 &amp; 2)</p>	<p>(Level 1)</p> <p>To be able to recognise situations that pose risk to self and others</p>	<p>(Level 2)</p> <p>To describe situations which pose risk to self and others and involve risk where pressure could be used to influence others</p>	<p>(Level 1+2)</p> <p>To outline and describe the positive and negative aspects of risk</p>	<p>(Level 1)</p> <p>To identify factors to consider when taking a risk and state why it is important to assess and manage risk</p>	<p>(Level 1+2)</p> <p>To identify and compare possible strategies to manage risk and assess risk in a given situation</p>	<p>(Level 1+2)</p> <p>To identify and describe reasons for own risk-taking</p>	<p>(Level 1 + 2)</p> <p>To outline and describe feelings that risk-taking can give</p>
<p><b>Spring Term 1</b></p> <p><b>Unit 3-Understanding Body Image</b> (Level 1 &amp; 2)</p>	<p>To research the impact of body image</p>	<p>(Level 1+2)</p> <p>To understand how body image is portrayed in the media</p>	<p>(Level 1+2)</p> <p>To outline and describe how body image can be influenced by different societies or cultures</p>	<p>(Level 1+2)</p> <p>To describe how the perception of beauty varies from culture to culture</p>	<p>(Level 1+2)</p> <p>To describe how the perception of beauty has changed through history</p>	<p>(Level 1)</p> <p>To identify influences on my own body image</p>	<p>(Level 2)</p> <p>To describe influences on my own body image</p>
<p><b>Spring Term 2</b></p> <p><b>Unit 10- Recognising and dealing with Bullying</b>  <b>Careers</b></p>	<p>(Level 1)</p> <p>To understand what is meant by ‘bullying’</p>	<p>To research the impact bullying can have on others</p>	<p>(Level 1)</p> <p>To be able to recognise the effects of bullying</p>	<p>To explore different positions within bullying scenarios</p>	<p>(Level 1)</p> <p>To be able to recognise strategies for dealing with bullying</p>	<p>(Level 1)</p> <p>To know where to access help and support in relation to bullying</p>	<p>Consolidation lesson to complete Unit 10</p>
<p><b>Summer Term 1</b></p> <p><b>Sex &amp; Relationships</b> (Level 1 &amp; 2)</p>	<p>(Level 1+2)</p> <p>To define sexuality and sexual orientation and outline different sexual relationships</p>	<p>(Level 1+2)</p> <p>To outline and describe what is meant by a consensual sexual relationship</p>	<p>(Level 1+2)</p> <p>To outline and describe cultural differences regarding sexual relationships and marriage</p>	<p>(Level 1+2)</p> <p>To outline and describe risks associated with a sexual relationship</p>	<p>(Level 1+2)</p> <p>To identify and describe potentially high risk situations and how risks can be minimised or avoided</p>	<p>(Level 1+2)</p> <p>To identify and describe legal issues in relation to the age of consent, marriage, cohabitation and abuse</p>	<p>Consolidation lesson to complete Unit 6.1, 6.2 and 6.3</p>

<p><b>Summer Term 2</b></p> <p><b>Sex &amp; Relationships</b></p> <p><b>(Level 1 &amp; 2)- continued</b></p>	<p>(Level 1+2)</p> <p>To identify and describe changes in the male body during sexual activity</p>	<p>(Level 1+2)</p> <p>To identify and describe changes in the female body during sexual activity</p>	<p>(Level 1+2)</p> <p>To understand methods of contraception and know where to source support</p>	<p>To research STIs and develop understanding of the importance of contraception</p>	<p>(Level 1 +2)</p> <p>To identify and describe the causes and effects of STIs including HIV and AIDS</p>	<p>(Level 1+2)</p> <p>To outline and describe how to maintain good sexual health</p>	<p>Consolidation lesson to complete any remaining work</p>
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# NOCN in Personal Well-Being Overview of Learning for Year 11

<p><b>Autumn Term 1</b></p> <p><b>Unit 4- Understanding Feelings and Emotions</b></p> <p><b>(Level 1 &amp; 2)</b></p>	<p>(Level 1+2)</p> <p>To understand the terms 'emotion' and 'feeling'</p>	<p>(Level 1+2)</p> <p>To explain and describe how feelings and emotions might be expressed</p>	<p>(Level 2)</p> <p>To describe how the expression of feelings and emotions can be perceived by others</p>	<p>(Level 1)</p> <p>To explore positive emotional responses to given situations</p>	<p>(Level 1)</p> <p>To explore negative emotional responses to given situations</p>	<p>(Level 2)</p> <p>To compare positive and negative emotional responses to a given situation</p>	<p>(Level 1+2)</p> <p>To outline and describe a strategy to manage my own emotions and feelings</p>
<p><b>Autumn Term 2</b></p> <p><b>Unit 5- Developing Confidence &amp; Self-Esteem</b></p> <p><b>(Level 1 &amp; 2)</b></p>	<p>(Level 1+2)</p> <p>To understand what is meant by the term 'confidence'</p>	<p>(Level 1+2)</p> <p>To state and describe the benefits of being confident</p>	<p>(Level 1+2)</p> <p>To outline and describe how confident behaviour and lacking confidence might influence others perceptions</p>	<p>(Level 1+2)</p> <p>To identify and describe factors that affect self-esteem</p>	<p>(Level 1+2)</p> <p>To identify and compare ways of building confidence and self-esteem</p>	<p>(Level 1+2)</p> <p>To outline and describe where an individual lacks confidence and how confidence building strategies could be applied</p>	<p>(Level 1+2)</p> <p>To state and assess the potential impact of using confidence building strategies in a given situation</p>
<p><b>Spring Term 1</b></p> <p><b>Unit 7- Developing Assertiveness</b></p> <p><b>Unit 8- Healthy Lifestyles</b></p>	<p>(Level 1)</p> <p>To know what assertiveness is</p>	<p>(Level 1)</p> <p>To understand how to be assertive</p>	<p>(Level 1)</p> <p>To understand the importance of a balanced diet to a healthy lifestyle</p>	<p>(Level 1)</p> <p>To understand the importance of exercise to a healthy lifestyle</p>	<p>(Level 1)</p> <p>To understand the importance of emotional and mental well-being</p>	<p>(Level 1)</p> <p>To know how to improve my own lifestyle</p>	
<p><b>Spring Term 2</b></p> <p><b>Unit 9- Drugs and Substance Misuse</b></p> <p><b>(Level 1 &amp; 2)</b></p>	<p>(Level 1+2)</p> <p>To research examples of legal and illegal drugs and other substances</p>	<p>(Level 1+2)</p> <p>To identify and explain why people may use substances legitimately</p>	<p>(Level 1+2)</p> <p>To explain why people may misuse substances</p>	<p>(Level 2)</p> <p>To outline the ethical arguments for and against the legalisation of a specific substance</p>	<p>(Level 1+2)</p> <p>To outline and describe the risks associated with drug and substance misuse</p>	<p>(Level 1+2)</p> <p>To explain the impact and long term effects of drug or substance use or misuse on daily life</p>	<p>(Level 1+2)</p> <p>To state and describe how to access help/support relating to substance misuse</p>
<p><b>Summer Term 1</b></p> <p><b>Sex Education/Puberty</b></p> <p><b>(Sexual Health &amp; Sexual Relationships)</b></p>	<p>To know about virginity and the importance of condoms.</p>	<p>To have knowledge of and respect different attitudes and opinions about</p>	<p>To know about 'yes' and 'no' and the importance of</p>	<p>To discuss the severity of sexting and revenge porn</p>	<p>To know of different types of contraceptives and their</p>	<p>To know about conception, pregnancy and birth</p>	<p>To discuss what is involved in looking after a baby and the impact having a baby</p>

		different types of sex	respect and consent		appropriateness in preventing STIs and conception		can have on a young person's life
<b>Summer Term 2</b>  <b>Careers /Life Skills</b>  <b>Post 16 Preparation</b>	<p>All Year 11 pupils will ensure they take this time to prepare themselves for their Post 16 pathway.</p> <ul style="list-style-type: none"> <li>- Finalise their personal statement</li> <li>- Research their ideal career and the skills entailed</li> <li>- Learn how to create a CV and cover letter</li> <li>- Potentially apply for summer jobs with support if suitable for the pupil</li> </ul>						