

# P.S.H.E YEAR 10

### CURRICULUM INTENT

It is the intention of the Personal, Social, Health and Economic Education curriculum to promote students' personal wellbeing and development. Through a spiral curriculum, students are given the knowledge, understanding and practical skills to help them to live safe, healthy lives and make good choices. They are encouraged to be global citizens who care about other people and the world around them and understand how to take positive action to improve their relationships, their communities and the wider world.

	<b>PRIOR LEARNING</b>	In KS3, students have covered age-appropriate topics which allow students to develop skills in making good decisions, staying safe and living healthy lives.
	<b>PERSONAL DEVELOPMENT &amp; CURRICULUM LINKS</b>	It is the intention of the PSHE department to support students to reflect on and develop their own values and opinions, and to respect the values and opinions of those around them. Students will explore the meaning of the Forge values of respect, aspiration and resilience in a range of contexts, and understand how their own behaviours reflect these values. They will be encouraged through class discussion and lesson activities to develop values which influence them to make good choices in their relationships, healthy living and their futures, and enable them to be active citizens who play a part in shaping the world around them.
	<b>EXTRA-CURRICULAR &amp; CULTURAL CAPITAL</b>	Guest Speakers After school clubs Assemblies

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC/KNOWLEDGE	Staying Healthy  All students will know: How to handle their mental health and develop resilience. Students will also look at healthy coping strategies which will ensure they have the skills to manage pressure from upcoming examinations.	Staying Healthy  All students will know: How to handle physical health and conditions, including checking for cancers and what meningitis and strokes are. Students will be able to optimise their physical health and will be able to make choices which will ensure they are healthy,	Careers and Work Experience  All students will: Have the opportunity to find a placement and prepare for work experience week, ensuring that they are equipped with the skills and professionalism that they will need. It will also give students the skills for interviews and writing CVs.	Human Rights  All students will know: What human rights are and why they are important. Students will also consider the rights to privacy and international law. In addition, students will study how to become part of the legal system and how courts make decisions.	Unhealthy Relationships  All students will know: How people can show commitment to their partners healthy. They will also learn about personal boundaries and potential signs of abuse. Students will learn about sexual harassment, what it is and the law about it.	Healthy Relationships  All students will know: What fertility means and how it may be affected. Students will also learn about the different options someone has when pregnant, as well as what are the risks with a pregnancy, including miscarriage and FASD.
SKILLS	Students will develop how to cope with stress and anxiety.	Students will learn how to check for cancers and learn the skills for staying physically healthy, including signs for strokes and meningitis.	Students will learn skills that can be used in the world of work. Including how to be professional within a workplace, how to interview and how to write a CV.	Students will learn skills surrounding human rights and how they are protected. As well as understanding international law.	Students will learn skills about unhealthy relationships and be able to know how to get support.	Students will learn skills about what to do if situations surrounding pregnancy occur.
ASSESSMENT	All students will complete ipsative assessments where students are able to demonstrate what they knew before the topic and what they have learnt.	Students will complete a midpoint assessment where they will have the opportunity to demonstrate what they have learnt about staying healthy.	All students will complete ipsative assessments where students are able to demonstrate what they knew before the topic and what they have learnt.	All students will complete ipsative assessments where students are able to demonstrate what they knew before the topic and what they have learnt.	All students will complete ipsative assessments where students are able to demonstrate what they knew before the topic and what they have learnt.	All students will complete an end of year assessment to demonstrate the skills they have learnt throughout the year.
VOCAB	Mental Health Coping Strategies Bereavement Resilience	Cancer Strokes Meningitis Physical Health Donations Risks	CV Interviews Professionalism Work Experience	International law Human rights Courts Privacy	Sexual harassment Abuse Boundaries Commitment	Fertility Miscarriage FASD Pregnancy

### READING SKILLS

Reading aloud and fluency  
  
Oracy skills

### CAREERS LINKS

Students have specific topics about careers which focus on what skills students will need depending on which job they are interested in.

### SUPPORTING STUDENTS AT HOME

Students can use the websites and organisations sign posted within lessons.  
Students can also use the school website to access resources provided by Mr. Oldaker.