


# PSHE Year 10 (Long Term Plans)



## Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Core Theme	Life Beyond School	Life Beyond School	Life Beyond School	Life Beyond School	Life Beyond School	Life Beyond School	 Skills, Career & Character	
Topic	Rights & Responsibilities	Rights & Responsibilities	Rights & Responsibilities	Rights & Responsibilities	Rights & Responsibilities	Rights & Responsibilities	Work environments & Skills profile	
Learning Objectives  (Core/ Extension/ Challenge)	<u>SM Generation</u> <ul style="list-style-type: none"> <li>&gt; Explore the link between body image &amp; social media.</li> <li>&gt; Understand how 'hyper' SM distorts our view of the real world</li> <li>&gt; Evaluate what makes social media so popular.</li> </ul>	<u>Targeted Advs &amp; Personal Data</u> <ul style="list-style-type: none"> <li>&gt; Describe the three main types of targeted adverts.</li> <li>&gt; Explore role of the ASA</li> <li>&gt; Evaluate the role targeted advertising played in Brexit</li> </ul>	<u>Rights &amp; Responsibilities</u> <ul style="list-style-type: none"> <li>&gt; Define Rights, Responsibilities &amp; Moral duties.</li> <li>&gt; Understand different types of Rights &amp; Responsibilities</li> <li>&gt; Articulate why the Home School agreement is as it is</li> </ul>	<u>Consumer Rights</u> <ul style="list-style-type: none"> <li>&gt; Understand ethical business practices</li> <li>&gt; Examine the rights &amp; responsibilities of consumers</li> <li>&gt; Evaluate the CR Act 2015 on society</li> </ul>	<u>Employment Rights &amp; Responsibilities</u> <ul style="list-style-type: none"> <li>&gt; Identify variety of employment Rights &amp; Responsibilities</li> <li>&gt; Examine different issues relating to Law</li> <li>&gt; Explore gender pay gap &amp; evaluate a response</li> </ul>	<u>Exploring a pay-check</u> <ul style="list-style-type: none"> <li>&gt; Understand common features of a pay-check</li> <li>&gt; Workout Gross pay &amp; Net pay</li> <li>&gt; Evaluate the importance of paying tax &amp; NI contributions</li> </ul>	<u>Work environments &amp; Skills profile</u> <ul style="list-style-type: none"> <li>&gt; Further investigation into future career options using the two profile quizzes</li> <li>&gt; Consideration of college, sixth form &amp; apprenticeship courses</li> <li>&gt; Review of potential careers saved</li> </ul>	
Teacher (bold is lead) Assessment	JRL Confidence Checker	JRL Confidence Checker	JRL Confidence Checker	RAL Confidence Checker	JRL Confidence Checker	RAL Confidence Checker	RAL Unifrog Progress	
Tutor Time Unifrog Resources	Term 1A- Online Safety: Staying Safe online & protecting personal data Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			Term 1B- Online Safety: Staying Safe online & protecting personal data Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			Showcase Profile to Tutors	

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Core Theme	Celebrating Diversity & Equality	Celebrating Diversity & Equality	Celebrating Diversity & Equality	Celebrating Diversity & Equality	Celebrating Diversity & Equality	Celebrating Diversity & Equality	
Topic	Exploring Issues	Exploring Issues	Exploring Issues	Exploring Issues	Exploring Issues	Exploring Issues	
Learning Objectives  (Core/ Extension/ Challenge)	<u>International Organisations</u> <ul style="list-style-type: none"> <li>&gt; Understand the role international organisations play</li> <li>&gt; Explore the history of the UN, NATO &amp; Commonwealth</li> <li>&gt; Evaluate being a member to these organisations</li> </ul>	<u>Aid &amp; supporting other countries</u> <ul style="list-style-type: none"> <li>&gt; Describe a variety of ways the UK can help support other countries</li> <li>&gt; Understand the different issues impacting countries</li> <li>&gt; Evaluate what networks are available to help those in need</li> </ul>	<u>Fairtrade</u> <ul style="list-style-type: none"> <li>&gt; Identify how Fairtrade supports developing countries and their farmers</li> <li>&gt; Understand the importance of being an ethical consumer</li> <li>&gt; Skill development- Presentation on how to be a more ethical consumer</li> </ul>	<u>Peace, War &amp; Conflict</u> <ul style="list-style-type: none"> <li>&gt; Explore a variety of people who have successfully campaigned for peace</li> <li>&gt; Understand different symbols for peace around the world</li> <li>&gt; Evaluate why some world conflicts and difficult to solve</li> </ul>	<u>Inspiring People</u> <ul style="list-style-type: none"> <li>&gt; Explore the changing role of women in society over the past 100+ years</li> <li>&gt; Understand the key events that led to women gaining equal rights with men</li> <li>&gt; Evaluate what support networks are available to help those in need</li> </ul>	<u>MeToo and Times Up Movement</u> <ul style="list-style-type: none"> <li>&gt; Explain what the #MeToo movement is all about</li> <li>&gt; Explain how the Time's Up movement is helping to support women and equality</li> <li>&gt; Examine speaking out about sexual misconduct and harassment</li> </ul>	
Teacher (bold is lead) Assessment	RAL Confidence Check	RAL Confidence Check	RAL Confidence Check	JRL Confidence Check	JRL Confidence Check	JRL Confidence Check	
Tutor Time Unifrog Resources	Term 2A- Physical Health: Blood, Organ & Stem Cell donation Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			Term 2B- Physical Health: Alcohol risks, consequences & safety Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			

# PSHE Year 10 (Long Term Plans)

## Justice Term

**Independent 1-1 Careers Guidance meetings will happen during this term**

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Topic	<b>Staying safe on / offline</b> Violence, Crimes & Safety	<b>Staying safe on / offline</b> Violence, Crimes & Safety	<b>Staying safe on / offline</b> Violence, Crimes & Safety	<b>Staying safe on / offline</b> Violence, Crimes & Safety	<b>Staying safe on / offline</b> Violence, Crimes & Safety	<b>Skills, Career &amp; Character</b>	
Learning Objectives  (Core/ Extension/ Challenge)	<b>Successful Relationships</b> > Understand the terms; Forced marriage, breast ironing, child brides and honour killing, FGM > Explore recent statistics related to forced marriages in the UK and Commonwealth > Evaluate the effectiveness and role of the Forced Marriage Unit	<b>Modern Day Slavery</b> > Define the term 'Modern Day Slavery' > Examine human trafficking to the UK and evaluate the government's response to it > Evaluate the best way to tackle modern day slavery in the UK	<b>Social Media Validation</b> > Explain the role of social media influencers > Understand the risks associated with social media validation and how to get rid of it > Evaluate how social media can impact self-esteem and mental health	<b>Keeping data safe</b> > Understand the importance of keeping personal online data safe > Learn about online fraud and be aware of different types of online scams and tricks > Examine why the dark web can be so dangerous	<b>Causes of Knife Crime</b> > To understand the causes behind the rise in knife crime in the UK > Explore how to prevent young people from picking up and carrying a knife > Evaluate the real risks to those that carry knives and their families and friends	<b>Apprenticeships Vs Universities</b> > Post-16 conversation- review of opportunities > Post-18 opportunities considered through Unifrog task > Consider best option for self and discuss within small groups at end, recording in Unifrog Activities task review	
Teacher (bold is lead) Assessment	<b>JRL</b> Confidence Checkers	<b>JRL</b> Confidence Checkers	<b>JRL</b> Confidence Checkers	<b>RAL</b> Confidence Checkers	<b>RAL</b> <b>POLICE WORKSHOPS</b> Confidence Checkers	<b>RAL</b> <b>APPRENTICESHIP ROUND</b> <b>ROBINS WITH ROLLS</b> <b>ROYCE &amp; OTHERS</b>	
Tutor Time Unifrog Resources	<b>Term 3A- Life Skills: Managing risk, unsafe &amp; emergency situations</b> Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			<b>Term 3B- Life Skills- Planning &amp; Organising effective revision</b> Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Topic	<b>Health &amp; Wellbeing</b> Mental Health & Wellbeing	<b>Health &amp; Wellbeing</b> Mental Health & Wellbeing	<b>Health &amp; Wellbeing</b> Mental Health & Wellbeing	<b>Health &amp; Wellbeing</b> Mental Health & Wellbeing	<b>Skills, Career &amp; Character</b>	<b>Skills, Career &amp; Character</b>	
Learning Objectives  (Core/ Extension/ Challenge)	<b>Promoting Emotional Wellbeing</b> > Understand what wellbeing might look like in someone's life (Art Project link) > Understand the meaning of mental health and wellbeing > Consider simple strategies to improve wellbeing	<b>Common types of Mental Health</b> > Describe what mental health and illness is > Explore different types and definitions of mental health > Resilience Building: what you can do to help someone with their mental health	<b>Screen time and safe use mobiles</b> > Explore how technology can impact on mental health > Understand the technology behind why they can become addictive > Evaluate how they can be both rewarding and damaging	<b>Child Abuse CSE</b> > Define the term sexual abuse and understand the law relating to it (CEOP) > Understand the importance of speaking out against any form of abuse > Evaluate what support networks are available to those suffering abuse	<b>Metacognition</b> > Understand in simple terms the science behind how the brain works > Consider how best to strengthen neurological pathways to encourage quicker recall > Link to retrieval practice and revision purposes	<b>Intro Revision Techniques</b> > Consideration of the of the 'Top Five' revision strategies- quick wins in short time Vs long game and deep learning > Personal timetabling of what to do and when to support retrieval practice > How best to set up home for revision results	
Teacher (bold is lead) Assessment	<b>JRL</b> <b>AVOCADO WORKSHOPS</b>	<b>JRL</b> <b>AVOCADO WORKSHOPS</b>	<b>JRL</b> <b>AVOCADO WORKSHOPS</b> Worksheet	<b>RAL</b> <b>AVOCADO WORKSHOPS</b> Worksheet	<b>RAL</b> Unifrog Progress	<b>RAL</b> Unifrog Progress	
Tutor Time Unifrog Resources	<b>Term 4A- Relationships: Navigating social influences and pressure</b> Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			<b>Term 4B- Relationships: The impact of relationships</b> Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			

# PSHE Year 10 (Long Term Plans)



## Courage Term

**Independent 1-1 Careers Guidance meetings will happen during this term**

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Core Theme	<b>Rights, Responsibilities &amp; British Values</b>	<b>Rights, Responsibilities &amp; British Values</b>	<b>Rights, Responsibilities &amp; British Values</b>	<b>Rights, Responsibilities &amp; British Values</b>	<b>Rights, Responsibilities &amp; British Values</b>	<b>Rights, Responsibilities &amp; British Values</b>	
Topic	Exploring British Values	Exploring British Values	Exploring British Values	Exploring British Values	Exploring British Values	Exploring British Values	
Learning Objectives	<b>Critical Thinking and Fake News</b> > To understand how to spot fake news > Explore the damaging consequences of fake news > Examine why critical thinking is important	<b>What is a cult</b> > Define the word 'cult' > Explain why people might be attracted to these groups and some of the dangers associated to them > Evaluate the difference between a cult and a religion	<b>Exploring Britishness and British Values</b> > Define the different 'British Values' > To understand the importance of promoting British Values > Examine where our sense of identity comes from and the importance of having a sense of belonging	<b>LGBT Rights and British Values</b> > Define Homophobia and give examples of it in UK society (General prejudice focus) > Explore how British values can be used to combat homophobia > Evaluate how far the UK has come in tackling various forms of discrimination	<b>What are Human Rights</b> > Define what 'Human Rights' are > Explore how 'Human Rights' came about > Evaluate how we can protect 'Human Rights' in the modern world	<b>Exploring Human Rights</b> > Explore how Human Rights are protected against in the UK- Protected Characteristics > Understand the two categories of Human Rights > Evaluate some of the issues that arise when Human Rights come into conflict.	
Teacher (bold is lead) Assessment	JRL Confidence Checker	JRL Confidence Checker	RAL Confidence Checker	JRL Confidence Checker	RAL Confidence Checker	RAL Confidence Checker	
Tutor Time Unifrog Resources	Term 5A- Relationships: Changing relationships & managing feelings Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			Term 5B- Wellbeing: Introduction to body image Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Core Theme	<b>Relationships &amp; Sex Education</b>	<b>Relationships &amp; Sex Education</b>	<b>Relationships &amp; Sex Education</b>	<b>Relationships &amp; Sex Education</b>	<b>Skills, Career &amp; Character</b>	<b>Skills, Career &amp; Character</b>	
Topic	Warnings, Relationships & Sex Education	Warnings, Relationships & Sex Education	Warnings, Relationships & Sex Education	Warnings, Relationships & Sex Education	WEX Preparations	Prepare for next steps	
Learning Objectives	<b>Sexting &amp; Nude pictures</b> > Understand the legal, emotional and social consequences of sending sexts > Explore the reasons why some young people send sexts, nudes and 'dick pics' > Be able to deal effectively & assertively with requests and pressure to send sexts	<b>Domestic Abuse &amp; Violence &amp; FGM</b> > Describe a positive and healthy relationship > Understand the different types of abuse exist & identify where to turn for help > Explore the social and economic excuses used by people to encourage FGM	<b>Relationships, Sexual Abuse &amp; Rape</b> > Explore the laws regarding rape and sexual assault > Understand how unhealthy behaviours and an imbalance of power in a relationship could lead to violence and sexual assault > Compare against what qualities to look for in a healthy loving relationship	<b>Sexualisation of the Media</b> > Explore the impact sexual inaction of the media is having on teenagers > Identify the links between body image and the media's influence on it > Evaluate whether shows like 'Love Island' teach viewers about morals and ethics	<b>Workshops on:</b> > Work Experience Ready > Employability Skills (external visitor) > Mock Interview day (external visitor) > CV writing workshop	<b>More detailed review of:</b> Post-16 Course Pathways Legal expectations Levels explanations A Levels T Levels BTECs L2/3 Apprenticeships	
Teacher (bold is lead) Assessment	JRL <b>OPTIONS CHI WORKSHOP</b> Confidence Checker	JRL <b>OPTIONS CHI WORKSHOP</b> Confidence Checker	JRL <b>OPTIONS CHI WORKSHOP</b> Confidence Checker	RAL <b>OPTIONS CHI WORKSHOP</b> Confidence Checker	RAL <b>EXPERIENCE OF WORK</b> Confidence Checker WEX logbook & Unifrog	RAL <b>EXPERIENCE OF WORK</b> Confidence Checker WEX logbook & Unifrog	
Tutor Time Unifrog Resources	Term 6A- Wellbeing: Recognising strengths in ourselves & others Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			Term 6B- Diversity: Challenging prejudice & discrimination Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y10</a>			