

Personal Development (RSE/Citizenship/Careers)

Learning Journey Year 10 26_27

Autumn Term 1 & 2

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	HALF TERM
RSE Lead - JRL	Health & Wellbeing Healthy Bodies & Healthy Futures		Health & Wellbeing Healthy Bodies & Healthy Futures		Health & Wellbeing Healthy Bodies & Healthy Futures		Health & Wellbeing Healthy Bodies & Healthy Futures		
Content (for all learners)	STATUTORY HEALTH 26 GP, Local Healthcare & Pharmacist One Drive: RSE 10 – Healthy Bodies & Futures		STATUTORY HEALTH 26 Antimicrobial Resistance One Drive: RSE 10 – Healthy Bodies & Futures		STATUTORY HEALTH 26 Menstrual & Gynaecological Health One Drive: RSE 10 – Healthy Bodies & Futures		STATUTORY HEALTH 26 Unhealthy Weight Gain & Risks One Drive: RSE 10 – Bodies & Futures		
Citizenship/RE Lead – GCK	Equality, Diversity & British Values Exploring British Values		Personal Safety & RSE Relationships, Respect & Challenges		Personal Safety & RSE Relationships, Respect & Challenges		Personal Safety & RSE Relationships, Respect & Challenges		
Content (for all learners)	STATUTORY RSE 26 British Values & Identity One Drive: RSE 10 – Exploring British Values		STATUTORY RSE 26 Mutual Respect & Tolerance One Drive: RSE 10 – Exploring British Values		BV & Citizenship but not STAT Individual Liberty One Drive: RSE 10 – Exploring British Values		BV & Citizenship but not STAT Human Rights One Drive: RSE 10 – British Values		
Future You Lead- RAL	Personal Safety & RSE Relationships, Respect & Challenges		Personal Safety & RSE Relationships, Respect & Challenges		Personal Safety & RSE Relationships, Respect & Challenges		Personal Safety & RSE Relationships, Respect & Challenges		
Content (for all learners)	STATUTORY RSE 26 Positive Male Role Models & Incels One Drive: RSE 10 – Relationships & Respect		STATUTORY RSE 26 Financial Abuse & Control in Relationships One Drive: RSE 10 – Relationships & Respect		STATUTORY RSE 26 Marriage Vs Cohabitation & Civil Partnerships One Drive: RSE 10 – Relationships & Respect		STATUTORY RSE 26 Ending Relationships One Drive: RSE 10 – Relationships		
Other Opportunities	Careers Meetings (1-1) throughout term- Tuesdays in Futures Hub Office (Mel Ponterosso)								

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	CHRISTMAS
RSE Lead - JRL	Health & Wellbeing Healthy Minds & Safe Choices		Health & Wellbeing Healthy Minds & Safe Choices		Health & Wellbeing Healthy Minds & Safe Choices		
Content (for all learners)	STATUTORY HEALTH 26 Masculinity & Misogyny One Drive: RSE 10 – Minds & Safe Choices		STATUTORY HEALTH 26 Self-Harm & Suicidal (Thoughts & Feelings) One Drive: RSE 10 – Minds & Safe Choices		STATUTORY HEALTH 26 Promoting Emotional Wellbeing One Drive: RSE 10 – Minds & Safe Choices		
Citizenship/RE Lead - GCK	Equality, Diversity & British Values Exploring British Values		Equality, Diversity & British Values Exploring British Values		Equality, Diversity & British Values Exploring British Values		
Content (for all learners)	STATUTORY RSE 26 Hate Crime in the UK One Drive: RSE 10 – Exploring British Values		STATUTORY RSE & HEALTH 26 Critical Thinking & Fake News One Drive: RSE 10 – Exploring British Values		BV & CITIZENSHIP but not STAT Democracy Explored One Drive: RSE 10 – Exploring British Values		
Future You Lead - RAL	Personal Safety & RSE Relationships, Respect & Challenges		Personal Safety & RSE Healthy Minds & Safe Choices		Personal Safety & RSE Relationships, Respect & Challenges		
Content (for all learners)	STATUTORY RSE 26 Sextortion & Virginity Testing One Drive: RSE 10 – Relationships & Respect		STATUTORY RSE 26 Child Sexual Abuse One Drive: RSE 10 – Healthy Minds & Safe Choices		STATUTORY HEALTH 26 Personal Safety within Relationships One Drive: RSE 10 – Relationships & Respect		
Other Opportunities	Careers Meetings (1-1) throughout term- Tuesdays in Futures Hub Office (Mel Ponterosso)						

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Spring Term 1 & 2

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	HALF TERM
RSE Lead - JRL	Relationships & Sex Education Risk & RSE		Relationships & Sex Education Risk & RSE		Relationships & Sex Education Risk & RSE		
Content (for all learners)	STATUTORY RSE 26 Unhealthy Relationships, Sexual Assault & Rape One Drive: RSE 10 – Risk & RSE		STATUTORY RSE 26 Sexting, Nudes and Pics One Drive: RSE 10 – Risk & RSE		STATUTORY RSE 26 Online Pornography and Impact on Society One Drive: RSE 10 – Risk & RSE		
Citizenship/RE Lead - GCK	Citizenship Rights & Responsibilities		Citizenship Rights & Responsibilities		Citizenship Rights & Responsibilities		
Content (for all learners)	BV & CITIZENSHIP but not STAT Rights & Responsibilities One Drive: Citizenship 9 – Rights & Responsibilities		BV & CITIZENSHIP but not STAT Consumer Rights One Drive: Citizenship 9 – Rights & Responsibilities		BV & CITIZENSHIP but not STAT Employment Rights One Drive: Citizenship 9 – Rights & Responsibilities		
Future You Lead – RAL	Metacognition Revision Strategies & Mindset		Metacognition Revision Strategies & Mindset		Metacognition Revision Strategies & Mindset		
Content (for all learners)	Revision Strategising & CFS Website Support (CFS Resource)		Mindmapping (CFS Resource)		Cornell Note Taking Task (CFS Resource)		
Other Opportunities	Options Chichester Pregnancy Timeline Workshop		Careers Meetings (1-1) throughout term		Options Chichester Dangers of Pornography Workshop		

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	EASTER
RSE Lead -JRL	Modern Dangers Violence, Crimes & Seeking Safety		Modern Dangers Violence, Crimes & Seeking Safety		Modern Dangers Seeking Safety	
Content (for all learners)	STATUTORY HEALTH 26 Causes of Knife Crime One Drive: RSE 10 – Violence, Crimes & Safety		STATUTORY RSE & HEALTH 26 Honour Based Violence One Drive: RSE 10 – Violence, Crimes & Safety		STATUTORY RSE 26 Forced Marriages & Breast Ironing (RSE 10) Link	
Citizenship/RE Lead – GCK	Citizenship Equality & Protected Characteristics		Citizenship Equality & Protected Characteristics		Citizenship Protected Characteristics	
Content (for all learners)	STATUTORY RSE 26 Age Discrimination One Drive: Citizenship 10 – Equality & Protected Char		STATUTORY RSE 26 Sex Discrimination One Drive: Citizenship 10 – Equality & Protected Char		STATUTORY RSE 26 Religion & Belief OneDrive: Equality	
Future You Lead – RAL	Metacognition Revision Strategies & Mindset		Metacognition Revision Strategies & Mindset		Metacognition Revision Strategies & Mindset	
Content (for all learners)	Flash Cards & Memory Maps (CFS Resource)		Past Papers & Self Assessing (CFS Resource)		Environment & Scheduling Revision (CFS Resource)	
Other Opportunities	Hard to Human Wellbeing Workshops (Hard to Human CIC into school for week)		Careers Meetings (1-1) throughout term- Tuesdays in Futures Hub Office (Mel Ponterosso)			

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Summer Term 1 & 2

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	HALF TERM
RSE Lead - JRL	Modern Dangers Violence, Crimes & Seeking Safety		Exam Revision		Exam Fortnight		
Content (for all learners)	STATUTORY HEALTH 26 Online Gaming & Gambling One Drive: RSE 10 – Violence, Crimes & Safety		Exam revision in PD lessons to support self-learning and developing improved revision		Revision environment in PD lessons outside of scheduled exams		
Citizenship/RE Lead - GCK	Citizenship Equality & Protected Characteristics						
Content (for all learners)	STATUTORY HEALTH 26 Crime & Criminality One Drive: Citizenship 10 – Equality & Protected Char						
Future You Lead - RAL	Metacognition Revision Strategies & Mindset						
Content (for all learners)	Last minute cramming – What to and What Not to do (CFS Resource)						
Other Opportunities							

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	SUMMER
RSE Lead - JRL	Modern Dangers Violence, Crimes & Seeking Safety		Modern Dangers Violence, Crimes & Seeking Safety		Careers Related Environment		
Content (for all learners)	STATUTORY RSE 26 Modern-Day Slavery One Drive: RSE 10 – Violence, Crimes & Safety		STATUTORY HEALTH 26 Social Media Validation One Drive: RSE 10 – Violence, Crimes & Safety		Experience of Work Week and Enrichment Fortnight		
Citizenship/RE Lead - GCK	Citizenship Equality & Protected Characteristics		Citizenship Equality & Protected Characteristics				
Content (for all learners)	STATUTORY RSE 26 Marriage & Civil Partnerships One Drive: Citizenship 10 – Equality & Protected Char		STATUTORY RSE 26 Marriage – All Other Contexts One Drive: Citizenship 10 – Equality & Protected Char				
Future You Lead - RAL	Future You Finance & Debt		Future You Finance & Debt				
Content (for all learners)	Debit and Credit Cards, Debt Management & Support (Finance 10)		Renting, Buying a House and Mortgages (Finance 10)				
Other Opportunities					Employability Workshops, Virtual WEx & College Taster Week outside of traditional WEx placements		