

Curriculum Overview

Subject: PSHE

Year Group: 10

In Year 10, pupils will explore a range of topics designed to equip them with the skills and knowledge needed to navigate the transition to adulthood. They will reflect on and develop their stress management strategies, gaining confidence and resilience to face challenges that may arise during their teenage years. Building on prior learning from Key Stage 3, the focus will continue to emphasize the importance of resisting peer pressure, maintaining both physical and emotional safety—online and offline—and making informed choices. Pupils will also be introduced to key aspects of financial literacy, preparing them for a positive and responsible financial future.

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Debate- to give informed responses in class discussion and debates that demonstrate knowledge and understanding	KNOWLEDGE/SKILLS Debate- to be able to evidence their own views in discussion using a variety of sources such as personal experience and case studies	KNOWLEDGE/SKILLS Debate -to be able to articulate effectively their own views as well as others' in discussion using key vocabulary and analysis of the issues being discussed.
Topics Covered - Is It Worth A Gamble? Phone Addiction Keeping Your Online Data Safe The Hidden Scars of Knife Crime The Rule of Law The UK's Relationship with the World The Spectrum of Relationships Recognising Signs of Coercive Control Sexting The Distorted Reality of Pornography Fertility & Reproductive Health Self-Examination and Screening	Topics Covered - Unrealistic Online World Online Radicalisation Extremism Violence and exploitation by gangs Fake News & Misinformation R.E.S.P.E.C.T Understanding Sexual Consent Different Kinds of Intimacy Gender Identity & Sexual Orientation Female Genital Mutilation Sharing Illegal Images The Psychology of Bullies	Topics Covered- Understanding Vaccination And Immunisation Drugs Prescription Medication Misuse Alcohol Sleep, Exercise & Diet Inclusivity & Belonging Multi-Cultural Society Understanding Democracy Wages & Payslips Different Types of Employment & Income Sources Living Independently Savings and pensions
KEY ASSESSMENTS Assessment is through lesson feedback and surveys, while knowledge and understanding is checked through Q and A and recap/recall starters	KEY ASSESSMENTS Assessment is through lesson feedback and surveys, while knowledge and understanding is checked through Q and A and recap/recall starters	KEY ASSESSMENTS Assessment is through lesson feedback and surveys, while knowledge and understanding is checked through Q and A and recap/recall starters
Extended reading suggestions and external resources: Gut Feelings-C.G Moore Influence-Sara Shepard and Lilia Buckingham It's ok to not be ok – Dr Tina Rae Brain Tools For Teens –Karen Kingston Cultural capital is addressed through documentaries, film clips, case studies and guest speakers.		

Curriculum Overview

Subject: PSHE

Year Group: 11

In Year 11, PSHE continues to focus on developing effective coping strategies, particularly in preparation for the pressures of exams. Pupils will be encouraged to explore different revision techniques and exam strategies to identify what works best for their individual learning styles. Emphasizing their strengths and embracing mistakes will help to build resilience and boost self-esteem. Key topics such as internet safety, money management, and maintaining healthy relationships will be revisited, equipping pupils with essential life skills as they prepare for the next stage in their educational journey

TERM 1	TERM 2	TERM 3
KNOWLEDGE/SKILLS Debate- to give informed responses in class discussion and debates that demonstrate knowledge and understanding. Topics Covered- Fertility & Pregnancy Differences Between Forced & Arranged Marriages Contraception Considerations Sex & Substances Safe Relationships Online Sexual Violence & Abuse Building Resilience Party Drugs Alcohol Dependence & Excessive Drinking Reframing Failure Setting Goals that Drive Success Exam Stress	KNOWLEDGE/SKILLS Debate- to be able to evidence their own views in discussion using a variety of sources such as personal experience and case studies. Topics Covered- Stereotypes & Prejudice Gender Biases Gambling Addiction Striving For Equality Discrimination and the Equality Act Respecting Human Rights Public Money (Government and Economy) The Role of Banks and Financial Institutions Stock Market Cryptocurrency and Digital Currencies Credit & Debt Insurance	KNOWLEDGE/SKILLS Debate -to be able to articulate effectively their own views as well as others' in discussion using key vocabulary and analysis of the issues being discussed. Topics Covered- Developing Positive Habits Organised and Efficient Exam Stress S.M.A.R.T Goals The Achievement Strength Help-Seeking and Peer Support
KEY ASSESSMENTS Assessment is through lesson feedback and surveys, while knowledge and understanding is checked through Q and A and recap/recall starters	KEY ASSESSMENTS Assessment is through lesson feedback and surveys, while knowledge and understanding is checked through Q and A and recap/recall starters	KEY ASSESSMENTS Assessment is through lesson feedback and surveys, while knowledge and understanding is checked through Q and A and recap/recall starters

Extended reading suggestions and external resources:

All American Boys-Jason Reynolds and Brendan Kiely

Anxiety survival guide for teens- Jennifer Shannon

Teen parents-Rae Simons

National Careers Service.Gov.uk

Cultural capital is addressed through documentaries, case studies and guest speakers.