

Curriculum Overview

Subject: PSHE

Year Group: 10

CHASE HIGH
Aspirations, Character & Excellence



Students will cover a range of topics throughout Year 10 that will allow them to prepare themselves for adulthood. They will be encouraged to explore their own stress coping mechanisms and strategies for dealing with situations that could arise throughout their teenage years, with confidence and resilience. The focus in Year 10 builds on prior learning from KS3 PSHE and embeds further the need to say no to peer pressure, stay safe both online and in the real world physically and emotionally.

TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS Debate - to give informed responses in class discussion and debates that demonstrate knowledge and understanding. Key terms - stress, anxiety, self-help, CPR, DRABC, personal safety, revenge porn, takedown policy, up-skirting, risk, impaired judgement, County Lines, disenchantment, trap house, grooming. Managing stress - to know how to recognise symptoms of stress and how to manage them. Personal safety and first aid – to know how to stay safe and avoid potentially difficult and dangerous situations. To know the basic procedures of first aid. Online safety - to know what to do to avoid revenge porn and what to do if you become a victim. Risk: negative and positive - to know why young people take risks and to identify both positive and negative risk taking. County lines - to identify how criminals exploit young people, how county lines work and where to get help if you think someone is involved.</p>	<p>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. Key terms - debt, interest, loans, credit score, gambling, dopamine, addiction, legislation, schizophrenia, rejection, contraception. Finance - to know how to avoid debt and stay financially stable. Gambling - to know the potential risks involved with gambling and why they can be difficult to avoid. Drugs awareness - to know the physical and mental effects that drug taking can have on a person. To know the current UK law with regards to Class A, B and C drugs. Coping with rejection - to identify situations when you may experience loss. To know the emotions that you may feel when coping with loss. To develop strategies and show resilience when coping with relationship breakdowns. Contraception – to enhance knowledge awareness and skills related to using contraception. To foster an awareness of the importance of contraception to avoid unwanted pregnancies and STIs.</p>	<p>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. Key terms - readiness, strength, resilience, maturity, pregnancy, conception, foetal development, adoption, abortion, responsibilities, time management, financial stability. RSE - to develop strategies for negotiating condom use and readiness for sex. To recognise the effects that drugs and alcohol can have on decision making in relationships. Pregnancy - to know the choices available if an unwanted pregnancy occurs. To recognise the responsibilities that come with having a baby.</p>
<p>KEY ASSESSMENTS No official assessments but knowledge and understanding checked through Q and A and work books.</p>	<p>KEY ASSESSMENTS No official assessments but knowledge and understanding checked through Q and A and work books.</p>	<p>KEY ASSESSMENTS No official assessments but knowledge and understanding checked through Q and A and work books.</p>

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, external drama productions, case studies and guest speakers.