

PHSE Scheme of Work 2023 to 2024: YEAR 10

AUTUMN TERM 1: SEPTEMBER - OCTOBER	AUTUMN TERM 2: OCTOBER - DECEMBER	SPRING TERM 1: JANUARY - FEBRUARY
Communities	Risk and Safety including online safety	Identity
<p>AO: To understand community and my role within one. Pupils will be encouraged to reflect on the idea that human experience is deeper than race, age, gender and so on. They will explore how people are unified by shared experiences and ideas and how we can spread positivity in different communities.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Living in Britain • The Equality Act and hate crimes • Discrimination and challenging this • Democracy and Voting 	<p>AO: To understand risk and safety. Pupils will look at different risky situations they may find themselves in and discuss how best to manage this risk, which allow them to feel confident in dealing with difficult situations and help them grow and progress through life. They will explore different risks linked to being online and how to manage these.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Definition of 'risk and safety' • Online rights and responsibilities and how to stay safe online • Gangs and knife crime • Who to go to for help 	<p>AO: To understand what makes us unique. Pupils will explore different aspects of their identity, including individual, family and community values, gender identity and faiths and values. Pupils will celebrate their differences and understand how to accept other differences.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Individual, family and community values • Gender identity, including transgender • How identity may change • Diverse and conflicting values
SPRING TERM 2: FEBRUARY - MARCH	SUMMER TERM 1: APRIL - MAY	SUMMER TERM 2: JUNE - JULY
Work Experience	Emotional Wellbeing and Mental Health	Reflecting on Year 10
<p>AO: To plan a successful work experience placement. Pupils will explore what work experience placements are available and how these will link to future career choices. They will discuss what they want to achieve from their work experience and how it will help them.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Placements available • How to secure a placement • Links to future career choices 	<p>AO: To understand our emotions and how they link to mental health. Pupils will explore what their emotional wellbeing is and how it is linked to mental health. Pupils will explore how being resilient will encourage positive wellbeing and how to manage feeling and emotions that may lead to negative wellbeing.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Emotional wellbeing • Dealing with stress • Facing challenges such as pressures and influences • Work Life balance 	<p>AO: To evaluate Year 10 and plan for Year 11. Pupils will reflect on their successes from Year 10 and everything that they have learnt. They will use this to create a plan to be successful in Year 11 and set clear goals in order to achieve this.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Reflecting on successes • Identifying strengths and weaknesses • Growth mindset • Setting targets and goals