

Year 10 Curriculum Overview [2022-2023]

Subject – PSHE

Autumn Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Formative Assessment
	Composites	Components [includes understanding of KEY concepts & subject specific vocab]	Formal Retrieval [if any]	Opportunities for developing literacy skills		
HT1 <u>Careers</u>	Time Management Skills	<ul style="list-style-type: none"> Goals for Y10 What is time management? How to manage your time well at GCSE 	Y9 What were pupils good at? Needed to improve? Good study routines	Oral & Writing Skills Discussion Skills Writing a CV using a template Reading Read subject skills to extract key information Vocabulary Time bandits Procrastination Growth mindset Fixed mindset Stress management Stress tolerance level Work life balance Workplace skills Curriculum skills Employability skills Apprenticeship Curriculum Vitae	<ul style="list-style-type: none"> Planning Initiative 	
	Study Skills	<ul style="list-style-type: none"> What makes an excellent student? Revision techniques How the brain works Growth mindset 	How to promote good mental health Revisiting different job sectors/ considering different options		<ul style="list-style-type: none"> Planning Positive attitude 	
	Managing Stress	<ul style="list-style-type: none"> Recognise symptoms of stress Recognise the effect of stress How to combat stress Unhealthy ways to manage stress Help and support 	Skills & Qualities needed for different jobs Personal qualities and skills		<ul style="list-style-type: none"> Planning Emotional awareness 	
	Work Life Balance	<ul style="list-style-type: none"> Characteristics of a good work life balance Misconceptions Top tips for a healthy work life balance 			<ul style="list-style-type: none"> Planning Emotional awareness 	
	Curriculum Skills	<ul style="list-style-type: none"> Investigating different workplace skills for each GCSE/BTEC subject 			<ul style="list-style-type: none"> Research Decision making 	
	Employability Skills	<ul style="list-style-type: none"> Key skills and definitions My key skills and qualities Skills action plan-what do I need to do to develop certain skills 			<ul style="list-style-type: none"> Planning Research 	

	Apprenticeships	<ul style="list-style-type: none"> • What an apprenticeship is • Opportunities that come with an apprenticeship • How to find apprenticeships 			<ul style="list-style-type: none"> • Research • Decision making 	
	Preparing a good CV	<ul style="list-style-type: none"> • Guidance and template of how to produce a good CV that can be used in the future 			<ul style="list-style-type: none"> • Planning • Literacy 	
HT2 <u>Personal Development</u>	Peer Pressure and Consent	<ul style="list-style-type: none"> • Healthy and unhealthy peer pressure • What is consent? • The Law • Advice and guidance 	Making the right choices/ Individual Liberty/Respecting our bodies	Vocab Consent Exploitation Coercion Controlling Behaviour Controlling relationship Drug classifications Legal Highs Hallucinations Revenge porn Take down policy Self-harm Dermatillomania <u>Oral & Writing Skills</u> Discussion Video clip and answering questions on video clip <u>Reading</u> Case studies and scenarios Reading the definitions of each drug type	<ul style="list-style-type: none"> • Independence • Decision making 	
	Healthy Relationships and Coercion	<ul style="list-style-type: none"> • What are healthy and unhealthy relationships? • What is coercion? • Help and support 			<ul style="list-style-type: none"> • Independence • Decision making 	
	Revenge Porn	<ul style="list-style-type: none"> • What is revenge porn? • Short and long-term consequences • The Law 			<ul style="list-style-type: none"> • Communication 	
	Alcohol, Smoking and Illegal Drugs	<ul style="list-style-type: none"> • The Law • The social, physical and mental implications • Drug classifications 			<ul style="list-style-type: none"> • Communication 	
	Legal Highs	<ul style="list-style-type: none"> • Risks involved with legal highs • Definition of legal highs • Real life scenarios • Help and support 			<ul style="list-style-type: none"> • Communication 	
	Self-harm	<ul style="list-style-type: none"> • What is self-harm and why do people do it? • What can be done to help 			<ul style="list-style-type: none"> • Communication 	

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Spring Term	Knowledge & Understanding			Literacy Skills	Employability Skills [if any]	Formative Assessment
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HT3 <u>Careers</u>	How to become a Prefect	<ul style="list-style-type: none"> The role of a prefect Person specification Examples of head girl and head boy qualities Why you should become a prefect 	Reflecting on our skills and qualities Options post 16 Making choices to suit me	<u>Vocab</u> Leadership Person specification Ambassador Covering letter Job interviews References Volunteering Active citizenship National Careers Service Personal statement <u>Oral & Writing Skills</u> Discussion Writing a draft prefect application letter Writing a personal statement <u>Reading</u> Website investigating the role of the NCS	<ul style="list-style-type: none"> Independence Initiative Positive attitude 	
	Writing a Prefect Application	<ul style="list-style-type: none"> What a good/bad covering letter looks like Prefect responsibilities and duties 				
	Prefect Interviews	<ul style="list-style-type: none"> Why we have interviews Interview techniques and tips 			<ul style="list-style-type: none"> Communication Positive attitude 	
	Post 16 Progression Pathways	<ul style="list-style-type: none"> What I need to progress Choices at 16 Opening evenings College interviews 				
	Volunteering & National Careers Service	<ul style="list-style-type: none"> How Volunteering can help our community What is the National Careers Service? 			<ul style="list-style-type: none"> Initiative Influencing 	
	Writing a Personal Statement	<ul style="list-style-type: none"> What to include in a personal statement Different examples of personal statements 				

HT4 <u>Personal Development</u>	Preparing for Linear Examinations	<ul style="list-style-type: none"> Importance of revision How to revise Managing time 	Taking responsibility Individual liberty	Vocab Linear examinations Time Management Audio	<ul style="list-style-type: none"> Planning Organising 	
	Study Routines	<ul style="list-style-type: none"> Good study routines How to plan a revision timetable Independent learning <ul style="list-style-type: none"> Top tips 	Making the right choices Importance of revision	Kinaesthetic Visual Independent learning Anxiety Depression	<ul style="list-style-type: none"> Planning Organising 	
	Mental Health	<ul style="list-style-type: none"> Different types of mental health illnesses Why do we say we are okay when we are not? Strategies to maintain positive mental wellbeing 	Looking after our mental and physical health Taking responsibility Individual liberty	SMART Goal setting Schizophrenia	<ul style="list-style-type: none"> Emotional Literacy 	
	Looking after ourselves	<ul style="list-style-type: none"> What is stress, anxiety and depression? What can we do if we feel stressed or anxious? Meditation How to promote good mental health including importance of sleep and exercise <ul style="list-style-type: none"> Mindfulness 	Making the right choices Importance of revision	Oral & Writing Skills Discussion Written responses	<ul style="list-style-type: none"> Communication Emotional Literacy 	
	Going for a walk and healthy lifestyles	<ul style="list-style-type: none"> Importance of sleep and being active on mental well-being Importance of never giving up Importance of sleep 	Looking after our mental and physical health	Reading Case studies and offering advice to problems	<ul style="list-style-type: none"> Communication 	
	Positivity	<ul style="list-style-type: none"> Importance of positivity The difference between feeling low and being depressed How to achieve a state of happiness when we are feeling low 		Vocab Linear examinations Time Management Audio Kinaesthetic Visual Independent learning Anxiety Depression Stress SMART Goal setting Schizophrenia	Emotional Literacy	
	Preparing for Linear Examinations	<ul style="list-style-type: none"> Importance of revision How to revise Managing time		Oral & Writing Skills Discussion Written responses	<ul style="list-style-type: none"> Planning Organising 	
				Reading Case studies and offering advice to problems		

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HT5 <u>Careers</u>	What is an Entrepreneur?	<ul style="list-style-type: none"> Key definitions What is an enterprising personality? 	Skills and qualities in the workplace	Oral & Writing Skills Discussion skills/ Watching a video clip and extracting information to answer questions/Including examples/Class feedback/justifying choices Reading Reading case studies to produce written answers Vocabulary Entrepreneurs Enterprising personality Complex problem solving Critical thinking Cognitive flexibility Diversity Inclusion Protected characteristics Demographics Hierarchy Matrix structures Corporate culture	<ul style="list-style-type: none"> Planning Initiative 	
	Entrepreneur Skills	<ul style="list-style-type: none"> Enterprising skills and qualities Case studies 	Reflecting on personal skills and qualities		<ul style="list-style-type: none"> Research Planning 	
	Enterprise case studies	<ul style="list-style-type: none"> Successes and obstacles Case studies Advice for young people 	Resilience and considering different options		<ul style="list-style-type: none"> Positive Attitude Influencing Initiative 	
	Workplace Enterprise Skills	<ul style="list-style-type: none"> Key definitions Different workplace examples 	Discrimination in the workplace		<ul style="list-style-type: none"> Problem solving Initiative 	
	Dragon's Den Business Challenge	<ul style="list-style-type: none"> Working as a group to present a business proposal to Dragon's Den 			<ul style="list-style-type: none"> Team-work Presentation skills 	
	Diversity and Inclusion in the workplace	<ul style="list-style-type: none"> Key terms and definitions Protected characteristics Demographics and the workforce How to promote an inclusive organisation Case studies 			<ul style="list-style-type: none"> Communication Problem solving 	

HT6 <u>Finance</u>	Mobile banking and personal finance	<ul style="list-style-type: none"> • Different types of bank accounts • Mobile banking only service • Different bank accounts for different situations • Where to seek support 		<u>Vocab</u> Credit Debit ISA Insurance Assurance Income Assets Investing Cryptocurrency Bankruptcy Credit history Bank card skimming/scanning Bin raiding Hacking Malware Phishing Vishing Smishing Cyber crime <u>Oral & Writing Skills</u> Making notes <u>Reading</u> Case study and answering questions	<ul style="list-style-type: none"> • Financial literacy • Risk 	
	Understanding insurance	<ul style="list-style-type: none"> • Different types of insurance and how to take insurance out • Different sources of financial advice 			<ul style="list-style-type: none"> • Financial literacy 	
	Financial Risks	<ul style="list-style-type: none"> • Different types of personal financial risks • Risks associated with your income • Risks associated with your spending and borrowing • Risk that you might lose assets • Risks associated with investing • Case study 	Managing money How to budget Choices made at different times of our lives Individual liberty		<ul style="list-style-type: none"> • Financial Literacy • Planning • Risk 	
	Taking Financial Risks: Gambling	<ul style="list-style-type: none"> • What is gambling? • Case study • Cryptocurrency • Financial rewards • Negative consequences of taking financial risks 			<ul style="list-style-type: none"> • Financial Literacy • Risk management • Problem solving 	
	Fraud	<ul style="list-style-type: none"> • What is fraud? • What is identity theft? • Different methods used to carry out identity theft • Cyber crime • How to keep safe 			<ul style="list-style-type: none"> • Risk Management • Initiative 	