

PSHE SOW YEAR 10 – Working Document

Year 10, term 1	Subject topics – Program of Study	Pupils should Learn - Breakdown	Tutor Time (Thurs)	PSHE Class (Weds)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
Core theme 1 – Health & Wellbeing H1 -6 & R1	Managing Transition How to recognise and manage emotions within a range of relationships	Goal and target setting – starting GCSE course – time management and organisation Stress management, coping strategies, where to seek help and advice	Weeks 1-2 (2 lessons) Review of last years aims Goals & Aims for the Year SMART Targets	Weeks 1-4 Self Confidence, esteem, constructive criticism				September: Organic September International Day of Peace 21 st September International Week of Happiness 23-30 th September October: World Mental Health Day 10 th October Conflict Resolution Day October 17 th Jewish New Year – October 30 th November National Pathology Week 4 th November
			Week 3 & 4 Topical – International week of Happiness – survey – The Day	Mental Health, stress, anxiety, depression Strategies for promoting own mental health and wellbeing				
H14 H15 & 16 & 17	How to maintain physical, mental and emotional health and wellbeing; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing and sexual health	Personal safety & protection, reducing risk in different settings – social, workplace, street, roads and travel	Week 5 -6 Reducing Risk	Week 5 -6 Recap addiction, habit, dependence & Short and long term consequence of substance abuse	Drugs Awareness Talk TBC			
			Week 7 – topical – The Day or other	Review of half term				
H A L F T E R M								
Core theme 2 Relationships R3, R4, R5, R7, R10, R11, R12	How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills	Healthy & unhealthy relationships, forced marriage, honour based violence and rape Living together, marriage and civil partnerships, commitment Parenting Skills & qualities	Week 8 & 9 – Marriage – is it important? Debate	Week 8-12 Healthy / unhealthy relationships – cultural differences in marriage and family life Changes in personal relationships Impact of separation, divorce bereavement	Workshop on resilience and conflict resolution - TBA			National Stress Awareness day 6 th November Anti Bullying Week – 11 th November Sugar Awareness Week – 11 th November Road Safety week 18 th November
			Week 10 – Family Life					
			Week 11 – what makes a good parent?					
Core theme 3 – Living in the Wider World L2 L3 R13	About rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy	Similarities, differences, races, cultures, religions, sexual orientation, gender, age, stereotyping	Week 12 – 14 Human Rights, Children’s Act, UN	Week 12-14 Gender identity, sexual orientation, race, religion, discrimination				

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Year 10, term 2	Subject topics – Program of Study	Pupils should Learn - Breakdown	Tutor Time (Thurs)	PSHE Class (Weds)	Outside Classroom Learning / resources	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
L12, L8	how to assess and manage risks to health; and to keep themselves and others safe;	Online E Safety / Cyber Security / how to stay as safe as possible online; risks and benefits of the internet; online presence; knowing when something isn't right; who to speak to and what to do.	Week 1 – Online Safety – Evaluating security settings on phone – location, apps etc.	Week 1 – NSPCC Questionnaire – Basics on how to stay safe				January: Dry January Veganuary
R7, 16 & 19 & 20	how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters	How to recognise why someone is being exploited/groomed; what is normal and what is not in a relationship; different cultures;	Week 2 – The day – current affairs	Week 2 – Risks and Benefits of the internet – managing online presence, digital footprint				6th January – Big Schools Bird Watch
R8, 15 & 20	about the concept of consent in a variety of contexts (including in sexual relationships)		Week 3 - Marriage and Civil Partnerships (see R3 POS)	Week 3 – Relationships				18th January – Winnie the Pooh Day
			Week 4 – Burns Night	Week 5 – CEOP – Exploited				20th January – Cervical Smear Awareness week & Energy Saving week
			Week 5 – Brexit	Week 6 – Readiness & Consent				25th January – Burns Night
			Week 6 – LGBT History of					31st January – Brexit
H A L F T E R M								1st Feb – LGBT History Month
R22, R18, R23, R25, R26	how to make informed choices about health and wellbeing matters and sexual health; how to assess and manage risks to health; and to keep themselves and others safe	Consent, how alcohol and drugs will affect consent, contraception and how alcohol and drugs will affect use; consequences of unintended pregnancy pathways of support; abortion – the laws surrounding it; different cultural and religious beliefs; where to get support and advice.	Week 1 – Children's Mental Health week – activity or quiz	Week 1 – consent – what is it, the law, alcohol and drugs				3rd Feb – Sexual Abuse and Sexual Violence Awareness Week & Children's Mental Health Week
			Week 2 – National no smoking day	Week 2 – Contraception recap and condom negotiation – including how drugs and alcohol may affect effectiveness.				1st March – Walk all Over Cancer
			Week 3 – The Day current affairs	Week 3 – Unintended pregnancy – the options				11th March – National No Smoking Day
H8 & H9	how to assess and manage risks to health; and to keep themselves and others safe	about STIs, including HIV/AIDS, how to protect themselves and others from infection and how to respond if they feel they or others are at risk	Week 4 – Mother's day – origins / other countries	Week 4 – how lifestyle choices affect a developing foetus				20th March – National Skipping Day
		how lifestyle choices affect a developing foetus	Week 5 - TBC	Week 5 – STI's				22nd March - Mothering Sunday

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H7 & H18	<p>how to assess and manage risks to health; and to keep themselves and others safe</p> <p>how to identify and access help, advice and support</p>	<p>how to take increased responsibility for maintaining and monitoring their own health</p> <p>about checking themselves for cancer (including testicular and breast self-examination) and other illnesses, including knowing what to do if they are feeling unwell; strategies to overcome worries about seeking help and being a confident user of the NHS</p>	<p>Week 1 – Allergies</p> <p>Week 2 – Ramadan</p> <p>Week 3 – Staying Safe in the sun</p> <p>Week 4 – How to keep your Heart Healthy</p> <p>Week 5 - Eid</p>	<p>Week 1 – Health – when would you seek help? What for? Why and Where</p> <p>Week 2&3 – cancer – self check guide (split class girls and boys)</p> <p>Week 4 & 5 – extremism, radicalisation; cults</p>				<p>22nd April – Allergy Awareness Week</p> <p>24th April-24th May – Ramadan</p> <p>May – Skin cancer awareness Month</p> <p>24th-26th May Eid</p> <p>3rd June – Heart Rhythm Week &</p> <p>Wear it Red for Heart Disease</p> <p>June - Pride Month</p> <p>3rd June –Child Safety week</p> <p>5th June – World Environment Day</p> <p>10th June – Men’s Health Week & Diabetes Awareness Week</p> <p>13th June- Cupcake Day for Alzheimer’s Awareness</p> <p>24th June – National School Sports Week</p> <p>July – Plastic Free Month</p>
L3, L4, L5	<p>about rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy</p>	<p>to recognise the shared responsibility to protect the community from violent extremism and how to respond to anything that causes anxiety or concern; to think critically about extremism and intolerance in whatever forms they take (including religious, racist and political extremism, the concept of ‘shame’ and ‘honour based’ violence); Cults</p>						
H A L F T E R M								
L 16, L17, L18, L19	<p>about the economic and business environment</p>	<p>Rights & Responsibilities at work, discrimination, confidentiality; harassment;</p> <p>to develop their career identity, including how to maximise their chances when applying for education or employment opportunities</p>	<p>Week 6 – Pride Month – History of Pride, what celebrations happen etc</p> <p>Week 7 – The Environment</p> <p>Week 8 – Plastic Pollution</p> <p>Week 9 – The Day</p> <p>Week 10 - TBS</p>	<p>Week 6 & 7 – The World of work</p> <p>Week 8 – CV writing</p> <p>Week 9 & 10 – Mini project on developing career identity</p>				