



Curriculum Plan PSHEE



Year 10	Golden Treads: State the big ideas that will be taught across the year (Threshold concepts) These modules are taught on a carousel and so do not link to terms. Students learn how to make healthy choices and informed decisions that enable them to keep themselves and other people safe. Students will develop the skills to thrive, be independent learners and have high aspirations. This includes living successfully in the wider world. Students will understand the expectations about how we should treat other people and to promote self-respect. Students learn about the law and how it applies to them and their responsibilities.				Enrichment: What is offered through the year to support learning in the classroom? Year 10 Health – Visit from school Councillor Julie Strauss. Lesson covering mental wellbeing and strategies to help with anxiety, low mood etc. Year 10 RSE – Visit from Becky Morrey, Youth leader at local church. Lesson covers the importance of being confident in your own values and beliefs when it comes to relationships and sex and having the confidence to communicate those views.		Review and evaluation: Give date for review of the curriculum	
	Topics	Assessment	Substantive Knowledge	Disciplinary Knowledge	Misconceptions	Key Vocabulary		Knowledge tracking
	List the key topics taught in this term. Have you checked that the curriculum the department is teaching links to the National Curriculum where this is appropriate?	Give the name, nature/content and date of the assessment in this term.	List the key facts that students need to learn. Substantive vs disciplinary knowledge	What skills, procedures, thinking is required to use substantive knowledge to progress understanding and application. Substantive vs disciplinary knowledge	What are the key misconceptions that students have in this curriculum area?	List the Tier 2 and Tier 3 words that will be encountered in this term.		What prior learning does this term’s curriculum link to and what future learning does this term’s curriculum link to?
	Health		Understand issues related to body images and self-esteem. The impact the online world can have on self-esteem. Promoting healthy body image, understanding issues surrounding eating disorders. Understand common types of mental ill health, for example anxiety and depression. How to recognise early signs of mental wellbeing concerns and strategies to help improve mental wellbeing. Understand the facts about legal and illegal drugs and their associated risks.	Ability to make well-informed and healthy decisions about own bodies. Empathy and understanding towards other people Self-esteem building Improve their confidence in how to say no and resist peer pressure. Learn how to risk assess and make informed decisions to help them have a healthy life. Build their confidence in social situations and where to get help and support.	Misconceptions around cannabis and believe it is a safe drug. General misconceptions around healthy eating.	Body image Cosmetic surgery Self esteem Addiction Dependency Vaping Psychological Anxiety Depression	Nicotine Hallucinogenic Depressant Stimulant Rehabilitation Bulimia Anorexia	Builds on previous learning in Y9 Drugs Links to Y11 Health Links to GCSE science – drugs



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			<p>Learn about the law relating to the supply and possession of illegal substances.</p> <p>Understand the harm drugs can have on a community including county lines.</p>					
	Relationships and Sex Education (RSE)		<p>The characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality.</p> <p>Recognising indicators of an unhealthy relationships and know where to access support.</p> <p>Knowledge about diversity in sexual and romantic attraction.</p> <p>Promote equal opportunities and challenge prejudice.</p> <p>Signposting to relevant support/information</p> <p>Understand the impact of pornography on attitudes, expectations and behaviours</p> <p>To understand what sexual harassment is, the law and impact.</p> <p>Understand consent.</p> <p>Knowledge about different forms of contraception and how to access them.</p> <p>Learn about different SSIs, prevention and treatment.</p>	<p>To reflect on clarify, and maybe challenge own values.</p> <p>Skills to assess readiness for sex, including sexual activity online.</p> <p>Skills and strategies to respond to exploitation, bullying, harassment and control in relationships.</p> <p>Ability to make informed and confident decisions about relationships.</p> <p>Recognise when a relationship is healthy or unhealthy.</p> <p>How to express and communicate your wants, needs and feelings.</p> <p>Know where to access support and help.</p> <p>Confident when making decisions about relationships and sex.</p> <p>Discussing different attitudes and viewpoints</p> <p>Respecting different attitudes and viewpoints</p>	<p>Misconceptions about transgender people.</p> <p>Misconception around attitudes to sex and relationships based on gender, sexuality, culture, religion etc</p> <p>Misconceptions about what is classed as abusive behaviour – including coercive control.</p> <p>Misconceptions about appropriate behaviour in a healthy relationship and sex – focus on consent and communication.</p> <p>Misconceptions about conception, contraception and fertility</p> <p>Misconceptions about the law</p> <p>Misconceptions about who can get cancer and the changes that they need to be aware of in their own bodies.</p>	<p>Sexism</p> <p>Gender</p> <p>Transgender</p> <p>Sexual- harassment</p>	<p>Coercive control</p> <p>Pornography</p> <p>Consent</p> <p>Sexually Shared Infections (SSIs)</p> <p>Contraception</p>	<p>Builds on all previous RSE modules taught to every year group and prepares for Year 11 RSE module</p> <p>Links to work completed by pastoral team</p>



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			The law relating to abuse in relationships, including coercive control and online harassment.					