

PSHE Curriculum Overview

Year 10

Knowledge Overview	Topic 1 (7 weeks)	Topic 2 (7 weeks)	Topic 3 (6 weeks)	Topic 4 (6 weeks)	Topic 5 (7 weeks)	Topic 6 (6 weeks)
CORE THEME	HEALTH AND WELLBEING	LIVING IN THE WIDER WORLD	RELATIONSHIPS	HEALTH AND WELLBEING	RELATIONSHIPS	LIVING IN THE WIDER WORLD
Topic	Personal Wellbeing	Financial decision making	Diversity	Emotional Wellbeing	Healthy Relationships	Careers
<i>Overview</i>	<i>Promoting positive mental health, mental health in the media and accessing support.</i>	<i>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</i>	<i>Inclusion and diversity, influences in the media, challenging discrimination and responding to radicalisation.</i>	<i>Mental and ill health, suicide and managing bereavement.</i>	<i>Relationship values, consent and rape, pornography and body shaming.</i>	<i>Opportunities in STEM careers, what employers are looking for online and responsibilities in the workplace.</i>
Skills Overview	Topic 1 (7 weeks)	Topic 2 (7 weeks)	Topic 3 (6 weeks)	Topic 4 (6 weeks)	Topic 5 (7 weeks)	Topic 6 (6 weeks)
Focus*	T, Di, Db, DM	DM, Q, Di	Di, Q, CS	Di, Q, CS	DM, Q, Di, Db	T, DM, Q

Skills Key

(T) *Teamwork*: Students develop the skills necessary to work effectively and efficiently as part of a group.

(Di) *Discussion*: Students know how to talking about something in order to reach a decision or to exchange ideas in a civil manner.

(Db) *Debate*: Students understand how to engage in an effective formal discussion on a particular matter.

(Q) *Questioning*: Students know how to question so as to elicit information in a manner which does not cause offence.

(DM) *Decision making*: Students understand how to reach a conclusion or resolution after consideration of issues or facts.

(CS) *Coping strategies*: Students develop the skills required to deal effectively with difficulties including stress and anxiety.

* All key skills are built in and explored to varying degrees in all topics delivered. The ones identified in the overview are those which are the biggest focus in that particular topic