

PSHE Personal Development Form Time Session – October-May		
Year 10	Substantive Knowledge	Disciplinary Knowledge
Theme 1 – Half Term 1	<p>Core Theme: Health & Wellbeing</p> <p>Mental Health</p> <p>New Challenges</p> <ul style="list-style-type: none"> ✓ Identify the challenges young people might encounter <p>Negative Thinking</p> <ul style="list-style-type: none"> ✓ Identify examples of unhelpful and helpful thoughts in a common situation. ✓ Knowing where to seek support. <p>Recognising Mental Health</p> <ul style="list-style-type: none"> ✓ Name mental health issues that commonly affect young people ✓ Recognise signs that someone may need support. 	<ul style="list-style-type: none"> ✓ Explain strategies to help manage challenges ✓ Analyse how mental health and emotional wellbeing can change through life. ✓ Create a set of tips for young people experiencing change. ✓ Explain different ways of challenging unhelpful thoughts. ✓ Using different scenarios identifying some key feeling and thoughts that would be associated. ✓ Evaluate the benefits and potential issues of speaking to a different range of people in terms of support.
Theme 2: Half Term 2	<p>Core theme: Living in the Wider World</p> <p>Financial Decision Making</p> <p>Attitudes towards money</p> <ul style="list-style-type: none"> ✓ identify the necessities money is needed for. ✓ Describe emotions/feelings that people may have towards money <p>Borrowing Money</p> <ul style="list-style-type: none"> ✓ Identify when the financial year starts and ends ✓ Define the terms 'credit', 'debt', 'saving' and 'borrowing' ✓ Identify the different ways a bank makes money <p>Budgeting</p> <ul style="list-style-type: none"> ✓ Define the term 'budget' ✓ Describe why people need to budget. 	<ul style="list-style-type: none"> ✓ Evaluate the advantages and disadvantages to being wealthy. ✓ Evaluate the advantages and disadvantages of borrowing money. Budget a month allowance on house and luxuries and explain why the money has been spend this way.

<p>Theme 3: Half Term 3</p>	<p>Core Theme: Health & Wellbeing Exploring Influence</p> <p>Alcohol and Drugs</p> <ul style="list-style-type: none"> ✓ Recognise key drugs and alcohol ✓ Describe the long- and short-term effects of alcohol <p>Risk-Taking behaviour</p> <ul style="list-style-type: none"> ✓ Recognise risks associated with different situations <p>Managing Influences</p> <ul style="list-style-type: none"> ✓ Identify the different influences that may affect decisions. ✓ Describe how influences may affect decision making 	<ul style="list-style-type: none"> ✓ Analyse why people’s views of alcohol and drugs changes. ✓ Explain how people can overcome alcohol and drug abuse. ✓ Evaluate risks involved with different situations and scenarios. ✓ Evaluate and discuss the way in which some influences may affect lifestyle choices.
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Year 10 PSHE – Summer Term PSHE Overview Plans – June & July (4 Lessons per week)

Year 10	Substantive Knowledge	Disciplinary Knowledge
Week 1	<p>Core Theme: Relationships Extremism & Radicalisation Communities</p> <ul style="list-style-type: none"> ✓ Communities, inclusion, respect and belonging ✓ Recognise radicalisation ✓ Strategies to respond to difficult situations <p>Equality Act</p> <ul style="list-style-type: none"> ✓ Understand the equality act <p>Challenges & Adversity</p> <ul style="list-style-type: none"> ✓ Identify the different challenges and examples of adversity presented to different groups of people. <p>Discrimination</p> <ul style="list-style-type: none"> ✓ Define discrimination ✓ Give examples of different types of discrimination 	<ul style="list-style-type: none"> ✓ Recognise and challenge victim blaming ✓ Discuss forms of communities, inclusion, respect and belonging. ✓ Explain features of the Equality Act, diversity and values. ✓ Explain how social media may distort, mis-represent or target information in order to influence beliefs and opinions. ✓ Discuss how to manage conflicting views and misleading information. ✓ Explain how to safely challenge discrimination, including online. ✓ Explain how and why a person may be targeted by an extremist group. ✓ Recognise and respond to extremism and radicalisation.
Week 2	<p>Core Theme: Living in the Wider World Work Experience Career Development</p> <ul style="list-style-type: none"> ✓ Identify the different types of qualifications <p>Career Adversity</p> <ul style="list-style-type: none"> ✓ Define 'career adversity' ✓ Identify different types of adversity in the work place. <p>Online Presence</p> <ul style="list-style-type: none"> ✓ Name different types of social media ✓ Identify the risks associated with social media ✓ Understand why an employer may look on social media. <p>Work Experience</p>	<ul style="list-style-type: none"> ✓ Evaluate the advantages and disadvantages of different qualification ✓ Apply know of qualifications to a business plan ✓ Develop strategies for overcoming challenges and adversity ✓ Evaluate and build on the learning from challenges faced during a career. ✓ Describe how to maintain a positive personal presence online. ✓ Evaluate my own current online presence.

	<ul style="list-style-type: none"> ✓ Understanding the importance of work experience ✓ Identify ways in how to gain work experience ✓ Identify do's and don'ts for a work experience placement 	<ul style="list-style-type: none"> ✓ Describe how you can use the work experience hints and tips in your chosen work place. ✓ Describe how social media can distort, mis-represent or target information in order to influence beliefs and opinions. ✓ Challenge discrimination online and in person
Week 3	<p>Core Theme: Living in the wider world Applying for opportunities in the world of work.</p> <p>CV Writing</p> <ul style="list-style-type: none"> ✓ Identify the key characteristics of a CV. ✓ Describe the importance of a CV and keeping it up to date. <p>Personal Statement</p> <ul style="list-style-type: none"> ✓ Identify the difference between a CV and a personal statement. ✓ Describe the key contents and purpose of a personal statement. <p>Writing a cover letter</p> <ul style="list-style-type: none"> ✓ Describe the purpose of a cover letter. ✓ Identify different situations when a cover letter is needed. <p>Filling in application forms</p> <ul style="list-style-type: none"> ✓ Describe the different kind of application forms need. ✓ Understand the importance of being honest and truthful in an application form. 	<ul style="list-style-type: none"> ✓ Plan and write a CV ✓ Plan and write a personal statement ✓ Plan and write a cover letter ✓ Evaluate examples of CVs, Personal Statements and cover letters.
Week 4	<p>Core Theme: Living in the wider world Making financial decisions:</p> <p>Personal Finance</p> <ul style="list-style-type: none"> ✓ Describe the different forms of finance available from a bank. ✓ Define key term e.g. statement, direct debit, 'buy now, pay later', interest. ✓ Understanding how to open up a bank account and the documents required to do so. <p>Credit</p>	<ul style="list-style-type: none"> ✓ Evaluate the advantages and disadvantages of different types of bank accounts and credit cards. ✓ Calculate interest fees on products. ✓ Compare examples of 'good debt' and 'bad debt'.

	<ul style="list-style-type: none"> ✓ Define key credit terms i.e. pay day loan, store card, credit card ✓ Recognise the choices and consequences of different types of credit. 	
Week 5	<p>Core Theme: Healthy Relationships</p> <p>Healthy Relationships</p> <p>Consent</p> <ul style="list-style-type: none"> ✓ Define consent and manipulation ✓ Identify when consent should be given. <p>Sexting</p> <ul style="list-style-type: none"> ✓ Define sexting ✓ Give examples of sexting ✓ Address misconceptions about sexting <p>Contraception</p> <ul style="list-style-type: none"> ✓ Identify different contraception methods. ✓ Understand the importance of contraception <p>STIs</p> <ul style="list-style-type: none"> ✓ Define STI ✓ Identify different STIs ✓ Describe the symptoms of common STIs. <p>FGM</p> <ul style="list-style-type: none"> ✓ Define FGM ✓ Describe the process of FGM 	<ul style="list-style-type: none"> ✓ Discuss relationship values and the role of pleasure in relationships ✓ Analyse myths, assumptions, misconceptions and social norms about sex, gender and relationships ✓ Recognise and challenge victim blaming ✓ Evaluate the opportunities and risks of forming and conducting relationships online. ✓ Describe how to manage the impact of the media and pornography on attitudes, behaviour and expectations. ✓ Analyse the law in regards to consent, coercion and manipulation. ✓ Describe how to prevent STIs from being transmitted.
Week 5	<p>Core Theme: Health & Wellbeing</p> <p>Gambling and Online Safety</p> <p>Understanding Gambling</p> <ul style="list-style-type: none"> ✓ Define the term 'gambling', 'wagering' ✓ Give examples of different ways to gamble. <p>Resilience towards gambling</p> <ul style="list-style-type: none"> ✓ Describe how gambling is addictive. ✓ Describe ways/support measures to be resilient to gambling. <p>Targeted advertising</p> <ul style="list-style-type: none"> ✓ Define what is meant by 'targeted advertising' ✓ List different ways in which target advertising can be seen. 	<ul style="list-style-type: none"> ✓ Discuss and evaluate the different ways of gambling ✓ Describe the dangers and consequences of gambling. ✓ Evaluate the reasons why people do gamble and how it is difficult to stop. ✓ Discuss the difficulties in being resilience towards gambling and how to support those who need it. ✓ Debate if targeted advertising should be legal.

	<p>Risks of financial lending</p> <ul style="list-style-type: none"> ✓ List the different ways of financial lending. ✓ Describe reasons why people do need to lend money 	<ul style="list-style-type: none"> ✓ Evaluate the different ways of financial lending
Week 6	<p>Core theme: Living in the wider world</p> <p>Citizenships – UK Economy</p> <p>Understanding the UK Economy</p> <ul style="list-style-type: none"> ✓ Define the term 'economy' ✓ Understand what an economy is ✓ Describe the characteristics of a healthy economy ✓ Describe the characteristics of a recessive economy. <p>Government Spending</p> <ul style="list-style-type: none"> ✓ Identify the different types of taxation that are collected in the UK. ✓ Describe how money is used by the UK Government <p>Financial Challenges facing local authorities</p> <ul style="list-style-type: none"> ✓ Understand how the local government is funded ✓ Explore how money is spent to support the needs of the local community <p>What role can citizens play in the future of the UK economy?</p> <ul style="list-style-type: none"> ✓ Features of a healthy economy ✓ Describe the actions citizens have taken in order to support economic growth. 	<ul style="list-style-type: none"> ✓ Compare the key differences between a healthy and recessive economy ✓ Analyse the issue of tax avoidance ✓ Debate whether people should/should not pay tax.

Year 11: PSHE Personal Development Form Time Sessions

Year 11	Lesson Focus	Substantive Knowledge	Disciplinary Knowledge	Assessment
<p>Half-term 1</p>	<p><u>Living in the Wider World – Careers</u></p> <ul style="list-style-type: none"> • Post 16 options • John Rigby College • Open Evenings • College Applications • CV Writing <p><i>Every other week will consist of Careers in the Spotlight.</i></p>	<ul style="list-style-type: none"> ✓ Identify different colleges and course available. ✓ Identify the different types of qualifications that can be achieved post-16. ✓ Identify the key components of writing a CV. ✓ Discuss the variety of courses. 	<ul style="list-style-type: none"> ✓ Evaluate the different qualifications and understand which one may benefit each student’s career choices. ✓ Produce a CV and college applications and begin applying to college. 	<p>There is no formal assessment in PSHE.</p> <p>Pupils will be tested on the following skills:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Self evaluation <input type="checkbox"/> Pupil voice <input type="checkbox"/> Formative Teacher assessment
<p>Half-term 1</p>	<p><u>Health & well being</u></p> <ul style="list-style-type: none"> • Binge drinking • Sunbed tanning • Under the knife – cosmetic surgery • Tattoos and piercings • Cancer Awareness • Vaping <p><i>Every other week will consist of Careers in the Spotlight.</i></p>	<ul style="list-style-type: none"> ✓ Identify the dangers of binge drinking, sunbed tanning, tattoos and piercings, cosmetic surgery and vaping. ✓ Discuss why some people choose to take part or use the different examples. ✓ Describe the impact these have on others. 	<ul style="list-style-type: none"> ✓ Evaluate the use of sun bed tanning. ✓ Describe reasons why people binge drink, use sunbeds etc. 	<ul style="list-style-type: none"> <input type="checkbox"/> Self evaluation <input type="checkbox"/> Pupil voice <input type="checkbox"/> Formative Teacher assessment
<p>Half term 2</p>	<p><u>Relationships</u></p> <ul style="list-style-type: none"> • Controlling behaviour • Consent 	<ul style="list-style-type: none"> ✓ Identify the characteristics of controlling behaviour and a healthy relationship. 	<ul style="list-style-type: none"> ✓ Explain the importance of giving consent and understanding when it is needed. 	<ul style="list-style-type: none"> <input type="checkbox"/> Self evaluation <input type="checkbox"/> Pupil voice <input type="checkbox"/> Formative Teacher assessment

	<ul style="list-style-type: none"> • Sexual bullying/harassment • Relationships Break Ups • Unwanted attention • Parenthood <p><i>Every other week will consist of Careers in the Spotlight.</i></p>	<ul style="list-style-type: none"> ✓ Discuss the importance of consent and challenging sexual bullying/harassment. ✓ Describe the law behind consent. 	<ul style="list-style-type: none"> ✓ Explain why controlling behaviour may take place. ✓ Awareness of who to speak to if needed. 	
Half-term 3	<p><u>Health and Well-being</u></p> <ul style="list-style-type: none"> • What is stress? Stress management • Perseverance and procrastination • Sleep and Sleep Deprivation 	<ul style="list-style-type: none"> ✓ Define the key terms; anxiety, stress and depression. ✓ Identify the symptoms/characteristics of anxiety, stress and depression. ✓ Discuss the possible support networks available for those suffering with anxiety, stress or depression. 	<ul style="list-style-type: none"> ✓ Explain triggers that may increase the level of anxiety, stress of depression. ✓ Evaluate different methods in managing stress. 	<ul style="list-style-type: none"> <input type="checkbox"/> Self-evaluation <input type="checkbox"/> Pupil voice <input type="checkbox"/> Formative Teacher assessment
Half-term 5	GCSE exams commence.			
Half-term 6	GCSE exams			