

# Featherstone High School

PSHE Department Scheme of Work

Date of last Review:  
2023  
  
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<b>SOW Title:</b>	Year 10 PSHE	<b>Specification / NC:</b>	PSHE, RSE
<b>Year Group</b>	10	<b>Mode of Assessment:</b>	Informal teacher AFL
<b>Duration</b>	1 year	<b>Final Assessment Task:</b>	Observed discussion and book look
<b>Objectives</b>		<b>Assessment Details and Requirements:</b>	
See below <span style="background-color: red; color: black;">Red = RSE objectives</span> and <span style="background-color: green; color: black;">Green = health</span> NB each objective runs for a fortnight and capacity is planned in for matters arising (eg. Epidemic, serious incident etc.).		Final lesson of each term: book look and holistic AFL to inform a values-based judgement (general behaviours and skills in form can inform this). Simplified assessment 'working at' levels will be provided. No graded 'formal' assessment.	

Lesson:	Objective	Core Learning	Resources
1	Self expression & respect (anti-misogyny/homophobia and pro-self expression) Also anti stalking	1. to respect equality and be a productive member of a diverse community	
2	Environment, health, diet - how are they linked	1. how to make informed choices about health and	

		<p>wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*</p> <ol style="list-style-type: none"> <li>2. how to assess and manage risks to health; and to keep themselves and others safe</li> <li>3. how to identify and access help, advice and support</li> <li>4. the role and influence of the media on lifestyle</li> </ol>	
3	<p>Risks from fake news and conspiracies vs reliable sources online. Grooming Financial Scams Online falsehoods/extremism</p>	<ol style="list-style-type: none"> <li>1. how to assess and manage risks to health; and to keep themselves and others safe</li> <li>2. how to identify and access help, advice and support</li> <li>3. the role and influence of the media on lifestyle</li> </ol>	
4	<p>Pregnancy and fertility science 2 - follow on from Y9 content</p>	<ol style="list-style-type: none"> <li>1. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*</li> </ol>	

		2. about parenthood and the consequences of teenage pregnancy	
5	Different relationships and families 2 - include break-ups and loss	1. how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills  how to recognise and manage emotions within a range of relationships  about managing loss including bereavement, separation and divorce	
6	Mental health - healthier vs riskier coping mechanisms Risks around energy drinks, excessive screen time, alcohol/drugs, signs of mental health problems.	how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity;	
7	Ill health, cancer and other longer term conditions (also content around ableism and victim blaming, health when living with a long term condition etc).	1. how to assess and manage risks to health; and to keep themselves and others safe 2. how to identify and access help, advice and support	

		how to respond in an emergency, including administering first aid	
8	Mental & Physical health First Aid 2	<ol style="list-style-type: none"> <li>1. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*</li> <li>2. how to assess and manage risks to health; and to keep themselves and others safe</li> </ol>	
9	Discussion lessons around types of bullying and prejudice we see in school and what to do about them.	<ol style="list-style-type: none"> <li>1. to respect equality and be a productive member of a diverse community</li> </ol>	
10	Anti homophobia and anti transphobia 2	<ol style="list-style-type: none"> <li>1. to respect equality and be a productive member of a diverse community</li> </ol>	
11	Time management and study skills	<ol style="list-style-type: none"> <li>3. how to manage transition</li> <li>4. how to maintain physical, mental and emotional health and wellbeing; (i.e. preventing stress and poor health resulting)</li> </ol>	
12	What is coercive control? How to recognize and avoid What mind-sets create this (pyramid of sexual violence)	how to develop and maintain a variety of healthy relationships within a range of social/cultural	

		<p>contexts and to develop parenting skills</p> <p>how to recognise and manage emotions within a range of relationships</p> <p>how to deal with risky or negative relationships</p>	
13	<p>Consent and pressure around sex:</p> <ul style="list-style-type: none"> <li>-contraception abuses (i.e deception around contraception)</li> <li>-pressure and 'slut shaming'</li> <li>-Revenge porn, contraception abuses and the law</li> </ul>	<p>about the concept of consent in a variety of contexts (including in sexual relationships)</p>	
14	<p>Marriage and rights/responsibilities</p> <p>Law - anti forced marriage</p>	<p>how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills</p> <p>how to recognise and manage emotions within a range of relationships</p> <p>how to deal with risky or negative relationships</p>	
15	<p>Running your 'own home' as a healthy, social adult - what costs are involved, and where income comes from (work, benefits).</p>	<p>how to manage transition</p> <p>4. how to maintain physical, mental and emotional health and wellbeing; (i.e. preventing stress and poor health resulting)</p>	
16	<p>Financial wellbeing and budgeting - focus on online</p>	<p>how to manage transition</p> <p>4. how to maintain physical, mental and emotional health and wellbeing; (i.e. preventing stress and poor health resulting)</p>	
	Matters arising space		

## Essential Skills and Attributes developed through the Programme of Study across all Key Stages and Year Groups

Personal Effectiveness	Interpersonal and Social Effectiveness
<ol style="list-style-type: none"> <li>1. Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and effective goal-setting)</li> <li>2. Identifying unhelpful ‘thinking traps’ (e.g. generalisation and stereotyping)</li> <li>3. Resilience (including self-motivation, perseverance and adaptability)</li> <li>4. Self-regulation (including promotion of a positive, growth mind set, managing strong emotions and impulses)</li> <li>5. Recognising and managing peer influence and the need for peer approval, including evaluating perceived social norms</li> <li>6. Self-organisation (including time management)</li> <li>7. Strategies for identifying and accessing appropriate help and support</li> <li>8. Clarifying own values (including reflection on the origins of personal values and beliefs) and re-evaluating values and beliefs in the light of new learning, experiences and evidence</li> <li>9. Recalling and applying knowledge creatively and in new situations</li> <li>10. Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)</li> </ol>	<ol style="list-style-type: none"> <li>1. Empathy and compassion (including impact on decision-making and behaviour)</li> <li>2. Respect for others’ right to their own beliefs, values and opinions</li> <li>3. Discernment in evaluating the arguments and opinions of others (including challenging ‘group think’)</li> <li>4. Skills for employability, including               <ul style="list-style-type: none"> <li>• Active listening and communication (including assertiveness skills)</li> <li>• Team working</li> <li>• Negotiation (including flexibility, self-advocacy and compromise within an awareness of personal boundaries)</li> <li>• Leadership skills</li> <li>• Presentation skills</li> </ul> </li> <li>5. Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks)</li> <li>6. Recognising, evaluating and utilising strategies for managing influence</li> <li>7. Valuing and respecting diversity</li> <li>8. Using these skills and attributes to build and maintain healthy relationships of all kinds</li> </ol>

### **Managing Risk and Decision Making**

1. Identification, assessment (including prediction) and management of positive and negative risk to self and others
2. Formulating questions (as part of an enquiring approach to learning and to assess the value of information)
3. Analysis (including separating fact and reasoned argument from rumour, speculation and opinion)
4. Assessing the validity and reliability of information
5. Identify links between values and beliefs, decisions and actions
6. Making decisions

### **Health & Well Being**

3. **how to manage transition**
4. **how to maintain physical, mental and emotional health and wellbeing;**
5. **how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health\***
6. **about parenthood and the consequences of teenage pregnancy\***
7. **how to assess and manage risks to health; and to keep themselves and others safe**
8. **how to identify and access help, advice and support**
9. **how to respond in an emergency, including administering first aid**
10. **the role and influence of the media on lifestyle**

### **Relationship and Sex education**

1. **how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills**
2. **how to recognise and manage emotions within a range of relationships**
3. **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**

4. about the concept of consent in a variety of contexts (including in sexual relationships)
5. about managing loss including bereavement, separation and divorce
6. to respect equality and be a productive member of a diverse community
7. how to identify and access appropriate advice and support – *taught in every lesson*