

Year 10 Topic Plan PSHE 2019-20 Sets 1-3



<p><u>Term 1a (8 weeks) Staying Safe Online</u></p> <p>Week 1 – Staying safe online and digital footprints</p> <p>Week 2— Sex and social Media</p> <p>Week 3 – Sources of information about sex</p> <p>Week 4 – Tackling online extremism & Knife Crime</p>	<p><u>Term 1b (7 weeks) Alcohol and Drugs</u></p> <p>Week 1 – Understanding alcohol issues</p> <p>Week 2 – Short term effects of alcohol</p> <p>Week 3 – Alcohol and Tobacco long term</p> <p>Week 4 – Should cannabis be legalised?</p>	<p><u>Term 2a (6 weeks) Health</u></p> <p>Week 1 – Cancer</p> <p>Week 2 – Mental Health</p> <p>Week 3 – Sexual Health and Helping others</p>
<p><u>Term 2b (6 weeks) Goal Setting and Commitment to Learning</u></p> <p>Week 1 – Setting Goals and Understanding how to achieve them</p> <p>Week 2 - Factors that affect their learning</p> <p>Week 3 – Work Experience Placement</p>	<p><u>Term 3a (5 weeks) Relationships and the Future</u></p> <p>Week 1 – Reflection on Work Experience</p> <p>Week 2 – Types of relationship and Role models</p> <p>Week 3 – Careers and Revision skills</p>	<p><u>Term 3b (7 weeks) Refugees and British Values</u></p> <p>Week 1 – Immigration & Refugees</p> <p>Week 2 – Refugees 2/3: Someone like me and: Welcoming people</p> <p>Week 3 – Tolerance and Respect</p> <p>Week 4 – Assessment</p>

Term 1a: Staying Safe Online

Week 1 – Intro to staying safe online and Digital Footprints

- To explore your personal attitude to what you might post or see online
- To consider some of the legalities of what you do online.
- To understand what a digital footprint is and how it develops.
- To think about how we can take control of our own digital footprints.

Week 2 – Sex and Social Media

- To understand the law on creating, distributing, receiving or viewing sexual content via social media.
- To have explored 'sexting' and I will understand the negative aspects of this and the law relating to it. (refer to LGBT)
- To know what is and is not appropriate online and I will know how to protect my image online, stay safe and report issues.

Week 3 – Sources of Information about Sex

- To explore the advantages and disadvantages of different sources of information about sex.

Week 4 – Tackling Online Extremism & Knife Crime + assessment

- To understand what is meant by online radicalisation and why people do it
- To challenge common myths and inaccuracies about carrying a knife and explain how it can impact a person's future
- To explain how to make decisions, demonstrate resilience and manage risk
- To explain how young people can make the choice to be knife free, understand how people can get support and can give advice to others about becoming knife free
- To complete assessment

Half Term 1b: Alcohol and Drugs

Week 1 – Understanding alcohol Issues

- To gain a better understanding of the Health Triangle concept in relation to alcohol.
- To gain an increased appreciation of the physical, mental and social consequences of alcohol abuse, and why it is important to study them.

Week 2 – Short term effects of alcohol

- To develop a greater appreciation of the short-term effects of alcohol abuse.
- To experience the associated physical feelings of being drunk.
- To develop greater knowledge and understanding of the myths surrounding hangover cures.

Week 3 – Alcohol and Tobacco Long Term

- To improve your level of knowledge around alcohol and tobacco.
- To improve knowledge of danger, risks and effects of alcohol and tobacco.
- To improve knowledge on the law and legal implications of alcohol and tobacco.

Week 4 – Should cannabis be legalised? + assessment

- To debate the arguments for and against the legalisation of cannabis
- Complete assessment

Term 2a – Health

Week 1 – Cancer

- To learn what cancer is and about the most common forms
- To recognise the links between cancer and having an unhealthy lifestyle
- To understand the importance of regular self examination

Week 2 – Mental Health

- To explore feelings that can affect mental health.
- To recognise the causes of and ways to manage stress and feeling down.

Week 3 – Sexual Health and helping others + assessment

- I can give examples of methods of contraception and explain why they are used (refer to LGBT)
- To have an insight into the science relating to blood, organ and stem cell donation

Term 2b – Success and Work Experience

Week 1 - Setting Goals and Understanding how to achieve them

- To set themselves realistic goals and to plan how they can be achieved
- To learn how to get the most out of their lesson time

Week 2 - Factors that affect their learning

- To become aware of factors that affect their learning, including; sleep, diet, social media usage, behaviour, relationships
- To understand what they need to do outside of the classroom to make maximum progress

Week 3 - Work Experience

- Carry out work experience duties.
- Experience the world of work.

Term 3a – Relationships and the Future

Week 1– Work Experience reflection

- To identify successes and opportunities from work experience.
- To make sure we learn from our work Experience and find areas for improvement / development.

Week 2 – Types of relationship and Role Models

- To explore what is meant by ‘relationship’, inclusive of employers and colleagues
- To consider the positives and difficulties within different relationships
- To reflect on how to maintain positive relationships in and outside of school
- To describe how a good role model can help you
- To explain what effect a good or bad role model can have on a person
- To evaluate why it is important to be a good role model for younger students/siblings

Week 3 – Careers and Revision + assessment

- To relate their own abilities, attributes and achievements to career intentions
- To develop awareness of the extent and diversity of opportunities in learning and work.
- To understand the importance of taking a serious approach to revision
- To be aware of a variety of revision techniques

Term 3b: Refugees and British Values

Week 1 – Immigration & Refugees

- To think about some of the physical and psychological suffering of refugees and migrants.
- To understand how it must feel to have to flee your home through no choice of your own.
- To explore and unravel some of the stereotypes as well as thoughts and feelings surrounding refugees.

Week 2 – Refugees 2/3: Someone like me and how can we welcome people

- To critically engage with understanding who people with refugee or asylum seeker status are.
- To use an exploration of identity to reframe refugees and asylum seekers as “someone like me.”
- To consider values that underpin how outsiders are made to feel welcome in a school.
- To plan for welcoming refugees into our community.

Week 4 – Tolerance and Respect

- To explain why it is important to be tolerant of people with different beliefs to your own
- To learn what respect means and suggest different ways to show it

Week 6 – Assessment

- To complete my end of unit assessment

