

Year 10 Topic Plan PSHE 2019-20 Sets 4&5



<p style="text-align: center;"><u>Term 1a (8 weeks) Staying Safe Online</u></p> <p>Week 1 – Intro to staying safe online</p> <p>Week 2— Digital Footprints & Knife Crime</p> <p>Week 3 –Young People, The media, and sexual identities.</p> <p>Week 4 – Sex and social Media</p> <p>Week 5 – Sex and social Media</p> <p>Week 6 – Sources of information about sex</p> <p>Week 7 – Tackling online extremism</p> <p>Week 8 - Assessment</p>	<p style="text-align: center;"><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 – What is a drug?</p> <p>Week 5 – Classification of drugs</p> <p>Week 6 - Should cannabis be legalised?</p> <p>Week 7 – Peer Pressure + assessment</p>	<p style="text-align: center;"><u>Term 2a (6 weeks) Health</u></p> <p>Week 1 –Diet</p> <p>Week 2 – Sun Safety and helping others</p> <p>Week 3 – Cancer</p> <p>Week 4 – Mental Health</p> <p>Week 5 – Sexual Health</p> <p>Week 6 - Assessment</p>
<p style="text-align: center;"><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 - Revision strategies</p> <p>Week 4 - Work experience research</p> <p>Week 5 – Preparing for the world of work</p>	<p style="text-align: center;"><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</p> <p>Week 3 - Role models</p> <p>Week 4 - Grief</p> <p>Week 5 – Careers and revision skills</p>	<p style="text-align: center;"><u>Term 3b (7 weeks) Refugees and British Values</u></p> <p>Week 1 – Immigration & Refugees + (</p> <p>Week 2 – Refugees 2: Someone like me</p> <p>Week 3 – Refugees 3: Welcoming people</p> <p>Week 4 – Tolerance</p> <p>Week 5 – Respect</p> <p>Week 6 – Assessment</p> <p>Week 7 – Trips/sports day/catch up</p>

Week 6 – Work Experience Placement		
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Term 1a: Staying Safe Online

Week 1– Intro to staying safe online

- To explore your personal attitude to what you might post or see online
- To consider some of the legalities of what you do online.

Week 2 - Digital Footprints & Knife Crime

- To understand what a digital footprint is and how it develops.
- To think about how we can take control of our own digital footprints.
- 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

Week 3 — Young People, The media, and sexual identities.

- To consider the main techniques advertisers use to sell products and how this affects the brain.
- To explain how advertising techniques re-enforce sexual, cultural, gendered and racial stereotypes & the negative effects of this on identities, attitudes and well-being.
- To define what is meant by the term 'sexualisation' & demonstrate how sexualisation occurs through the media & the effects on children's development and behaviours. (refer to LGBT)

Week 4 – 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.
- 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 5 – 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.
- 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 6 – Sources of information about sex

- To have explored the advantages and disadvantages of different sources of information about sex.
- To know how to define pornography and understand what is and is not legal material.
- To understand the differences and similarities between sex in real relationships and that which is featured in pornography.
- To have debated and explored how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self and others and I will understand the potentially negative effects of this.

Week 7 – Tackling online extremism

- To understand what is meant by online radicalisation and why people do it.
- To be aware of the 'push' and 'pull' factors related to victims of extremists.
- To know how to support someone who is being targeted by extremists

Week 8 - Revision

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 – What is a drug?

- To learn the definition of what a drug is
- To learn about the difference between legal and illegal drugs
- To name at least 6 legal and 6 illegal drugs

Week 5 – Classification of drugs

- To sort drugs using a number of different categorisations;
- To become more aware of how different drugs have different effects

Week 6 – Should cannabis be legalised?

- To debate the argument for and against the legalisation of cannabis

Week 7 – Peer Pressure

- To explore what Peer Pressure is and how it affects you
- To consider strategies for responding to pressure from peers
- To complete end of unit assessment

Half Term 2a – Health

Week 1 – Diet

- To learn about the importance of a healthy diet and the consequences of a poor diet

Week 2 – Sun Safety and Helping Others

- To learn about the consequences of poor sun safety
- To have an insight into the science relating to blood, organ and stem cell donation

Week 3 – Cancer

- To learn what cancer is and about the most common forms

Week 4 – Mental Health

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

Week 5 – Sexual Health

To give examples of methods of contraception and explain why they are used (refer to LGBT)

Week 6 – Assessment

- To complete health assessment

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 - Revision Strategies

- To investigate the different resources available to aid their revision
- To explore different revision styles

Week 4 - Work experience research

- To find out how the business works, the different roles available and qualifications required

Week 5 - Preparing for the world of work

- To become fully prepared for work experience, practically and strategically. Including how to dress, behave etc.

Week 6 - 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

- 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

Week 3 - Role models

- 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 4 - Grief

- To understand that grief affects everyone at some point in their life
- To evaluate a variety of coping strategies to deal with grief

<https://www.tes.com/teaching-resource/teachers-tv-coping-with-bereavement-6083100>

http://www.handsonscotland.co.uk/topics/sadness_fear/loss.html

<https://www.tes.com/teaching-resource/bereavement-coping-with-grief-siblings-6291029>

Week 5 – Careers and Revision Skills

- To relate their own abilities, attributes and achievements to career intentions
- To develop an 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: Someone like me

- 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.”

Week 3 – Refugees 3: How can we welcome people?

- 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

- To explain why it is important to be tolerant of people with different beliefs to your own

Week 5 – Respect

- To learn what respect means and suggest different ways to show it

Week 6 – Assessment

- To complete my end of unit assessment