














2022-23 CURRICULUM MAP FOR PSHE YEAR 10

HALF TERM 1: Health & Wellbeing / Relationships Topic: Mental Health Key Question 1: What is mental health? how to manage challenges during adolescence how to reframe negative thinking strategies to promote mental health and emotional wellbeing HALF TERM 1 Theme: Black History Month Topic: Diversity & prejudice Key Question 1: Key Question 1: How have people of colour impacted Britain? Profiles of Dr Harold Moody, John La Rose, Kemi Badenoch, Amanda Alridge and Jessica Huntley		Students will read extracts and information to enhance knowledge of specific issues and topics raised.
		Students will complete written tasks to demonstrate knowledge and understanding.
		Vocalising ideas and opinions -SHAPE Reading aloud Paired work to share ideas about their own opinions Class discussion on issues raised in unit.
		English – Writing tasks required sentence and paragraph structures. British Values History – Windrush
HALF TERM 1: Health & Wellbeing / Relationships Topic: Mental Health Key Question 1: How do I recognise poor mental health? The signs of emotional or mental ill-health How to access support and treatment Key Question 2: How do we challenge the stigma around mental health? The portrayal of mental health in the media How to challenge stigma, stereotypes and misinformation		Students will read extracts and information to enhance knowledge of specific issues and topics raised.
		Students will complete written tasks to demonstrate knowledge and understanding.
		Vocalising ideas and opinions -SHAPE Reading aloud Paired work to share ideas about their own opinions Class discussion on issues raised in unit.
		English – Writing tasks required sentence and paragraph structures. British Values
HALF TERM 3: Theme: Relationships Topic: Healthy relationships - Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography Key Question 1: What is a healthy sexual relationship? Relationship values and the role of pleasure in relationships Myths, assumptions, misconceptions and social norms about sex, gender and relationships The opportunities and risks of forming and conducting relationships online How to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours		Students will read extracts and information to enhance knowledge of specific issues and topics raised.
		Students will complete written tasks to demonstrate knowledge and understanding.
		Vocalising ideas and opinions -SHAPE Reading aloud Paired work to share ideas about their own opinions Class discussion on issues raised in unit.





2022-23 CURRICULUM MAP FOR PSHE YEAR 10

<p>Key Question 2: What are unhealthy sexual relationships? The ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent How to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support How to recognise and challenge victim blaming Asexuality, abstinence and celibacy</p>		<p>English – Writing tasks required sentence and paragraph structures. British Values</p>
<p>HALF TERM 4: Theme: Health and Wellbeing Topic: Exploring influence -The influence and impact of drugs, gangs, role models and the media</p> <p>Key Question 1: Who should I look up to? Positive and negative role models How to evaluate the influence of role models and become a positive role model for peers The media's impact on perceptions of gang culture</p> <p>Key Question 2: What is substance abuse? The impact of drugs and alcohol on individuals, personal safety, families and wider communities How drugs and alcohol affect decision making How to keep self and others safe in situations that involve substance use How to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime Exit strategies for pressurised or dangerous situations How to seek help for substance use and addiction</p>		<p>Students will read extracts and information to enhance knowledge of specific issues and topics raised.</p>
		<p>Students will complete written tasks to demonstrate knowledge and understanding.</p>
		<p>Vocalising ideas and opinions -SHAPE Reading aloud Paired work to share ideas about their own opinions Class discussion on issues raised in unit.</p>
		<p>English – Writing tasks required sentence and paragraph structures. British Values</p>
<p>HALF TERM 5: Theme: Relationships Topic: Addressing extremism and radicalisation - Community cohesion and challenging extremism</p> <p>Key Question 1: What is community cohesion? Communities, inclusion, respect and belonging The Equality Act, diversity and values</p> <p>Key Question 2: How do we challenge extremism? How social media may distort, mis-represent or target information in order to influence beliefs and opinions How to manage conflicting views and misleading information How to safely challenge discrimination, including online How to recognise and respond to extremism and radicalisation</p>		<p>Students will read extracts and information to enhance knowledge of specific issues and topics raised.</p>
		<p>Students will complete written tasks to demonstrate knowledge and understanding.</p>
		<p>Vocalising ideas and opinions -SHAPE Reading aloud Paired work to share ideas about their own opinions Class discussion on issues raised in unit.</p>
		<p>English – Writing tasks required sentence and paragraph structures. British Values</p>
<p>Half Term 6: Theme: Health and wellbeing Topic: Building for the future</p> <p>Key Question 1: What is self efficacy? How to manage the judgement of others and challenge stereotyping</p>		<p>Students will read extracts and information to enhance knowledge of specific issues and topics raised.</p>
		<p>Students will complete written tasks to demonstrate knowledge and understanding.</p>



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<p>How to balance ambition and unrealistic expectations. How to develop self-efficacy, including motivation, perseverance and resilience How to maintain a healthy self-concept</p> <p>Key Question 2: How do I manage stress? The nature, causes and effects of stress Stress management strategies, including maintaining healthy sleep habits Positive and safe ways to create content online and the opportunities this offers How to balance time online</p>		<p>Vocalising ideas and opinions -SHAPE Reading aloud Paired work to share ideas about their own opinions Class discussion on issues raised in unit.</p>
		<p>English – Writing tasks required sentence and paragraph structures. Computing/ ICT – Online safety British Values</p>