

KS4 PSHE Year 10 curriculum map

Intent:

- To provide opportunities for students to develop the knowledge, skills and attributes they need to manage their lives, now and in the future.
- To provide knowledge and skills that enable students to become healthy, independent and responsible members of a society.
- To give our students opportunities to learn about rights and responsibilities and appreciate what it means to be a member of a diverse and multicultural society.

Personal, Social and Health Education (PSHE) at in both Key Stages 3 and 4 strives to assist students to lead confident, healthy and responsible lives as individuals and members of the modern society in which they live, underpinned by British Values. Through work in lessons and a range of activities across and beyond the curriculum, students gain practical knowledge and skills to help them live healthily and deal with the spiritual, moral, social and cultural issues they may face as they approach adulthood.

Why PSHE?

PSHE at Carr Hill provides students with the opportunities to reflect on their own experiences and empathise with those of others. It helps students to understand and manage a range of relationships, both within and outside the school environment, and how to adapt as they mature. Students will also know the importance of showing respect for the diversity and differences between people.

The curriculum also develops students' well-being and self-esteem encouraging belief in their ability to succeed and enabling them to take responsibility for their learning and future choice of courses and career.

All students study PSHE for one hour per week. It is a non-examined subject which is considered paramount to our student's personal development and health and well-being. PSHE helps students to develop life skills to ensure they are well prepared to respect and contribute to the wider society and life in Britain. High expectations are set for the promotion of tolerance, understanding and appreciation of the diverse communities in which we live.

The key British Values lie at the heart of all we do and all students transpose these values into their books at the start of the academic year and make reference to them at the end of each half term, demonstrating which values have a clear link to the topic studied.

The values are:

- Democracy
- The rule of law
- Individual liberty
- Mutual respect
- Tolerance of those of different faiths and beliefs

Within our PSHE provision will also ensure the national statutory requirements are covered which include:

Statutory Health and Mental Wellbeing Education

- Mental wellbeing

- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

Statutory Relationships and Sex Education

- Families
- Respectful relationships, including friendships
- Online media
- Being safe
- Intimate and sexual relationships, including sexual health

Additional topics studied in PSHE

- Citizenship
- Careers and Employability Skills
- Personal Finance
- Enterprise
- Gangs
- Knife Crime

Mental Health

Each half term Pupils in KS3 and KS4 will follow the Zumos programme learning coping strategies, building on strong character, self-confidence, resilience and wellbeing.

[Zumos - Welcome!](#)

Mental health is also core to the curriculum and delivered via Assemblies, mentor time activities, the Digital Healthy Schools initiative, Lancashire Mental Health, Student Mental Health Ambassadors and specific Health and Wellbeing lessons highlighted in the curriculum.

| | <u>Topic</u> | <u>Key concept – what do I want the students to learn from this unit?</u> | <u>What knowledge will they acquire?</u> |
|--------------------------|---|---|--|
| | | <p>The KS4 lesson plans use the Home Office’s #knifefree campaign as stimulus for discussion</p> <p>To celebrate those young people who, through their experiences, have chosen to live knife free</p> <p>Why do teens get involved in knife crime and what are the consequences?</p> | <p>Learn ways to promote positive mental health to help manage these challenges</p> <p>To recognise that the way in which personal qualities, attitudes, skills and achievements are evaluated by others, affects confidence and self esteem</p> <p>Ways of recognising and reducing risk, minimising harm and strategies for getting help in an emergency</p> |
| Pupil Voice | | | |
| Y10 – half term 3 | <p>Living in a Wider World</p> <p>Career related learning</p> | <p>Topic: Career Progression</p> <p>Aims: To enable students to maximise chances when applying for education or employment opportunities and to develop their career identity.</p> <p>Careers Focus CV writing</p> <p>Employability Skills Preparing for work experience</p> <p><u>Work Life Balance The essential balancing act for everyone in work</u></p> | <p>Stereotyping Exploring the influence stereotypes have on education and career choice</p> <p>Personal Qualities and Skills Exploring the relationship between personal qualities and skills</p> <p>Job Qualities and Skills (Enhancing job awareness and creative thinking about the labour market</p> <p>Job Qualities and Skills (2 of 2) Develop awareness of LMI and career vocabulary in a collaborative way</p> <p>Job for life Changing work patterns and the influence on career decision-making</p> <p>Have you got an attitude? Explore how our attitudes and values can influence our careers</p> |

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|--------------------------|--------------------------------------|---|---|
| Y10 – half term 4 | Health and Wellbeing | <p>Exploring the influence of role models</p> <p>Evaluating the social and emotional risks of drug use (REALLY RESOURCE)</p> <p>Substance use and assessing risk</p> <p>Substance use and managing influence</p> | <p>Learn how to identify and assess the risks and potential consequences of substance use. This lesson considers how different sources of influence affect decision-making; strategies to manage peer influence; and ways to act as a positive influence on peers</p> <p>To learn about the potential consequences of drug production, sale and use, and the support available for individuals regarding substance use, including addiction and dependency</p> |
| Y10 – half term 5 | Relationships and Citizenship | <p>British values, human rights and community cohesion</p> <p>Challenging extremism and radicalisation</p> <p>KS4 Family Life 3 lessons</p> <p>Understanding different families and learning parenting skills</p> | <p>Understanding and preventing extremism How can language divide us?</p> <p>How can people’s actions be affected by others’ influence?</p> <p>How can I help my community?</p> <p>This lesson seeks to help young people develop their understanding of long term commitments, how to make these legally binding and the unacceptability of forced marriage.</p> <p>This lesson seeks to help young people develop their understanding of the legal rights of different long term commitments and how attitudes towards marriage may vary.</p> <p>This lesson seeks to help young people develop their understanding of the responsibilities of being a parent and the challenges parents may face with regards to raising children.</p> |

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|----------------------------------|---|---|--|
| Y10 – half term 6 | Living in a wider world Money Management Financial Awareness | <u>Understanding the causes and effects of debt, borrowing and risk</u> Borrowing Risk and Reward Gambling | |
| End of Year Questionnaire | | | |