

# PSHCE

## YEAR 10

### Autumn Term 2020-2021



[www.youngminds.org.uk](http://www.youngminds.org.uk)




































Name: .....

Form ..... Tutor.....



**Y10 PSHCE PROGRAMME AUTUMN TERM 2020-2021**

Lesson	Date	Topic	Self Assessment		
			Circle how confident you feel with this topic before the lesson Underline how confident you feel with this topic after the lesson		
1	Mon 14 <sup>th</sup> Sep	<b>Resilience</b> <ul style="list-style-type: none"> <li>I understand what 'being resilient' means to me and I can demonstrate a range of positive coping strategies to keep myself emotionally healthy</li> </ul>	☹	☺	☺
		<ul style="list-style-type: none"> <li>I understand the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn</li> </ul>	☹	☺	☺
2	Mon 28 <sup>th</sup> Sep	<b>Mental Health</b> <ul style="list-style-type: none"> <li>I recognise the characteristics of mental and emotional health and the causes, symptoms, treatments and strategies for managing some disorders, including depression, stress and anxiety</li> </ul>	☹	☺	☺
		<ul style="list-style-type: none"> <li>I have strategies for managing a range of emotional and mental health issues including accessing a range of sources of support and help, including a trusted adult either within or outside of school</li> </ul>	☹	☺	☺
		<ul style="list-style-type: none"> <li>I am aware of the benefits of rationing time online and the impact of positive and negative content online on mine and others mental and wellbeing</li> </ul>	☹	☺	☺
3	Mon 12 <sup>th</sup> Oct	<b>County Lines</b> <ul style="list-style-type: none"> <li>I can recognise when a relationship is unhealthy (abuse or exploitation) both on and offline and have strategies to seek help</li> </ul>	☹	☺	☺
		<ul style="list-style-type: none"> <li>I understand how my own and others use of substances, alcohol or tobacco can seriously affect my ability to keep myself and others safe</li> </ul>	☹	☺	☺
4	Mon 2 <sup>nd</sup> Nov	<b>Hate Crime</b> <ul style="list-style-type: none"> <li>I can recognise and challenge prejudice and discrimination confidently within school and the wider community and online</li> </ul>	☹	☺	☺
		<ul style="list-style-type: none"> <li>I know what hate crime is and how to report it</li> </ul>	☹	☺	☺
		<ul style="list-style-type: none"> <li>I have further considered the terms associated with sex, gender identify and sexual orientation (lesbian, gay, bisexual or trans) and are aware of accepted terminology and the expectations of the Equality Act 2010.</li> </ul>	☹	☺	☺
		<ul style="list-style-type: none"> <li>I have actively participated in either community volunteering or other forms of responsible activity and I understand what it means to be an active and responsible citizen in my community</li> </ul>	☹	☺	☺

5	Tues 17 <sup>th</sup> Nov	<b>Careers lesson 1</b> <ul style="list-style-type: none"> <li>I have investigated key ideas about career development, including for example single track and portfolio careers, self employment, full-time, part-time and their pros and cons</li> </ul>			
		<ul style="list-style-type: none"> <li>I understand key terms in relation to different businesses including 'customer service', 'market', 'corporate image' 'brand loyalty' and are aware of how they operate and measure success</li> </ul>			
6	Tues 1 <sup>st</sup> Dec	<b>Knife crime</b> <ul style="list-style-type: none"> <li>I can recognise and manage risks in a variety of settings including roads, travel and on the streets to keep myself safe</li> </ul>			
		<ul style="list-style-type: none"> <li>I know the laws relating to carrying an offensive weapon and have considered what might motivate someone to carry an offensive weapon</li> </ul>			
7	Weds 16 <sup>th</sup> Dec	<b>Radicalisation</b> <ul style="list-style-type: none"> <li>I understand how technology including social media can be used for grooming/ radicalisation / bullying/harassment and how to seek support and use reporting mechanisms</li> </ul>			
		<ul style="list-style-type: none"> <li>I have debated and reached conclusions on key topical political, controversial and sensitive issues, such as terrorism and the migration crisis</li> </ul>			
<b>CHRISTMAS HOLIDAYS</b>					
8	Weds 13 <sup>th</sup> Jan	<b>Digital Footprint</b> <ul style="list-style-type: none"> <li>I can assess my digital reputation/ footprint and understand the importance of having a positive digital presence and I know the potential consequences of my use of social networking sites</li> </ul>			
9	Weds 27 <sup>th</sup> Jan	<b>Careers Lesson 2</b> <ul style="list-style-type: none"> <li>I have investigated equalities issues in the workplace and I am able to recognise and challenge stereotyping and discrimination and know my rights and responsibilities in relation to these issues</li> </ul>			
10	Weds 10 <sup>th</sup> Feb	<b>Careers Lesson 3</b> <ul style="list-style-type: none"> <li>I am aware of the rights and responsibilities of employees and employers and I know how to follow safe working practices</li> </ul>			
11	Thurs 4 <sup>th</sup> Mar	<b>Body Image</b> <ul style="list-style-type: none"> <li>I can recognise and manage my feelings about body image and the media's portrayal of idealized and artificial body shapes and understand the health risk and issues related to this, including cosmetic surgery</li> </ul>			
		<ul style="list-style-type: none"> <li>I can maintain a positive self image under pressure and am good at balancing being sociable with maintaining my independence and principles</li> </ul>			

12	Thurs 18 <sup>th</sup> Mar	<b>Income and Value for money</b> <ul style="list-style-type: none"> <li>I understand financial terms including income and expenditure, credit and debit and what I need to calculate value for money including APR/AER</li> </ul>			
13	Fri 16 <sup>th</sup> Apr	<b>Borrowing money</b> <ul style="list-style-type: none"> <li>I am aware of different financial products for different needs (including cultural and religious)</li> </ul>			
		<ul style="list-style-type: none"> <li>I am able to evaluate and select the most appropriate financial products and services (savings, loans, insurance, pensions)</li> </ul>			
<b>EASTER HOLIDAYS</b>					
14	Fri 30 <sup>th</sup> Apr	<b>UK Govt and voting</b> <ul style="list-style-type: none"> <li>I have compared the features of democracy in the UK with other forms of government, both democratic and non-democratic</li> </ul>			
		<ul style="list-style-type: none"> <li>I can describe what actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond and I am aware of the importance of using my right to vote</li> </ul>			
15	Tues 4 <sup>th</sup> May	<b>Career Lesson 4</b> <ul style="list-style-type: none"> <li>I have used labour market information to research changing trends in employment including new technologies and considered how this may impact on people's satisfaction with their working life</li> </ul>			
16	Mon 17 <sup>th</sup> May	<b>Careers Lesson 5</b> <ul style="list-style-type: none"> <li>I have continued to maintain my personal career plan and can evidence how I am continuing to develop the qualities, skills and experience needed for employability/enterprising and to fulfil my long term goals and aspirations</li> </ul>			
17	Mon 7 <sup>th</sup> June	<b>How laws are made, Civil and Criminal Law</b> <ul style="list-style-type: none"> <li>I know the key elements of the UK constitution including the power of government, the role of citizens and have analysed how Parliament holds those in power to account</li> </ul>			
		<ul style="list-style-type: none"> <li>I know how laws are made by Parliament and enforced by the judiciary and Police</li> </ul>			
		<ul style="list-style-type: none"> <li>I have analysed some of the difficult decisions that elected representatives have to make, including economic, social and ethical dilemmas</li> </ul>			
18	Tues 22 <sup>nd</sup> June	<b>Fake news and Free Press</b> <ul style="list-style-type: none"> <li>I have examined the importance of a free press in holding the government and MPs to account</li> </ul>			
19	Weds 7 <sup>th</sup> July	<b>CPR and Blood donation</b> <ul style="list-style-type: none"> <li>I have information about the option to be a blood and / or organ donor</li> </ul>			
		<ul style="list-style-type: none"> <li>I have knowledge of life-saving skills, including how to administer CPR and the purpose of defibrillators and when one might be needed</li> </ul>			
<b>SUMMER HOLIDAYS</b>					

