

## Yearly overview

### Subject: Year 10 Personal and Professional Development

Term 1	Term 2 & 3	Term 4	Term 5	Term 6	RSE Curriculum
<p>Prior Knowledge: <b>Health</b></p> <p>Pupils will have previously develop their knowledge of <b>healthy lifestyles</b>, diet, exercise, lifestyle balance and healthy choices. (Y9 T 3)</p>	<p>Prior Knowledge: <b>Living in the Wider World</b></p> <p>Pupils will have previously learned about their <b>employability skills</b>, employability and online presence.</p>	<p>Prior Knowledge: <b>Living in the Wider World</b></p> <p>This term pupils will develop their knowledge of <b>employability skills</b>, employability and online presence.</p>	<p>Prior Knowledge: <b>Health</b></p> <p>Pupils will have previously explored issues around <b>peer influence, substance use and gangs</b>, healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation. (Y9 T1)</p>	<p>Prior knowledge <b>Health</b></p> <p>Pupils will have previously learnt about <b>mental health</b> and <b>emotional wellbeing</b>, including body image and coping strategies</p>	<p>Relationships and Sex Education (RSE) lessons are undertaken throughout the academic year. RSE lessons are delivered by subject specialists who are experienced in delivering these sensitive topics.</p> <p>Personal Tutor groups learn from the same teacher throughout Key Stage 4, who deliver the sessions on a termly basis. The lessons build on prior learning that students undertook at Key Stage 3.</p> <p>RSE lessons are planned in line with the DFE statutory framework and guidance from the PSHE Association. The resources are adapted from quality assured organisations, including PSHE Association and the CEOP.</p> <p>Should you require any further information about the content of the RSE lessons please contact Kerry Loan via the school office.</p> <p>A full list of the lessons can be seen below.</p>
Term 1 knowledge	Term 2 knowledge	Term 4 knowledge	Term 5 knowledge	Term 6 knowledge	
<p>This term:</p> <p>Pupils will explore issues around <b>mental health</b>, ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p>This term:</p> <p>This term pupils will undertake their <b>work experience</b>. They will be prepared for their work experience and complete an evaluation for their certification.</p>	<p>This term:</p> <p>This term pupils will learn how to make good <b>financial decisions</b>. They will study impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p> <p>They will also learn about diversity of attracting in relationships</p>	<p>This term:</p> <p>This term pupils will explore <b>peer influence and the impact of drugs, gangs, role models and the media</b>.</p> <p>They will explore issues around <b>young people and the law</b>.</p>	<p>This term:</p> <p>This term pupils will develop their study of <b>healthy lifestyles</b>, diet, exercise, lifestyle balance and healthy choices.</p>	
<p>Future Knowledge:</p> <p>The knowledge in term 1 links to resilience <b>building for the future</b>. <b>Pupils will learn skills for self-efficacy and stress management strategies in relation to studying</b>.</p>	<p>Future Knowledge:</p> <p>The knowledge in term 2 links to taking the <b>next steps at post 16</b>. Students will learn about the application processes, and skills for further education, employment and career progression</p>		<p>Future Knowledge:</p> <p>Pupils will develop their understanding of <b>Communication in relationships</b>.</p>	<p>Future Knowledge:</p> <p>Pupils will develop their understanding of health as they become <b>independent adults</b>. They will learn how to make responsible health choices and explore risk and safety in different contexts that young adults may experience.</p>	

## **The Relationships and Sex Education curriculum for Key Stage 4**

### **Healthy Relationships, consent, intimacy and pleasure**

- Relationship values and the role of pleasure in relationships
- How to communicate assertively
- How to communicate wants and needs

### **Online 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

### **Healthy and Unhealthy 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

### **Diversity of attraction**

- about myths, assumptions, misconceptions and social norms about sex, gender and relationships
- about gender identity, gender expression and sexual orientation

### **Exploitation, Harassment and Stalking**

- How to handle unwanted attention, including online
- How to challenge harassment and stalking, including online
- about various forms of relationship abuse
- How to recognise unhealthy, exploitative and abusive relationships
- How to recognise and challenge victim blaming
- How to access support in abusive relationships and how to overcome challenges in seeking support

### **Parenthood**

- how to evaluate readiness for parenthood and positive parenting qualities
- Fertility, including how it varies and changes

### **Extremism**

- How a young person may be radicalised.
- The risks associated with extremism and terrorism in their communities.
- Identify extremist groups and the strategies used to radicalise young people.
- How to access support in cases of radicalisation.

***\*Note, these lessons may be delivered in a different order***