### **KS4 Year 10 CURRICULUM OVERVIEW**

# AUTUMN TERM & SPRING 1

#### TOPICS BEING TAUGHT

#### **PSHE AND RSE EDUCATION**

Self-Concept.

Mental health and emotional wellbeing.
Health related decisions.
Managing risk and personal safety.
Positive and respectful relationships.
Consent.

Bullying, abuse and discrimination. Social Influence and media literacy. Year 10 Work Experience Week Launch.

#### WHAT YOU WILL DISCUSS

Time management and developing independence.

Lifestyle choices and responsibility for maintaining and monitoring health, including the importance of sleep.

Making informed choices about wellbeing. Internet safety including excessive screen time and the influence of social media. How to positively manage conflict and changes in relationships.

#### HOW YOU CAN SUPPORT AT HOME

Discover these topics at home.

Be accurate, non-biased and balanced.

Use reliable sources e.g. Childline, NHS and Public Health England websites.

Enable your child to reflect on PSHE and RSE themes to develop their own thoughts and ideas.

Provide positive messages and support.

















#### **CAREERS & WELLBEING EDUCATION**

Career planning, developing self-awareness, career exploration and career management skills.

Preparation for the world of work.
Labour Market Information.
Choices and pathways.
Employment rights and responsibilities.
Financial choices and economic wellbeing.
Digital resilience.

Develop your career planning skills – research pathways, careers and opportunities (including Apprenticeships and T Levels).

Explore career sectors and the world of work in the future.

Skills Builder and the importance of developing employability skills.

Explore a range of careers related websites.

Preparation for Year 10 Work Experience

Week.

Offer advice and support with education and career decisions.

Discuss topics covered at school.
Support your child's research and career
planning utilising websites suggested by HGS.
Support your child to develop transferable and
employability skills.

## CITIZENSHIP AND BRITISH VALUES EDUCATION

Knowledge, confidence and skills to make own decisions.

Take responsibility for own lives and communities.

Being a local, national and global citizen. Awareness of political, legal and economic functions of society.

Understand rights and responsibilities.
Appreciate British Values: democracy, rule of law, individual liberty, mutual respect and tolerance.

Importance of being an active local and global citizen.

Tolerance, respect, prejudice racism and hate crime.

Ant-social behaviour, consequences and the criminal justice system.

Democracy and society.

Media literacy and the impact of fake news. First Aid Skills.

Discuss local, national and global events.
Encourage students to read news articles and
watch the news.

Vote in elections.

Reflect modern day society and actively seek to address or challenge stereotypes.

