

KS3 Long term plan: Lifeskills: Year 10

Curriculum Aim: Curriculum Aim: We aim to adhere to statutory guidance from the government and PSHE Association to ensure that we cover the 3 core themes and criteria in their entirety. As early RSE adopters, we are malleable and constantly changing to ensure that PSHE provision for year 10 is not only adhering to this guidance, but is targeted at local need.

Link to prior learning: Link to prior learning: In key stages 1 and 2, learners cover the same 3 main themes as KS3 and 4. The topics in year 10 are a natural progression from the year 7, 8, 9 Lifeskills SOL.

Rationale of sequencing: Following statutory and PSHE association guidance, the course is split into 3 core themes: Core theme 1: Health and well-being (HWB), 2: Relationships (R) and 3: Living in a wider world (LWW). The lessons in all years (7-11) follow these themes in that order. The lessons have then been grouped to ensure the topics are very similar and not too randomised.

NOTE 1: There are 100 Statutory Core theme criteria. Those listed below are examples of criteria covered, but they are not definitive. Most lessons/ sessions link to 2 or more criteria.

NOTE 2: A number of the statutory criteria link to cross curricular subjects and are delivered elsewhere in other subjects.

	Focus/ topic:	Knowledge/ skills (from NC/ programmes of study): Students will develop skills and knowledge in:	Assessment
Autumn 1	Core theme 1: Health and well-being	The sessions commence with CT1: What are values? Followed by 'my values' and pathway to success (H1. to accurately assess their areas of strength and development, and where appropriate, act upon feedback). Stress (2 sessions) (H8. to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression)). We then cover 'hygiene', 'self-examination' (H16. how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination), immunisation/ vaccination and defibrillators.	Questioning, discussions.
Autumn 2	Core theme 1: Health and well-being	Drug punishments continues CT1, as well as 'types of drug' the problems with taking drugs, (H19. the consequences of substance use and misuse for the mental and physical health and wellbeing of individuals and their families, and the wider consequences for communities) and (H20. wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle) breaking the law and abortion (H33. about choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice)	Questioning, discussions. Self-assessment statements no.1
Spring 1	Core theme 2: relationships	CT2 commences with Online risks and online data and abuse before 2 sessions on 'sexting' (R21. the skills to assess their readiness for sex, including sexual activity online, as an individual and within a couple)	Questioning, discussions.
Spring 2	Core theme 2: relationships and Core theme 3: Living in a wider world	CT2 continues with 'Pornography' (R8. to understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviour), 3 sessions on consent (R18. about the concept of consent in maturing relationships) and then 2 on types of relationship).	Questioning, discussions. Self-assessment statements no.2
Summer 1	Core theme 3: Living in a wider world	Concluding CT2 with Legal status of relationships and 2 sessions on children's rights (R36. skills to support younger peers when in positions of influence); we commence CT 3 with 'Becoming British' and British values, along with 'make the bed' (motivation) and 'I am the power!'	Questioning, discussions.
Summer 2	Core theme 3: Living in a wider world	CT3 completes with 'Perceptions 1 and 2, Age, cover letter 1 and 2 (L1. to evaluate and further develop their study and employability skills) and extremism (L28. to assess the causes and personal consequences of extremism and intolerance in all their forms). LIFESKILLS DAY: Mortgages, taxes, bank loans, loan sharks: CT3.	Questioning, discussions. Self-assessment statements no.3