

Year 10 PSHCE Programme 2025-26



Unit title		Content
Health & Well-being - Mental Health	Monday 1 Sept Period 2 Monday 1 Sept Period 3 Monday 8 Sept Period 2 Monday 22 Sept Period 3 Monday 6 Oct Period 4	1. RSHE – Wellio – Embracing Challenges & Discomfort – Tutor Led Session 2. RSHE – Wellio – Sharing Illegal Images – Tutor Led Session 3. Wellio- Stereotypes & Prejudice - Tutor Led Session. 4. External Speakers – Mental Health, Discrimination & Diversity – Prime Agency 5. Wellio– Instagram vs reality – Tutor Led Session
Health & Well-being – exploring influence	Monday 3 Nov Period 5 Tuesday 18 Nov Period 2 Tuesday 2 Dec Period 3	6. RSHE/Wellio - Internal Anti-Bullying Week – Gender based discrimination – Tutor Led Session 7. Wellio– Gang violence - Tutor Led Session. 8. RSHE – Self Image - 1010 Resources – Tutor Led Session
Relationships – healthy relationships, communities	Friday 12 Dec Period 2 Friday 12 Dec Period 3 Tuesday 6 Jan Period 4 Wednesday 21 Jan Period 2 Wednesday 4 Feb Period 3	9. RSHE - External Speakers - Iain Mahoney – Drugs – a personal story 10. RSHE – Wellio – Drugs – Tutor Led Session 11. RSHE – External Speakers – Self Harm - Attention Seekers. 12. RSHE – Internal Children’s Mental Health Week - Abuse - 1010 Resources – Tutor Led Session 13. RSHE – Solidarity – 1010 Resources (Internal e-safety Week - tutor – time) – Tutor Led Session
Living in the wider world - Financial decision making	Wednesday 25 Feb Period 4 Wed 11 March Period 5 Thursday 26 March Period 2 Thursday 30 April Period 3 Thursday 14 May Period 4 Friday 5 June Period 2 Friday 19 June Period 3 Friday 26 June Period 5 Friday 26 June Period 6	14. Careers Session Introduction to Apprenticeships. External Speaker - ASK 15. National Careers Week - Careers Session – Work Experience Speaker. 16. Careers Session – Introduction to Enterprise Event 1 17. Careers Session – Exam week. Enterprise 2. Preparing Pitches & Business Plans. 18. Careers Session - Enterprise 3 - Finalising Pitches & Business Plans. 19. Careers Session – Enterprise 4 - Dragon’s Den. 20. Careers Session – Enterprise 5 Creating Products & Marketing Materials. 21. Careers Session – Enterprise Event set Up. 22. Careers Session – Enterprise Event.
Living in the wider world – work experience	Monday 29 June Period 1 Monday 29 June Period 2 Monday 29 June Period 3 Monday 29 June Period 4	23. Work Experience 24. Work Experience 25. Work Experience 26. Work Experience