

Year 10 PSHCE Programme 2022-23



Unit title		Content
Personal Well-being Informed & positive choices - RSE & SMSC	Monday 12 Sept period 2 Monday 26 Sept period 3 Monday 10 Oct period 4	1. RSE - Wider world – Solidarity – 1010 resources - Tutor led session 2. RSE - My Body - Self-image - 1010 resources - Tutor led session 3. Girls on Board – HOY
Citizenship Relationships – Diversity & difference – RSE, FBV & SMSC	Tuesday 8 Nov period 2 Tuesday 22 Nov period 3 Tuesday 6 Dec period 4 Tuesday 10 Jan period 5 Wednesday 25 Jan period 2	4. RSE - Internal Anti-Bullying Week - External speakers - Charlie Easmon – History of Prejudice 5. RSE - Babies - Tutor led session 6. RSE – Mental Health & peer pressure - External speakers - Prime agency live performance 7. SMSC - Gang & Knife crime - The facts - External speakers – BTC 8. RSE - Internal e-safety wk – External speakers - TBC
Economic Wellbeing Careers & Choice & SMSC	Wednesday 8 Feb period 3 Wednesday 1 March period 4 Thursday 16 March period 2 Thursday 20 April period 3 Thursday 4 May period 4 Friday 19 May period 2 Friday 9 June period 3 Friday 23 June period 4	9. RSE - Children's Mental Health Week - External speakers – Attention Seekers 10. National Careers Week - Enterprise 1 11. Careers Session - Enterprise 2 12. Careers Session - Enterprise 3 13. Careers Session - Enterprise 4 14. Careers session - Enterprise 5 15. Study Sensi - Preparation for year 11 exam technique sessions - External speakers – Elevate 16. RSE - My Physical Health - Sleep & diet - External speakers - BTC

RSE = Relationships and Sex Education Programme

FBV = Fundamental British Values within *

*SMSC = Spiritual, Moral, Social, Cultural requirements

Themed weeks