

Year 10 PSHCE Programme 2023-24



Unit title		Content
Health & Well-being responsibility & Lifestyle – RSE & SMSC	Monday 4 Sept Period 2 Monday 4 Sept Period 3 Monday 11 Sept Period 2 Monday 25 Sept Period 3 Monday 9 Oct Period 4	<ol style="list-style-type: none"> 1. RSE - Well-Being (A positive start to the year) – Internal Speaker 2. RSE - Well-Being (A positive start tot the year) – Tutor follow up session 3. RSE - Belief's, Values & Attitudes – 1010 Resources - Tutor Led Session. 4. RSE - My Body - Self-image - 1010 Resources – Tutor led session 5. RSE – My Physical Health–Importance of sleep/dangers of vaping – External speakers – BTC*
Relationships - Informed & positive choices RSE & SMSC	Tuesday 6 Nov Period 5 Tuesday 21 Nov Period 2 Tuesday 5 Dec Period 3 Friday 15 Dec Period 2 Friday 15 Dec Period 3 Tuesday 9 Jan Period 4 Wednesday 24 Jan Period 2 Wednesday 7 Feb Period 3	<ol style="list-style-type: none"> 6. RSE - Internal Anti-Bullying Week - External speakers – Mr C Easmon – History of Prejudice 7. RSE – 1010 Resources - Parenthood - Tutor Led Session. 8. RSE – Mental Health & Peer Pressure - External Speakers - Prime Agency Live Performance. 9. Careers Higher Ed 10. Careers Higher Ed 11. SMSC - Gang & Knife Crime - The facts - External Speakers – BTC. 12. RSE - Children's Mental Health Week - External Speakers – Attention Seekers. 13. RSE - Internal e-safety Week – External Speakers – Alan McKenzie – school speakers*
Economic Wellbeing Careers & Choice & SMSC	Wednesday 28 Feb Period 4 Thursday 14 March Period 2 Thursday 18 April Period 3 Thursday 2 May Period 4 Friday 17 May Period 2 Friday 7 June Period 3 Friday 21 June Period 4 Friday 28 June Period 5 Friday 28 June Period 6	<ol style="list-style-type: none"> 14. National Careers Week 15. Careers Session – Introduction to Enterprise Project. 16. Careers Session - Enterprise 2 – Brainstorming Ideas. 17. Careers Session - Enterprise 3 – Preparing Pitches. 18. Careers Session - Enterprise 4 - Dragon's Den. 19. Careers Session – Enterprise 5 – Creating Products & Marketing Materials. 20. Careers Session – Enterprise Event. 21. Study Sensi - Preparation for Year 11 Exam Technique Sessions - External speakers – Elevate 22. Study Sensi – Tutor led follow up session
Health & Well-being responsibility & Lifestyle – RSE & SMSC	Monday 1 July Period 2 Monday 1 July Period 3 Wednesday 3 July Period 2 Wednesday 3 July Period 3	<ol style="list-style-type: none"> 23. RSE – Personal Development-(with yr 9)–The Rubber Ball Foundation - External Speaker 24. RSE – 1010 Resources – The Wider World - Tutor Follow up session 25. RSE – 1010 cinema in ed– (Babies 1 of 2) only half year group/maybe include activities wk 26. RSE – 1010 cinema in ed – (Babies 2 of 2) as above