



Year 10			
Autumn 1			
	Lesson Topic	Learning Objective	Theme
1	How to disagree	- Understand respectful disagreement and explain the difference between respectful and disrespectful ways of disagreeing. - Practise strategies such as active listening, using “I” statements, and remaining calm when expressing a different opinion. - Apply disagreement skills in context being able to use these strategies in discussions, debates, or group work, maintaining positive relationships while expressing their views.	Living in the Wider World Citizenship Education RR5
2	Work Experience Launch	- Accurately assess their areas of strength and development, and where appropriate, act upon feedback - to evaluate and further develop their study and employability skills - about the information, advice and guidance available to them on next steps and careers; how to access appropriate support and opportunities - the benefits and challenges of cultivating career opportunities online	Living in the Wider World Careers Education Gatsby 2,7,8
3	What career/ work experience is right for me	- about the range of opportunities available to them for career progression, including in education, training and employment - about the need to challenge stereotypes about career pathways, maintain high aspirations for their future and embrace new opportunities - to research, secure and take full advantage of any opportunities for work experience that are available	Living in the Wider World Careers Education Gatsby 2,7,8



		to develop their career identity, including values in relation to work, and how to maximise their chances when applying for education or employment opportunities	
4	CV Writing: The Basics Reflecting on my career journey: Past, Present and Future	- Evaluate their own personal strengths and areas for development and use this to inform goal setting - how their strengths, interests, skills and qualities are changing and how these relate to future career choices and employability	Living in the Wider World Careers Education Gatsby 2,7
5	Is AI a threat to our jobs?	- Explain how people around the world feel about AI - Describe the types of tasks that AI can and cannot do - Evaluate predictions about AI, and arguments on each side of the debate 'Is AI a threat to our jobs?' - Explain how different groups of people in society might feel about AI and how it might affect their decision-making processes	Living in the Wider World Careers Education Gatsby 2,3,6
6	Wellbeing in the Workplace	- Understand what is meant by work life balance - Name examples of reasonable adjustments an employer could make in response to mental health - Name examples of health and safety responsibilities of the employer - State what to do in response to workplace discrimination	Living in the Wider World RR3, MW2, MW3, MW5, PHF3 Careers Education Gatsby 2,3,6,7
7	Revision Skills	Identify a range of effective revision techniques and explain how they can support learning.	Living in the Wider World



		• Create a realistic revision plan that helps them organise their time and prioritise subjects. • Select and use revision strategies that work best for them to improve confidence and exam preparation.	
8	Misogyny and the Manosphere	• that social media may disproportionately feature exaggerated or inaccurate information about situations or extreme viewpoints; to recognise why and how this may influence opinions and perceptions of people and events • strategies to critically assess bias, reliability and accuracy in digital content • to assess the causes and personal consequences of extremism and intolerance in all their forms • how data may be used with the aim of influencing decisions, including targeted advertising and other forms of personalisation online; strategies to manage this • to recognise the shared responsibility to challenge extreme viewpoints that incite violence or hate and ways to respond to anything that causes anxiety or concern	Relationship Education RR9, OSA8
Autumn 2			
	Lesson Topic	Learning Objective	Theme
1	Risk Taking	• the opportunities and potential risks of establishing and conducting relationships online, and strategies to manage the risks • strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing • strategies for identifying risky and emergency situations, including online; ways to manage these and get appropriate help, including where there may be legal consequences (e.g. drugs and alcohol, violent crime and gangs)	Health and Wellbeing DATV1, DATV2, DATV3, DATV4, BS4
2	Staying Safe: Alcohol	• Describe the short- and long-term effects of alcohol on physical and mental health.	Health and Wellbeing



		- Recognise the risks associated with alcohol use, including its impact on decision-making and personal safety. - Identify strategies for staying safe and responding to peer pressure involving alcohol.	PS2, PS3, DATV 3, DATV4, MW9
3	Staying Safe: Smoking and Vaping	- Explain the health risks associated with smoking and vaping. - Understand why young people may choose to smoke or vape and how advertising and social influences can affect decisions. - Develop strategies to resist pressure and make informed choices about smoking and vaping.	Health and Wellbeing DATV6, DATV 7
4	Illegal Drugs Research	- Research different types of illegal drugs and their effects on health and wellbeing. - Identify the legal and social consequences of drug use and possession. - Present accurate and reliable information about the risks associated with illegal drugs.	Health and Wellbeing DATV1, DATV 2, DATV5, MW9
5	Illegal Drugs Research: Presentation Lesson	- Communicate research findings clearly and effectively to an audience. - Explain the risks and consequences associated with illegal drug use. - Evaluate information presented by others and reflect on key learning points.	Health and Wellbeing DATV1, DATV 2, DATV5
6	Organised Crime and Knife Crime	- Understand what organised crime and knife crime are and how they can affect individuals and communities. - Recognise how young people may be groomed, targeted or exploited by criminal groups. - Identify ways to stay safe, seek support and report concerns about criminal exploitation or knife crime	Health and Wellbeing PS4, PS5, PS6, OSA8
Spring 1			
	Lesson Topic	Learning Objective	Theme



1	Introduction to Relationships and Sex in Year 10	- the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality - the role of pleasure in intimate relationships, including orgasms - about diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them	Relationship Education RR1
2	Body Image and Pornography	- how different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this - Understand the potential impact of the portrayal of sex in pornography and other media, including on sexual attitudes, expectations and behaviours	Relationship Education ISR4, ISR5, ISR11, ISR12, BS14
3	Sexual Health and Contraception	how to choose and access appropriate contraception (including emergency contraception) and negotiate contraception use with a partner	Relationship Education HP8, ISR1, ISR2, ISR3, ISR7, ISR8, ISR9
4	Sexually Transmitted Infections and Check Ups	- about specific STIs, their treatment and how to reduce the risk of transmission - how to respond if someone has, or may have, an STI (including ways to access sexual health services) - to overcome barriers, (including embarrassment, myths and misconceptions) about sexual health and the use of sexual health services	Relationship Education HP8, ISR1, ISR2, ISR3, ISR7, ISR8, ISR9
5	Consent and Communication	- to respond appropriately to indicators of unhealthy relationships, including seeking help where necessary - strategies to access reliable, accurate and appropriate advice and support with relationships, and to assist others to access it when needed - about the concept of consent in maturing relationships	Relationship Education F8, RR1, RR5, RR8, ISR1, ISR2, ISR3



6	Positive Intimate Relationships	- the legal and ethical responsibilities people have in relation to online aspects of relationships - the different types of intimacy — including online — and their potential emotional and physical consequences (both positive and negative)	Relationship Education OSA10, OSA14 RR1, ISR1, ISR2, ISR3, ISR4
7	Endometriosis and Menopause	- Understand what endometriosis and menopause are, including the key physical and emotional symptoms associated with each. - Recognise the impact that endometriosis and menopause can have on a person's health, wellbeing and daily life. - Identify ways to access support and challenge myths and misunderstandings surrounding reproductive health conditions and life stages.	Relationship Education DB3, DB4
Spring 2			
	Lesson Topic	Learning Objective	Theme
1	Sexual Harassment	- Recognise unwanted attention (such as harassment and stalking including online), ways to respond and how to seek help - Identify ways to access information and support for relationships including those experiencing difficulties - about the impact of attitudes towards sexual assault and to challenge victim-blaming, including when abuse occurs online	Relationship Education F8, RR1, BS6, BS7, BS8, BS9
2	Sexting and Deepfakes	- Explain what sexting and deepfakes are and understand the reasons why sexual images and manipulated media may be created or shared. - Recognise the legal, emotional and social consequences of sharing sexual images and deepfake content, including impacts on wellbeing, relationships and reputation.	Relationship Education OSA4, OSA5, OSA7



		• Demonstrate safe online decision-making by identifying how to protect personal information, recognise manipulated content, and access support or report concerns.	
3	Challenging Prejudice and Discrimination	• Understand what prejudice, discrimination and harassment are, and explain why they are unacceptable and illegal under the Equality Act 2010. • Recognise how personal values, beliefs, faiths and cultures can influence attitudes towards others, while demonstrating respect for diversity and difference. • Identify and apply strategies to challenge prejudice and discrimination in school, the workplace and wider society.	Relationship Education RR2, RR4, RR9 British Values
4	Managing and Running a Business	• how to effectively budget, including the benefits of saving • how to effectively make financial decisions, including recognising the opportunities and challenges involved in taking financial risks • to recognise and manage the range of influences on their financial decisions • to access appropriate support for financial decision-making and for concerns relating to money, gambling, and consumer rights	Careers Education
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Summer 1			
	Lesson Topic	Learning Objective	Theme
1	Mental Health: Warning signs and how do we know it's going too far	• to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available • how to recognise when they or others need help with their mental health and wellbeing; to explore and analyse ethical issues when peers need help; strategies and skills to provide basic support and identify and access the most appropriate sources of help	Health and Wellbeing RR3, PHF2, PHF3, MW1, MW2, MW3, MW4, MW5, MW6, MW7, MW8



		the importance of and ways to pre-empt common triggers and respond to warning signs of unhealthy coping strategies, such as self-harm and eating disorders in themselves and others	
2	The Media and My Mental Health	- about change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult experiences - a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns - how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this	Health and Wellbeing RR3, MW1, MW2, MW3, MW4, MW5, MW6, MW7, MW8
3	My Happy Place and Services available	- the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health - to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health - about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help	Health and Wellbeing RR3, MW1, MW2, MW3, MW4, MW5, MW6, MW7, MW8
4	Crime and Punishment	- Explain the purpose of punishment in the criminal justice system, including deterrence, rehabilitation, retribution and protection of the public. - Identify different types of crimes and punishments used within the UK justice system, and how a court works. - Evaluate the effectiveness of different punishments in reducing crime and supporting offenders to make positive choices.	Living in the Wider World Citizenship Curriculum British Values



5	The Political System	- Describe the main features of the UK political system, including Parliament, Government and the judiciary. - Identify ways that citizens can influence political decisions, including voting, campaigning and contacting elected representatives. - Discuss the main political parties and identify what is important them when making voting decisions.	Living in the Wider World Citizenship Curriculum British Values
6	The Prison System	- Understand the role of prisons within the criminal justice system and the different types of prison in the UK. - Explain how prisons aim to punish, rehabilitate and reduce reoffending. - Evaluate the challenges faced by the prison system and consider how it can support offenders to reintegrate into society.	Living in the Wider World Citizenship Curriculum British Values
Summer 2			
	Lesson Topic	Learning Objective	Theme
1	Human Rights	- Explain what human rights are and why they are important. - Identify key human rights and examples of how they are protected in society. - Evaluate situations where human rights may be upheld or violated and suggest appropriate responses.	Citizenship Curriculum
2	Disabilities - Blindness	- Understand the term 'disability' and what that means with the Equality Act 2010 including the different ways they can affect daily life. - Recognise the challenges and barriers that people with visual impairments may face in education, work and society.	Living in the Wider World Citizenship Curriculum



		Identify ways to promote inclusion and accessibility for people who are blind or visually impaired.	RR2, RR9 British Values
3	Disabilities - Paralympics	- Understand the purpose and significance of the Paralympic Games and their role in promoting inclusion. - Partake in experiences of Paralympic athletes and the challenges they may overcome. - Challenge stereotypes about disability and appreciate the importance of equal opportunities in sport and society.	Living in the Wider World RR2, RR4, RR9 Citizenship Curriculum British Values
4	Health and Safety in the Workplace	- Identify common health and safety hazards that may exist in different workplaces. - Understand the responsibilities of employers and employees in maintaining a safe working environment. - Apply health and safety knowledge to workplace scenarios and explain how risks can be reduced or reported.	Living in the Wider World Careers Education Gatsby 2,6,7
5	Preparing for Work Experience: Preparing for the World of Work Course	- Identify common health and safety hazards in the workplace and explain how risks can be reduced to keep themselves and others safe. - Understand their rights and responsibilities during work experience, including following workplace rules, health and safety procedures, and maintaining confidentiality.	Living in the Wider World Careers Education Gatsby 2,6,7



		Recognise how professional behaviour, communication and their online presence can influence their reputation, and demonstrate ways to create a positive impression in the workplace.	
6	Work Experience		
7	Work Experience Debrief	- Reflect on their work experience placement, identifying the skills, knowledge and personal qualities they developed. - Evaluate the challenges and successes they experienced and explain how they responded to different workplace situations. - Recognise how their work experience has influenced their future education and career aspirations, identifying targets for further development.	