



PSHE Long Term Plan Year 10

Blue = Living in the Wider World

Green = Health and Wellbeing

Pink = Relationships

Weeks	Subject	Topic Area	Content to Cover	Linked Qualifications	Teaching Notes
1-3	Living in the Wider World	Digital Literacy	<p>How to stay safe personally online specifically social media</p> <p>Online grooming – sexual, financial, extremism, radicalisation</p> <p>Financial security online including gambling</p>	<p>ASDAN in PSHE Module 3 Section A Social Media</p> <ul style="list-style-type: none"> • Digital Resilience • Peer Pressure • Consequences • Cyber Stalking 	
4-10	Health and Wellbeing	Peer influence, substance use and gangs	<p>Healthy V unhealthy friendships</p> <p>How to recognise passive, aggressive and assertive behaviour</p> <p>Organised crime and county lines</p> <p>Manage risk in relation to gangs</p> <p>The legal and physical risks of carrying a knife</p>		

Drug and alcohol risks

The LTP has been altered so that students can spend longer on the ASDAN Certificate on Law and Order

11-14

ASDAN Certificate
Citizenship Module 4 Section
A Law and Order

- Right and Wrong
- Capital Punishment
- Prison System
- Civil Unrest

When working towards their ASDAN certificate students will be provided with different scenarios and must decide whether they think this is right or wrong. Students will then go on to look at the different methods used for capital punishment, where this is still used and the Pros and Cons with personal opinion. The topic of Civil Unrest will include a look at slavery, the abolition of slavery and the civil unrest that this caused including the work of Martin Luther King and Nelson Mandela.

15-17

Living in the Wider World

Setting Goals

Identify your skills, abilities and interests – how could these link to a future career?

Post 16 options – 16-18 and University Life

ASDAN Certificate in Careers
Module 3 Section B Career Management

- Preparing for Interview
- Higher Education and Finance

This topic will include a look at post 16 options including what university life is like. Students will visit a post 16 college and university. Students

					will consider the financial impact of attending a university and how they could fund this. During this topic students should take part in a mock interview for a job or college.
18-20	Relationships	Respectful Relationships	<p>Different types of families and parenting – single parents, same sex parents, blended families, adoption, fostering</p> <p>How to manage conflict in the home</p> <p>How to cope with separation and divorce</p> <p>Loss and Bereavement</p> <p>Support services available</p>		This topic will include a visit from staff at The Flying Scotsman to talk about the support services that they offer.
21-22	Living in the Wider World	Local History of Doncaster	<p>Conisbrough Castle</p> <p>Brodsworth Hall</p> <p>Yorkshire Wildlife Park</p> <p>Doncaster Racecourse</p> <p>DGLAM (including railway)</p>		Students will study the history of Doncaster from reading and looking at media clips. They may also visit one of Doncaster's landmarks.
23-25	Health and Wellbeing	Healthy Lifestyle	<p>The importance of physical and mental health</p> <p>Balancing work, leisure, exercise and sleep</p>	<p>ASDAN Certificate in Sport Module 2 Section A Health, Fitness and Nutrition</p> <ul style="list-style-type: none"> • Take Part in a Sport • Design a Circuit of Exercises 	During this topic students should look at strategies to keep themselves healthy including positive mental health strategies such as

			Checking your own body (breast and testicles)	<ul style="list-style-type: none"> • Design a Series of Exercises • Healthy Diet 	meditation. Mindful colouring etc., making healthy snacks such as smoothies and taking part in physical activity.
26-33	Relationships	Intimate Relationships	<p>Consent</p> <p>Readiness for sexual activity</p> <p>STI, condoms and safe sex</p> <p>Consequences of unprotected sex including pregnancy</p> <p>IVF</p> <p>Pregnancy, abortion and miscarriage</p> <p>How the portrayal of relationships in the media and pornography might affect expectations</p> <p>How to assess and manage risks of sending, sharing or passing on sexual images</p> <p>Zara McDermott's Revenge Porn</p> <p>How to secure personal information online</p>	<p>ASDAN Certificate in PSHE Module 6 Section A Sexual Health</p> <ul style="list-style-type: none"> • STI • Contraception • Emergency Contraception • Consent 	<p>This topic will include a visit from staff at the Flying Scotsman to talk about STI and contraception.</p> <p>Students will watch the documentary by Zara McDermott on Revenge Porn.</p>
34-35	Living in the Wider World	Employability Skills	<p>Employability Rights</p> <p>How social media can affect employability</p>		Students will gain an understanding of how social media content can affect chances of gaining employability. They will look at case

			How to give and act upon constructive feedback		studies in the media of where this has occurred.
36-37	Health and Wellbeing	Mental Health	<p>How to maintain positive mental health</p> <p>Roman Kemp's Silent Emergency (mental health)</p> <p>Mental health in the media including stigma and stereotypes</p> <p>How to access support</p>		Students will watch the documentary by Roman Kemp on mental health – Roman Kemp's Silent Emergency.
38-39	Living in the Wider World	Financial Decision Making		<p>ASDAN Certificate in Life Skills Module 4 Section A A Place of your Own</p> <ul style="list-style-type: none"> • Finding Suitable Housing • Dealing with Household Bills • Staying Safe at Home • Using Household Appliances 	Whilst studying their ASDAN Certificates students should gain an understanding of how to save and look after money. They will use websites such as Rightmove to find housing they would aspire to live in and will consider the cost of this and how much they will need to earn. Students will look at the cost of household bills and how to stay safe in the home. Lastly students will consider what household appliances they will need to use and will have chance to practise using some

					of these whilst in college.
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