

Year 10 Curriculum Overview 2025-2026

Subject - PSHE

	Knowledge & Understanding			PSHE Refs	Literacy Skills Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]				
Autumn Term Healthy Relationships	Character Traits and Skills Time Management Stress Coping Strategies Stress Relief - Drinking and Partying Stress Relief- Vaping Stress Relief - Drugs Happiness and Positivity	Risks that come with drinking Risks of smoking and vaping Pressures affecting mental health What is anxiety and stress? Alcohol and what it is used for Negative effects of alcohol on the body How can you avoid binge drinking What is a vape What dangers are there surrounding vaping What drugs are commonly found at parties and clubs What are the dangers surrounding drugs Tobacco, Alcohol and the Law Illegal Drugs and classifications	Healthy relationships with ourselves- how to look after ourselves, Healthy relationships Benefits of sleep and exercise Resilience Making the right choices Social Responsibility	L8 H31 R20 R34	Listening to others Sharing ideas orally in small groups and as a class Long answer questions Opportunities to read aloud	Communication and interpersonal skills Problem solving Team working Ability to learn and adapt Debate Empathy	Discussion to show understanding of the concepts discussed Written responses in books show clear understanding of pupils
Spring Term RSHE	Peer Pressure and Personal Choice Self-Image Beliefs, Values and a Moral Compass Parenthood Pregnancy and Abortion	What is a healthy relationship? Abusive behaviour Vs healthy 'normal' argument Emotional Vs Physical Abuse and misconceptions Controlling behaviour Managing conflict in relationships Marriage and family life	Healthy relationships and how to how to respect ourselves Moral choices Making the right choices	R13 H21 L9 L6 H33	Listening to others Sharing ideas orally in small groups and as a class Long answer questions Opportunities to read aloud	Communication and interpersonal skills Problem solving Team working Ability to learn and adapt Debate Empathy	Discussion to show understanding of the concepts discussed Written responses in books show clear understanding of pupils
Summer Term	Protected Characteristics in Employment	Promoting equality and preventing discrimination Equality Act 2010	Skills and qualities in the workplace	L4 L9	Listening to others Sharing ideas orally in small groups and as a class	Communication and interpersonal skills Problem solving Team working	Discussion to show understanding of the concepts discussed

Living in the Wider World	Work Experience Writing a CV Post 16 Options University or College Occupation Classification	Consequences of discrimination Health and Safety in the Workplace Recognising Hazards/ Common Risks Health & Safety Law Bullying and Harassment at work What is an apprenticeship How to find apprenticeships How to interview well – tips and techniques Choices after school	Reflecting on personal skills and qualities Resilience and considering different options Discrimination in the workplace	L12 L8 L11	Long answer questions Opportunities to read aloud	Ability to learn and adapt Debate Empathy	Written responses in books show clear understanding of pupils
----------------------------------	---	--	--	------------------	--	---	---