

Year 10

Term	Unit	Key Questions	Knowledge	Assessing Understanding and Other Information
Autumn	Unit 1: Community Outreach (including Safeguarding)	How can you support members of our community?	How to report concerns Communicating and engaging with a younger audience	This unit is a rolling outreach programme, where students go to a local primary School to work with Year 5 students on numeracy and literacy. Each form has a block during one half-term. The exact order of units covered may therefore vary between each tutor group.
	Unit 2: Managing Self	What is stress? How can understanding the impact of stress help us to cope with challenges? How can stress affect us over time? How can being aware of our own stress patterns help our self-management? How can we incorporate stress management to help us to succeed?	What stress looks and feels like Impact of stress on ourselves and others Self-awareness and self-regulation Relaxation Stress plans	
	Unit 3: Developing Study Skills		My strengths as a learner Strategies for effective learning Time Management and planning Making a focused study environment Memory Boosting techniques /feedback week	

Spring	Unit 4: Communities, Belonging and Extremism		Online influence /deep- fake role of social influencers Drugs, gang, roles models and the media	
	Unit 5: Money Matters	<p>What is inflation? How does it affect us?</p> <p>How do we set financial goals and budgets?</p> <p>What is the difference between a bank and a building society? How do they help me achieve my financial goals?</p> <p>What is debt? How is it relevant to me, as an individual, and us, as a country?</p> <p>What is a recession?</p>	<p>What drives inflation</p> <p>How inflation affects everyday costs and living expenses</p> <p>How to create a budget and what helps us stick to it</p> <p>How banks and building societies are structured. What having a bank/building society account allows us to do. The problems of not having an account</p> <p>How to avoid too much debt. What is a realistic amount of debt and when is it necessary</p> <p>The definition of 'recession'. Who determines when we are in recession. What information do they use.</p>	A range of assessment for learning tools are used throughout the PSHE and Citizenship curriculum. These include baseline activities, quizzes, self- and peer-assessment and tutor feedback.

Summer	Immersion Day	Making Difficult Decisions	<p>Difficult choices in the wider world</p> <p>Gangs and anti-social behaviour</p> <p>Online risks and the law</p> <p>Diversity and decision making</p> <p>Drugs and Alcohol</p>	During this day, students engage with teaching staff and external speakers to learn about risk and decision making.
	Unit 6: Careers	<p>What are my skills, qualifications and interests? How might these influence my future choices?</p> <p>What is Labour Market Information (LMI) and how do I access it?</p> <p>What are my strengths and areas for development?</p> <p>How can I showcase my skills in the most positive light, particularly online?</p> <p>What options are there for study at post-16 and higher levels?</p> <p>What sort of interviews are there? What do employers want to know about me? What can I learn from an interview?</p>	<p>Career Pathways</p> <p>Finding and using LMI</p> <p>Showcasing personal strengths</p> <p>Managing online reputation</p> <p>Post-16 pathways</p> <p>Interview skills</p>	<p>A range of assessment for learning tools are used throughout the PSHE and Citizenship curriculum. These include baseline activities, quizzes, self- and peer-assessment and tutor feedback.</p> <p>Key Events: External speakers from Industry and DfE will give students talks and Q and A on career pathways and post-16 options, including alternatives to A levels.</p>