

Year 10

Term	Unit	Key Questions	Knowledge	Assessing Understanding and Other Information
Autumn	Community Outreach project	How can you support members of our community? Why is this important?	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 1: Developing Effective Study Skills for GCSE	<p>Why can learning be hard?</p> <p>How do I know if my test preparation will be effective?</p> <p>Why do people procrastinate, or get distracted, and how can they stay on task?</p> <p>What are the best ways to make and use notes?</p> <p>How can I learn from previous tests and teacher feedback?</p>	<p>Common misconceptions of learning, cognitive load</p> <p>Spaced practice, retrieval practice</p> <p>Science of procrastination, strategies to overcome it</p> <p>Note taking and consolidation strategies</p> <p>Growth mindset, diagnosing academic errors and misconceptions</p>	
	Unit 2: Science of mental health	<p>What is stress?</p> <p>How can understanding the impact of stress help us to cope with challenges? How can stress affect us over time?</p> <p>How can being aware of our own stress patterns help our self-management?</p>	<p>What stress looks and feels like</p> <p>Impact of stress on ourselves and others</p> <p>Self-awareness and self-regulation</p> <p>Relaxation</p> <p>Stress plans</p>	

		How can we incorporate stress management to help us to succeed?		
	Unit 3: Parliament, Laws and the Justice System	<p>How does the UK Parliament work?</p> <p>What do different political parties stand for?</p> <p>How does the UK's government compare to other countries'?</p> <p>How does the UK government interact with the rest of the world?</p>	<p>Voting, Parliament, passage of laws</p> <p>What different parties stand for, people's differing priorities and reasons for choosing parties</p> <p>Different structures of government: comparisons of presidential systems (USA), constitutional monarchies (UK) and single-party regimes (China)</p> <p>International organisations, such as the EU, UN, etc.</p>	
	Unit 4: Economic wellbeing	<p>How do I know which bank account to open?</p> <p>Budgets and financial goals?</p> <p>Understanding debt and credit cards</p> <p>How does the economy affect me?</p> <p>What are my rights when I start a new job?</p>	<p>What drives inflation. 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>	

Summer	Unit 5: 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>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>
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