

## Year 10

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

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|  |                                                                    | How can we incorporate stress management to help us to succeed?                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                  |  |
|  | <b>Unit 3:<br/>Parliament, Laws<br/>and the Justice<br/>System</b> | <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>                                            |  |
|  | <b>Unit 4: Economic wellbeing</b>                                  | <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> |  |

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|        |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | The definition of 'recession'. Who determines when we are in recession. What information do they use.                                                                      |                                                                                                                                                                                    |
| Summer | <b>Unit 5: Careers</b> | <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><b>Key Events:</b> 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> |