

KETTLEBROOK SHORT STAY SCHOOL : PSHE YEAR 10 OVERVIEW 2025-26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Scheme of Learning</b>	<p><b>Physical, emotional and social wellbeing.</b> How change can impact mental health. Make informed lifestyle choices about sleep, diet and exercise. Where to get information, advice and support. To identify, manage and seek help for unhealthy behaviours. 5 Ways to Wellbeing. World Mental Health Day – 10 October. H13 Reliable advice (eg NHS online)</p>	<p>Develop assertiveness and resilience. Areas of strengths and development. Self-confidence, self esteem, are affected by external influences Strategies to develop assertiveness and build resilience to peer and other influences. <b>Consent</b> <b>Growth Mindset.</b> L2 Identifying Strengths and Areas for Development.</p>	<p>Sleep, diet exercise Reliable advice (eg NHS online) <b>NHS Use</b> Cancer screening. Industries and advertising can influence health and harmful behaviours STIs, pregnancy and choices. Healthy Pregnancy – health, miscarriage, support, choices available. Fertility. Miscarriage and unplanned pregnancy.</p>	<p>Mental and emotional health concerns (stress, anxiety, depression) Develop empathy and understanding. <b>Promoting own emotional wellbeing,</b> Pre-empting common triggers. Recognise when people need help. Strategies to support, warning signs, common triggers <b>Substance use and misuse</b> How to seek help.</p>	<p><b>Media and body shapes</b> and images Balanced approach to time online Cosmetic and aesthetic procedures To evaluate ways in which their behaviours may influence peers. Skills to support younger peers. <b>CCE and CSE Gangs</b> (Catch 22)</p>	<p><b>Study and employability skills.</b> Strengths and areas for development. Labour market Work experience opportunities. Confidentiality and discrimination in the workplace. <b>Emergency first aid</b> and life saving skills.</p>
<b>Link to KS3</b>	H6-8. H13-15, H25-28.	H1-5, R24-R31, L1-6	H13-19, H34-36	H16-12, H23-29	R13-23, R42-R47	L1-4, L13-19
<b>KAT (Key Assess Task)</b>	Autumn 1 Assessment	Autumn 2 Assessment (Report, PRD)	Spring 1 Assessment	Spring 2 Assessment (Report, PRD)	Summer 1 Assessment	End of Year Assessment, (Report, PRD)
<b>Wellbeing and Enrichment</b>	World Mental Health Day – 10 October. MacMillan morning – 26 Sept.	Accessing online positive messages, activities including meditation.	Promotion of exercise and access to health care.	Positive choices for healthy body and mind.	Support with resilience.	Promotion of healthy activities for the summer. Sports Day.
<b>Careers</b>	The law protects us all against discrimination in the workplace.	Research different careers online – identification of careers that are conducted online.	Careers in the health sector; medicine, nursing, emergency support, pharmacy.	Careers in the support sector; helping those struggling with ill health and addiction.	Social work, mental health support, careers around pregnancy and childcare.	Careers within criminal justice, solicitor, barrister, police, probation.