

# KS4 Year 10 CURRICULUM OVERVIEW

SUBJECT: BIG PICTURE

**AUTUMN TERM & SPRING 1**

## TOPICS BEING TAUGHT

### PSHE AND RSE EDUCATION

Self-Concept.  
Mental health and emotional wellbeing.  
Health related decisions.  
Drugs, alcohol and tobacco.  
Managing risk and personal safety.  
Sexual health and puberty.  
Positive and respectful relationships.  
Consent.  
Bullying, abuse and discrimination.  
Social Influence and media literacy.

## WHAT YOU WILL BE ASSESSED ON

Time management, developing independence and strong skills.  
Lifestyle choices and taking increased personal responsibility for maintaining and monitoring health, including the importance of sleep.  
Emotional wellbeing and how to manage grief and anxiety. How to ask for support.  
Health and wellbeing, making informed choices.  
Internet safety including excessive screen time and influence of social media.  
How to positively manage conflict and changes in relationships.

## HOW YOU CAN SUPPORT AT HOME

Discover these topics at home.  
Be accurate, non-biased and balanced.  
Use reliable sources e.g. BBC bitesize, NHS and Public Health England websites.  
Enable your child to reflect on PHSE and RSE themes to develop their own thoughts and ideas.  
Provide positive messages and support.

**SPRING TERM**

### CAREERS & WELLBEING EDUCATION

Career planning, developing self-awareness, career exploration and career management skills.  
Preparation for the world of work.  
Labour market information.  
Choices and pathways.  
Learning skills.  
Employment rights and responsibilities.  
Financial choices and economic wellbeing.  
Digital resilience.

Develop your career planning digital skills – research pathways, careers and opportunities (including apprenticeships and T Levels).  
Explore new industries and 21<sup>st</sup> century careers.  
Use a range of careers related websites.

Offer advice and support with education and career decisions.  
Discuss topics covered at school.  
Support your child's research and career planning utilising websites suggested by HGS.  
Support your child to develop transferable and employability skills.

**SUMMER TERM**

### CITIZENSHIP AND BRITISH VALUES EDUCATION

Knowledge, confidence and skills to make own decisions.  
Take responsibility for own lives and communities.  
Being a local, national and global citizen.  
Awareness of political, legal and economic functions of society.  
Making positive contributions. Understand their rights and responsibilities  
Appreciate British Values: democracy, rule of law, individual liberty, mutual respect and tolerance.

Importance of being an active global citizen.  
British Values – why is community cohesion important, discuss the themes of tolerance, respect, prejudice and racism.  
Ant-social behaviour, how does it affect young people and communities and the consequences of gang or county lines activity and the criminal justice system.  
Media literacy and the impact of fake news.  
Harassment and stalking and how does the law protect us.  
Global Citizenship – what is globalisation and how it impacts our lives, pollution, plastics and why we need to take responsibility

Discuss local, national and global events.  
Encourage students to read news articles and watch the news.  
Vote in elections.  
Reflect modern day society and actively seek to address or challenge stereotypes.

