

Year 10 CIAG (PSHE) Scheme of Learning 2020-2021

Lesson Number:	Topic:	Lesson objectives	Curriculum Aims	Tutor Activities	Rationale for timing
Careers in line with Gatsby Benchmark and follow CDI Framework co-ordinated by AJ					
1	Career Action Plan	To assess current plans and set realistic targets in relation to future career.	L1-14, L21	Returning to School/reflection	More extensive careers programme in year 10 as pupils complete their work experience in year 10.  Beginning of the year to encourage pupils to focus.
2	Interview Techniques Video	Recall the stages in the process of obtaining a job. Describe and explain what candidates should do before an interview Identify positive and negative interview techniques relating to etiquette, body language and voice. Evaluate positive and negative interview techniques and justify reasons why		Rules and routines	
3	Interview Techniques	Recall the stages in the process of obtaining a job. Describe and explain what candidates should do before an interview Identify positive and negative interview techniques relating to etiquette, body language and voice. Evaluate positive and negative interview techniques and justify reasons why		Our Mercy Ethos	
4	Interview Skills	Successfully answer at least six questions in a mock interview situation. Ask at least three appropriate questions to the interviewer in a mock interview situation. Identify three important criteria which might be applied in shortlisting or making appointments		Being the best I can be	

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		and describe why each of the identified criteria is important			
5	21 <sup>st</sup> Century Careers	Identify 2 jobs in each sector. Describe what qualifications are required for the job role and describe the daily tasks of each employee.		Black History Month	
6	21 <sup>st</sup> Century Careers			Mental Health (World Mental Health Day)	
7	Work Experience Skills for work	Recognise the benefits of work experience. Learn about the procedures involved in finding a work experience placement		Work experience info	
8	Work Experience Introduction and preparation	Awareness of the administration involved in preparing for work experience.		National Stress Awareness	
9	Health and Safety in the work place – video/quiz	Know and understand that health and safety rules are in place for the protection of employers and employees. Understand that employers and employees have a responsibility to ensure the safety of others and themselves. Develop an awareness of health and safety regulations.		Sacrifice(Remembrance Day)	
10	Health and Safety – Safety Signs	Understand the importance of safety signs and identify the different types. Recognise different types of safety signs		Anti Bullying Week (focus on online bullying)	
11	Health and Safety - Worksheets	To develop knowledge and understanding of work experience expectations.		Emotional Wellbeing	
12	Careers Course Evaluation			Prevent	
13	Review/Complete all Work Experience Documentation			International Anti-Corruption Day	
Health, Personal Safety, Wellbeing and relationships					

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14	Positive Mindset	To describe different negative thinking patterns and consider their potential impact on wellbeing To reframe negative thinking and identify ways to learn from setbacks	H1, H4, H6, H7, H8, H9, H10, H12, C1, C8, C9, C10.	Christmas	Series of lesson that fit together to revise and build on content from last year to encourage a positive mindset and develop and understanding of the impact sleep and screen time can have on mental health and emotional wellbeing.
15	Impact of too much screen time	Identify the consequences of too much screen time and the ways this can impact upon our mental and physical health. Describe the consequences of having too much screen time, how this affects the brain and positive alternatives for recreation. Explain why too much screen time can damage our brains and whether screen time can have positive affects if enjoyed in moderation.	H12	Positive Mindset- goals-resolutions	
16	Emotional Wellbeing	To explain the factors that affect emotional wellbeing To identify ways to promote emotional wellbeing and build resilience To reframe and learn from disappointments and setbacks	H1, H4, H6, H7, H8, H9, H10, H12, C1, C8, C9, C10.	National Obesity Awareness Wee- Healthy Lifestyles	
17	Healthy Coping Strategies	To recognise circumstances leading to intense emotions that may be difficult to manage To explain a range of positive strategies for managing difficult emotions	H1, H4, H6, H7, H8, H9, H10, H12, C1, C8, C9, C10.	Positivity	

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		<p>To assess whom, how and why to ask for support when it's needed</p> <p>To evaluate the positive and negative impact of social media on emotional wellbeing</p>			
18	Importance of Sleep	<p>To explain the importance of sleep for wellbeing and brain function - particularly during adolescence.</p> <p>To explain how lifestyle choices can affect sleep quality.</p> <p>To describe a range of strategies for ensuring appropriate sleep patterns and suggest advice for those struggling to sleep.</p>	H11	International Day of Education	
19	Body Image and Self Esteem (risks of cosmetic surgery)	<p>To explain where peoples' ideas of body image come from.</p> <p>To develop an understanding of what influences our body image.</p> <p>To discuss media influences.</p>	H1, H2, H3, H5, H7, H13, H17.	Holocaust Memorial Day	Further building blocks in understanding how unhealthy relationships develop and why people stay in abusive relationships/how people can be trapped.
20	Body image and Self Esteem (risks of cosmetic surgery)	<p>To develop knowledge and understanding of the risks of cosmetic surgery.</p> <p>To further explain the impact negative body image and low self esteem can have.</p> <p>To summarise key ways to promote a positive body image and heighten self esteem.</p>	H1, H2, H3, H5, H7, H13, H17.	Random Act of Kindness	

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21	Unhealthy relationships	We are learning about the importance of personal values to making decisions We are learning how to recognise and challenge coercion or manipulation in relationships.	H2, H4, H5, H6, H8, H9, H10, H19, H21, H22, R1, R3, R4, R6, R9, R11, R12, R13, R17, R28, R29, R30, R31, R32, C9, C10, C12.	Powerful Women	
22	Ian Wright Home Truths	To develop knowledge and understanding of how domestic violence can affect individuals. To identify the range of factors that can cause abuse in a relationships and why people remain in abusive relationships.	H2, H4, H5, H6, H8, H9, H10, H19, H21, H22, R1, R3, R4, R6, R9, R11, R12, R13, R17, R28, R29, R30, R31, R32, C9, C10, C12.	World Hunger days	Develop knowledge from previous lesson and witness real life application of the knowledge.
23	Different Types of Relationship (Ten Ten)	Pupils will learn about different types of committed relationships and consider what relationships they would like in the future.	R1, R5, R9, R10, R11, C2, C11, C12, C13, C15.	Revision Strategies	Link to previous lessons to understand positive relationships.
24	Age Limits	To give students an insight into what age limit they may lawfully carry out certain acts.	H20, H21, H22, H23, R9.	Time management	Series of lessons that link together to cover aspects of

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		To develop an understanding of their rights, responsibilities and relationship with the law. To give students a chance to discuss the law and share their opinions.			unsafe friendships, illegal substances, crime, gangs etc.  Link to previous lessons of how low self esteem and poor mental health can cause substance abuse, be exacerbated by drug abuse etc.
25	Impact of Drug Taking	To develop knowledge and understanding of the impact drugs can have on individuals. To revise the reasons why people might take drugs.	H13, H19, H20, H21, H22, H23	International Nurse's Day	
26	County Lines	To raise awareness about County Lines To build resilience against becoming involved in county lines operations To recognise the signs that someone may be involved in county lines, know how to get help and know about what the police will do.	H13, H19, H20, H21, H22, R35, R36, R37, R38.	Mental Health Awareness Week	Also, layer in how unhealthy and abusive relationships can lead to crime, gang membership, exploitation etc.
27	Knife Crime	To learn to effectively assess and manage the risks of knife crime. To learn how young people can take steps to achieve their goals and live knife free	H13, H19, H20, H21, H22, R35, R36, R37, R38.	World No Tobacco Day	
28	Online safety- Fraud/Sharing information	To develop knowledge and understanding about the risks associated with acting as a 'money mule' To explain why someone might be tempted or deceived into becoming a money mule and evaluate ways to	H12, R9, R14, R15, R16, R35, L22, L24, L25.	Caring for the Environment	Developing knowledge from the previous year.

		prevent being drawn in to fraudulent actions			
29	Online safety- Cyberbullying	Students can <u>define cyberbullying</u> and recognise examples of it Students can <u>identify which actions cross the line</u> between 'banter' and cyberbullying Students can <u>find help and know who to speak to</u> if they're worried about something online Students can <u>give advice</u> about how to prevent or stop cyberbullying Students can <u>understand how using the term 'gay' can be offensive</u> to others and what the school anti-bullying policy says about it	H12, R9, R14, R15, R16, R35, L22, L24, L25.	What is a Refugee	
Living in the Wider World					
30	Equality Act 2010 (gender identity and different sexuality)	To understand what equality means and why it is important. To understand the Equality Act 2010 and how it can be applied in different cases.	L15, L28, C17.	Windrush Day	Developing understanding and studying examples of discrimination in the workplace ahead of work experience. Layering knowledge from previous year by studying different forms of prejudice and discrimination.
31	Discrimination in the Workplace	To understand different areas where prejudice and discrimination is found To assess the impact of prejudice and discrimination in the workplace	L7, L8, L9, L15, L28, L29, C17.	Armed Forces Day	

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32	Social Issues- Homelessness	To develop knowledge and understanding of the many factors that can cause homelessness. To recognise elements of a good social conscience.	L24, C8, C10, C16, C17, C18.	Staying Safe in the Community	Link with prejudice as many people have a preconception of homelessness.  Developing understanding of the wider world and social issues ahead of their work experience.
33	Social Issues- Exploitation (BBC Clips)	To develop knowledge and understanding of social exploitation. To recognise elements of a good social conscience.	L24, C8, C10, C16, C17, C18.	Safety around Water and Sun	
34	Social Issues- Ten Ten resources	Pupils will learn with compassion about, human trafficking, honour-based violence and about Pope Francis' concept of 'an integral ecology'. Pupils will learn that how acting on their beliefs, values and attitudes will influence the world around them, for good or bad	L24, C8, C10, C16, C17, C18.	Review of the Year	
35	Work Experience				
36	Review of Work Experience				
Golden threads-curriculum aims that will be developed throughout the year/key stage					
To accurately assess their areas of strength and development, and where appropriate, act upon feedback. The characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health The characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality To evaluate and further develop their study and employability skills.					
To understand the main principles of Catholic Social Teaching and how these relate to our relationship to each other and to creation. Including the idea of self-giving, being able to put aside their own wants in order to serve others locally, nationally and globally, including a recognition of the importance of service as the purpose of human life.					
To be prophetic in their ability to identify injustice and speak out against it locally, nationally and globally, including the recognition of the necessity to accept the unpopularity this often entails.					



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