

Long Term Planning

Subject: #WorldReady

Year: 10

	Week	1	2	3	4	5	6	7	8
Half Term 1	<p>Developing self-awareness, goal-setting, adaptability and organisation skills:</p> <ul style="list-style-type: none"> - Organisational and learning skills - Managing mental health concerns 		<p>Improving adaptability and resilience</p> <ul style="list-style-type: none"> - Identify the range of opportunities and challenges young people might encounter as they move into adulthood - Explain strategies to help manage these challenges - Analyse how mental and emotional wellbeing can change throughout life, often in response to external events 	<p>Learning skills for Key Stage 4</p> <ul style="list-style-type: none"> - Identify learning and study skills required at Key Stage 4 - Evaluate personal strengths and areas for development and use this to set targets for future learning habits 	<p>Mental health – Reframing negative thinking</p> <ul style="list-style-type: none"> - Describe different negative thinking patterns and consider their potential impact on wellbeing - Reframe negative thinking and identify ways to learn from set backs 	<p>Mental health – Recognising mental ill-health</p> <ul style="list-style-type: none"> - Recognise signs that someone might have mental health issues - Explain when and whom to tell if concerned for your own or someone else's mental well-being - Describe the range of support available for those with emotional or mental health problems 	<p>Mental health – being kind to yourself</p> <ul style="list-style-type: none"> - Develop self-awareness and empower yourself to help your own well-being - Describe some coping techniques to improve mental well-being 	<p>The risks of viewing harmful content online</p> <ul style="list-style-type: none"> - Explain how online content can influence perceptions, attitudes and emotions - Serious risks of viewing online content which promotes self-harm and suicide. How to report it and where to access support if you view it. - Identify strategies to manage concerns and emotions relating to online content - Explain how a person can assess the suitability of a film based upon age restrictions, themes and content 	Bonfire night
	Half Term	Week	9	10	11	12	13	14	15

2	Developing empathy and compassion, strategies to manage influence and assertive communication: - Healthy relationships and relationship expectations	Healthy relationships – Family conflict - Explain the link between emotional well-being and the health of family relationships - Describe strategies for preventing and managing family conflict	Anti-Bullying Week	Healthy relationships – Identifying healthy and unhealthy relationships - Identify common features of healthy relationships - Evaluate the acceptability of a range of relationship behaviours and identify when a relationship may be unsafe Understand how inequalities of power can impact behaviour within a relationship	Healthy relationships – Addressing relationship abuse - Identify signs of different types of abuse - Describe exit strategies and identify support for abusive relationships - Explain how to help others who may be in an abusive relationship	Healthy relationships – Managing conflict - Differentiate between healthy and unhealthy behaviours when managing conflict in relationships - Identify inappropriate conflict behaviours and suggest effective ways to respond	12 days of Christmas	12 days of Christmas -Form Christmas Quiz
Half Term 3	Week Developing agency, decision making and strategies to manage influence and access support: - First aid and life-saving - Personal safety - Sexualisation of the media - Impact of pornography	16 Substance use and assessing risks - Assess the risks of substance use when travelling or socialising - Explain ways to keep safe and support friends when socialising in situations involving alcohol or drugs - Analyse how alcohol and drugs affect decision making	17 Substance use and managing influences - Explain how internal and external influences can affect decision making - Describe strategies for managing peer influence in increasingly independent contexts - Evaluate ways to be a positive influence on peers in relation to substance use	18 Help seeking and sources of support - Identify sources of support and explain how to seek help for substance use and addiction - Explain what addiction/dependency is and how it can affect individuals - To evaluate and challenge potential barriers to seeking support	19 Sexualisation of the media - Explore the potential influences of the high street and the media on young people - Explain the impact this can have on body image and the exploitation of women	20 Pornography: Blurred lines - Explore the potential influences of pornography on young people in terms of exploitation, sex and relationships -Understand how some sub cultures might influence our understanding of sexual ethics (incels) or online influencers	21 The law, sex and the internet - Explain the law as it relates to sex, pornography and sexting -Understand that AI chatbots can pose risks by creating fake intimacy or offering harmful advice. Critical analysis of new types of tech as they appear online and how they might pose a risk.	22 Consent and the impact of pornography - Evaluate the impact of pornography on people's understanding and expectations of consent - Challenge inaccurate and dangerous messages perpetuated by pornography, about sexuality, gender, and consent

Half Term 5	<p>Developing respect for diversity, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> - Nature of committed relationships - Forced marriage - Extremism 	<p>Inclusion, belonging and addressing extremism</p> <ul style="list-style-type: none"> - Distinguish violent extremism from legitimate behaviours in a democracy - Demonstrate the ability to advise someone who is worried about another's behaviour 	<p>How to make informed decisions about marriage and other long-term commitments</p> <ul style="list-style-type: none"> - Describe the options available to people wanting to make a long-term commitment - Explain how a long-term relationship can become legally binding - Recognise the unacceptability of forced marriage and identify support for someone who may be at risk 		<p>The legal status of long-term commitments</p> <ul style="list-style-type: none"> - Describe the legal rights of people in different forms of long-term commitments - Explain why people might choose to marry and why marriage must be freely entered in to - Analyse different attitudes towards marriage 	<p>Family life - Parenting</p> <ul style="list-style-type: none"> - Identify the rights, roles and responsibilities of parents with respect to raising children - Evaluate the characteristics of successful parenting 		
	Week	33	34	35	36	36	38	39

<p style="text-align: center;">Half Term 6</p>	<p>Developing motivation, organisation, leadership and presentation skills:</p> <ul style="list-style-type: none"> - Preparation for, and reflection on, work experience 	<p>How to benefit from opportunities online for career development and manage potential challenges</p> <ul style="list-style-type: none"> - Explain how you can use opportunities online to develop your career - Describe the options available to you online 	<p>Careers – Managing online reputation</p> <ul style="list-style-type: none"> - Explain the impact that your online reputation could have on potential employment - Evaluate how social media can be used to enhance or hinder your career opportunities 	<p>How to evaluate the changing patterns and trends in the labour market, locally, nationally and internationally</p> <ul style="list-style-type: none"> - Describe patterns in the labour market on a local, national and international scale - Evaluate what the labour market information means for employment in our area 	<p>Discovering careers for the future</p> <ul style="list-style-type: none"> - Explain what changes to the labour market their will be as society evolves 	<p>Explore rights and responsibilities in the workplace, including in relation to health and safety</p> <ul style="list-style-type: none"> - Explain the rights and responsibilities that an employee and an employer have in the work place - Explain the legal consequences for both an employer and an employee of not honouring the rights and responsibilities 	<p>Work experience</p>	<p>Water Safety</p>
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Extra:

Attitudes to sex and pornography

How to independently research and apply for work experience opportunities

Respect diversity in sexual orientation, faith, race and disability

Analyse rights, roles and responsibilities in a diverse society and how to respect and advocate for them

Analyse strategies to challenge discrimination and prejudice-based bullying in relation to any of the protected characteristics of the Equality Act (2010)

How to manage the influence of gender and sexual norms and stereotyping