

Personal Development Long Term Curriculum Plan



Health Education Relationships Education (ReE) and Relationships and Sex Education (RSE) Living in the Wider World



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		Autumn		Spring		Summer		
		Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	Unit 7
Year 10	<p>Mental Health Illnesses course.</p> <p>Mental Health Illnesses investigated Course <u>Bounce Forward</u></p> <p>Mental Health awareness, science of mental health, triggers and support and coping strategies, reducing stigmas. Eating disorders case study.</p>	<p>Gambling, debt and financial decision making</p> <p>Risks associated with online behaviours between online and physical world. Collection and sharing of data. Prevention of debt. Positive financial decision making.</p>	<p>Relationships</p> <p>Sexual relationships, Gender Identity, Risks associated with alcohol/drugs in Sexual Relationships, Choices and Challenges in intimate relationships.</p> <p>Impact of media and pornography.</p> <p>Pregnancy, Abortion and miscarriage.</p> <p>Impact of teenage pregnancy.</p>	<p>Work Experience</p> <p>-<u>Unifrog</u> Learning Plan Year 10</p> <p>-Personality type revisited</p> <p>-Work Experience readiness including contacting placements, workplace <u>dresscode</u> and conduct.</p> <p>-CVs and letters</p> <p>-Team Player</p> <p>-Job/Career families</p>	<p>Staying Safe Part 1</p> <p>Sexual consent and exploitation, abuse, rape, domestic abuse, <u>honour based</u> violence, FGM. Coercive Control.</p>	<p>Staying Safe Part 2</p> <p>Benefits of self-examination and screening.</p> <p>Personal safety when out locally and abroad/holiday. Counter Terrorism Weapons Attack and Radicalisation.</p>		
		H1a,f, H2B,	H2a, R3b,h, (H4, R12, R29, L20)	R3f,g R5b,d,g,h	Gatsby Benchmarks 1,3,4,5,6,7	R2f,g R4a,b	H6c, H2a	