

<b>Year 10 – PSHE</b>	
<b>Summary of curriculum</b>	At Smith’s Wood Academy we want all students to leave in Year 11 with the skills and knowledge to lead a successful and healthy life. The year 10 Personal, Social, Health and Economic Education (PSHE) curriculum is designed to support students in preparing to become more independent and start their GCSEs.
<b>Main topics/skills</b>	<p><b>Theme 1 – Values</b> Students will discuss how to tackle hate crime and culture and identity. This links to students understanding the 5 British Value.</p> <p><b>Theme 2 – Health and Wellbeing</b> In this topic students will learn how manage stress as they move closer to a stress period of time in their lives.</p> <p><b>Theme 3 – Citizenship</b> Students will learn the essential life skill of first aid, supporting their development of being an active citizen in the world around them.</p> <p><b>Theme 4 – Staying safe</b> In this topic students will further develop existing knowledge on hwo to stay safe in relation to gangs and online activity.</p> <p><b>Theme 5 – Relationships and Sex Education (RSE)</b> Students will discuss consent, marriage, toxic relationships and STIs, allowing them to build and develop healthy relationships in the future</p> <p><b>Theme 6 – Careers and my Future</b> This topic supports students in the future planning of their education, studying revision skills, career ideas and the writing of their CVs.</p>
<b>Assessment throughout the year</b>	Students are regularly assessed throughout the year through 25 mark mid-topic and end of topic assessment. These will consist of multiple-choice questions, knowledge check questions and longer answer question.
<b>How parents can support their child’s learning from home.</b>	Parents can support their child’s learning by encouraging their child to complete the fortnightly homework as this will support them in lessons. Also supporting students in staying up to date with the news and having discussions about the learning
<b>Useful websites</b>	<a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a> <a href="#">RSHE (PSHE) lessons for Key Stage 4 students - Oak National Academy (thenational.academy)</a> <a href="#">Careers - BBC Bitesize</a>

