PSHE AT PLECKGATE
YEAR 10 LEARNING JOURNEY

YEAR 11

Summer Preparation

Review of learning

End of year Evaluation

6. Your Future
- Understand the importance of setting goals
- Identify personal goals to work towards
- Understand the link between goals and mental health.

5. Taking Responsibility
- Understand how and why we need to accept responsibility
- Identify top tips for taking responsibility.
- Know what is meant by 'initiative'
- Be able to give and example of when initiative has been used.

4. Self Belief
- Understand what self belief is and the importance of it
- Evaluate your own self belief
- Identify how to develop your self-belief

Believing in Yourself is the First Secret to Success!

3. Finding Your Purpose
- Identify important things in your life
- Evaluate the aspects which contribute to your life
- Understand and determine your life purpose

2. Resilience
- Reflect on your own successes and failures
- Know how to apply resilient attitudes to areas that you need to improve in.
- Identify common obstacles
- Identify potential strategies to overcome obstacles

RSE- Intimate and Sexual Relationships/Families/Respectful relationships - Year 10
- Marriage and the Family.

LITWW Term 3

RSE- Intimate and Sexual Relationships- Year 10 Biology
- Hormonal Co-ordination

1. Motivation
- Understand what motivates you.
- Understand theories behind motivation.
- Identify how you are motivated.

6. Which Way Now?
- Learn skills needed to transition yourself from school through various stages of your career
- Make better and more confident choices in the courses and careers they choose

5. Promoting Yourself
- Learn skills needed to transition yourself from school through various stages of your career

3. Your Personalised Action Plan
- Make appropriate decisions about which careers to pursue
- Learn skills needed to transition yourself from school through various stages of your career
- Be aware of your own skills, attributes and interests and how that contributes to good career choices

2. Achieve Your Career Goals
- Make appropriate decisions about which careers to pursue
- Learn skills needed to transition yourself from school through various stages of your career
- Be aware of your own skills, attributes and interests and how that contributes to good career choices

RSE- Families- Year 10 RE
- Marriage and the Family.

New Directions One to one Careers Interviews

Review of learning

4. Is there another way?
- Learn skills needed to transition yourself from school through various stages of your career
- Be aware of your own skills, attributes and interests and how that contributes to good career choices

Review of learning

5. Mind Training Part 1
- Understand growth & fixed mindset
- Identify growth & fixed mindset characteristics
- Relate your own mindset to different characteristics

6. Mind Training Part 2
- Understand the importance of challenging yourself
- Know why failing is important
- Identify strategies and ways to change your mindset

LITWW Term 2

1. Who Chooses Your Career?
- Make appropriate decisions about which careers to pursue
- Learn skills needed to transition yourself from school through various stages of your career
- Be aware of your own skills, attributes and interests and how that contributes to good career choices

7. Mental Toughness
- Understand what mental toughness is
- Understand what affects our ability to be mentally tough
- Identify strategies & techniques to be and feel mentally tough

4. Mind Assessment
- Evaluate your own mindset and create a mindset profile
- Understand what your mindset profile group means

2. Healthy Body/Mind Part 1
- Identify what good physical health and mental wellbeing is
- Understand the links between a healthy body and a healthy mind
- Explore top tips to keep your physical and mental health in check

RSE- Intimate and Sexual Relationships- Year 10 Biology
- Communicable Diseases
- Non-Communicable Diseases

H&W Term 1

Welcome to Year 10 PSHE: What will I learn?

3. Healthy Body/Mind Part 2
- Understand the '5 ways of wellbeing'
- Identify how the '5 ways of wellbeing' can build your resilience
- Plan strategies to keep your mind and body healthy

1. Introduction to My Mind
- Identify the types of things that affect our mind
- Understand the positive and negative effects of our minds
- Know the essential daily activities which contribute to having heathy mind

YOUR JOURNEY >> STARTS HERE

H&W – Health and wellbeing | RSE – Relationship and Sex Education | LITWW – Living in the Wider World