



PSHE AT PLECKGATE

YEAR 10 LEARNING JOURNEY



Summer Preparation

Review of learning



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 an example of when initiative has been used.



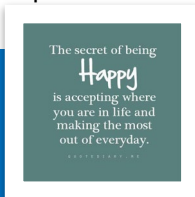
4. Self Belief

- 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



RSE- Intimate and Sexual Relationships/Families/Respectful relationships - Year 10

- Marriage and the Family.



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



1. Motivation

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

Trust your journey

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



LITWW Term 3

RSE- Intimate and Sexual Relationships- Year 10 Biology

- Hormonal Co-ordination

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



SLD 1 RSE

1. Brook
2. Brook
3. Making sense of relationships
4. Consent
5. Pornography

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

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



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

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 healthy mind

YOUR JOURNEY STARTS HERE