

YEAR 10 PSHCE SCHEME OF WORK 2025-26

TOPIC	OBJECTIVES/KEY QUESTIONS/ACTIVITIES
Transition to KS4 and Emotional Wellbeing	Introduction to PSHCE curriculum; expectations and ground rules; Support and Well-Being at HBS; PSHCE handbook Identify what is meant by emotional wellbeing and ways to promote own wellbeing
Positive Mindset	Explore strategies for managing stress Understanding impact and value of kindness to others and ourselves Developing a personal map to set targets for the Key Stage
Parliament and Democracy	Understand the broader concept of democracy Explore democracy in the UK: function and structure of key institutions Understand the UK's current voting system and structure of constituencies Understand the key features of alternative voting systems and the pros and cons of each
Parliamentary Debate	Opportunity for debate on current political issues in the UK Understanding of the different UK political parties and their views in relation to key issues
Racial and religious discrimination – Stand Up Education (external trainers)	Explore racism and discrimination and concept of protected characteristics Identify anti-semitism and anti-Muslim hate Understand impact of hate crimes Reporting and dealing with incidents of anti-semitism and anti-Muslim hate
Human Rights	Understand the history of modern human rights and how they are enforced in UK and internationally Understand ways in which human rights are limited and often balanced against each other
Human Rights: Fair Trial and Freedom of Speech	Understand the components of the 'right to a fair trial' and how they contribute to fairness in the legal system Explore balance between the freedom of expression and protection from harmful words

YEAR 10 PSHCE SCHEME OF WORK 2025-26

Discrimination: Hemisphere training	Racial literacy training – programme from Hemisphere
Jury Trials and Criminal Justice System	Further exploration of features of UK criminal justice system
Mental Health: healthy coping strategies and accessing help	Explore how negative thinking patterns can impact on our response to disappointments Develop strategies to build resilience by reframing negative thinking Investigate other healthy coping strategies
Careers discussion: thinking ahead	Understand the benefits of thinking about future career paths and impact of A level choices on future career decisions Know the key phases of decision-making that impact on careers and the assistance the school offers Understand the breadth of opportunities available
Healthy and Unhealthy Relationships	Understand components of a healthy and unhealthy relationships Understand how to access support when needed
Consent and communication	Consider reasons why people have sexual activity and explore risks and concerns Understand how the law applies to sexual activity Understand what does/not constitute consent and legal consequences of sex without consent
Being online	Explore ways to stay safe online Consider in particular what constitutes online sexual harassment and issues relating to consent online
Safe sex: preventing STIs and unplanned pregnancy	Understand what an STI is, the main symptoms and how it can be treated Increase knowledge of different methods of protecting against STIs Understand different methods of contraception to protect against unplanned pregnancy Increase knowledge of how to access help and advice re sexual health
Fertility and parenting	Understand issues around pregnancy including miscarriage and fertility

YEAR 10 PSHCE SCHEME OF WORK 2025-26

	<p>Understand the nature of parenthood and characteristics of effective parenting</p> <p>Consider the characteristics and understand the legal status of different types of long-term relationships including marriage</p>
<p>Money: finances for the future, financial risk and security</p>	<p>Identify strategies for saving and planning for the future</p> <p>Understand borrowing and different debt strategies</p> <p>Recognise different types of financial fraud and identity theft and understand how to reduce the risks they pose</p> <p>Practical exercise to develop skills of budgeting and planning</p>
<p>Managing risk: Drugs and alcohol</p>	<p>Recognise what is required (knowledge and skills) to identify and manage risk</p> <p>Identify and communicate information about the effects and risk of individual commonly used drugs</p> <p>Know drug classifications and the legal consequences of possession and supply of drugs</p> <p>Understand the school's policy on drugs</p> <p>Identify the role of peer pressure in decision making and develop and employ strategies to overcome peer pressure</p> <p>Understand the risks and impact of substance misuse</p> <p>Consider effectiveness of messages regarding substance misuse</p> <p>Understanding the risks associated with a house party and drinking alcohol and related first aid</p>
<p>"Hands on" PSHCE: self-defence and yoga</p>	<p>Putting into practice theory that has been learnt through self-defence and yoga lessons with external trainers</p>