



## P.D. Curriculum Year 10

### What will I learn?

<p><b>Autumn 1</b>  <b>Health and well-being - keeping safe and organised</b>            Transition and study skills            Different types of abusive behaviour and bullying            Illegal drugs and their consequences            Personal and social consequences of knife crime            Substance misuse and what to do in emergency situations (first aid)            Women's safety            Online safety</p>	<p><b>Autumn 2</b>  <b>Living in the wider world</b>            Enhance my budgeting skills so that I can engage to live in the wider world  <b>Careers</b>            Changing job market            Post-16 including sixth form, colleges and apprenticeships            CVs            Education targets            Job stereotypes</p>
<p><b>Spring 1</b>  <b>Building relationships</b>            Committed relationship, civil partnership, cohabitation or marriage. (RSE)  <i>RPE: Marriage ceremony</i>            Parenting and teenagers            Change within relationships e.g separation and loss (RSE)            Gender diversity, being lesbian, gay or bisexual (RSE)            Domestic violence  <i>RPE: Arranged marriages v and forced marriage</i>            Signposting</p>	<p><b>Spring 2</b>  <b>Health and puberty</b>            Communication skills for intimate relationships including consent (RSE)            Pregnancy and choices that there are within pregnancy            Contraception and what constitutes safer sex (RSE)  <i>RPE: Know the variety of attitudes that there are to contraception in different religious traditions</i>            STIs (RSE)            FGM the health risks, challenges and dangers it presents.            Services to access for further support</p>
<p><b>Summer 1</b>  <b>Health and well-being - keeping safe</b>            Self-esteem and confidence            Supporting self and others            Stress, anxiety and depression and how to manage them            Unhealthy coping signs, warnings and triggers  <i>RPE: self-help strategies that some religious traditions may practise such as meditation and yoga</i></p>	<p><b>Summer 2</b>  <b>British values: Valuing self and my place within the Community. Diversity, including prejudice and bullying</b>            Values, rights and responsibilities within British values            Equal opportunities and safety in work experience briefing            Black History.            Hate crime and the Law surrounding it            LGBTQ+ and the History linking to previous relationship work. Rights within relationships  <i>RPE: religious freedom is a Human Right article</i></p>

### How will I receive feedback?

In PD we ask you to measure your starting point through the knowledge, skills and attributes checklist that is found in your PD exercise book. We then ask you, at the end of a unit of work, to record your progress on the student knowledge, skills and attributes check-list in your PD book.

In the PD lessons listening to feedback and making improvements and corrections to your work is really important. In most of your PD lessons your teacher will go through **correct answers** with the class or support you to develop your knowledge, skills and attributes. Your classmates might also **share ideas** with you about how your work could be improved. When this happens you should always make the suggested improvements to your work in **green pen**.

