

Key-Stage 4 Scheme of work for PSHE Year 10

AIMS	SUGGESTED TIME FRAME	SUGGESTED ACTIVITIES	SUGGESTED RESOURCES
To be fully prepared for forthcoming work experience placement	Autumn Term- Weeks 1-6		Somerset Schools' Work Experience Website
		To write a personal statement	
		To prepare a CV	
		To contact potential employers	
		To write a letter of application	
Initial preparation towards the requirements for public examinations	Autumn Term-Weeks 7-12		
		Time management-prioritising own workload/leisure time	Worksheet to complete
		Stress and Examinations	Worksheet...Don't stress me out!
			Information sheet....Exam Stress
			Questionnaire..how well can I cope with stress
			Information sheet
			A to Z of revision tips

What constitutes a healthy lifestyle?	Spring Term-Weeks 1-4		
		Eating disorders	Video and case studies
			Information sheets on food groups
			Video...Body Image
			Sheets...Why Eat? Food and feelings
			BHF Food for Thought
		Quit smoking	Nature of smoking factsheet
			Benefits of Quitting
Work of Parliament; the Government and the work of the courts	Spring Term –Weeks 5-9		
		Visit to Magistrate Court	
		Government spending	Tax advice
			Money sheet
			Balancing the Budget

Health risks of alcohol, and drug use.	Summer Term-Weeks 1-4		
		Role play of real life situations	The Big Drug Education activites pack
		Making informed choices and decisions	
		Discussion based activity, teacher led	
			Rohypnol-fact sheets Video

Relationships and sexuality	Summer term-Weeks 5-8		
		Discussion of moral values and beliefs	
		Marriage	Worksheets, growing love in marriage and dealing with conflict
		Sexual Health-STIs	Speaker from outside agency included

Financial matters	Summer Term- Weeks 9-12		
		Consumers	Worksheets: Knowing you rights; Buying and Selling; The hard sell
		Personal financial services	Fact sheet-Dos and Don'ts