

Year 10 PSCH Lessons

As part of the PSCH curriculum students are taught about a variety of personal, social, cultural and health related modules, as part of this they will consider health and wellbeing, relationships, fundamental British values and careers.

Half term 1- Work experience

Lesson 1- Work experience (Key objective: To understand what it is like in a workplace)
Lesson 2- Behaviour and skills in the work place (Key objective: To understand the appropriate behaviour required for work experience and to reflect on the different skills required for different workplaces)
Lesson 3- Choosing a work placement (Key objective: To choose a suitable workplace for work experience)
Lesson 4- Choosing a work placement (Key objective: To choose a suitable workplace for work experience using the 'Safety Measures' website)
Lesson 5- Writing a letter of application (Key objective: To know how to write a letter of application)
Lesson 6- Writing a letter of application (Key objective: To know how to write a letter of application)
Lesson 7- Contacting the company (Key objective: To gain confidence about contacting your chosen company)

Half term 2- Financial capability

Lesson 1- Enterprise (Key objective: Understand and demonstrate a range of enterprise skills, attitudes and qualities)
Lesson 2- Managing money (Key objective: To understand what a budget is and the basic steps you can take to create one are)
Lesson 3- Financial risk and reward (Key objective: To understand the nature of risk vs. reward in financial products)
Lesson 4- Saving (Key objective: To understand the importance of saving and how to maximise returns from savings accounts)
Lesson 5- Borrowing (Key objective: To understand the difference between good and bad debt)
Lesson 6- Review
Lesson 7- Assessment

Half term 3- Relationships

Lesson 1- Exploitation (Key objective: To understand the signs of exploitation in a relationship)
Lesson 2- Sex and media (Key objective: To understand the disconnect between how sex is

portrayed in the media and real life)
Lesson 3- Contraception (Key objective: To understand the importance of contraception)
Lesson 4- STI's and sexual health (Key objective: To understand the main STI's and their effects)
Lesson 5- Teen pregnancy (Key objective: To understand the impact teen pregnancy can have on your life)
Lesson 6- Assessment

Half term 4- First aid

Lesson 1- An introduction to First Aid (Key objective: Explore an introduction to First Aid)
Lesson 2- Dealing with Shock (Key objective: Explore a variety of medical ways to help those in need)
Lesson 3- Cuts and Bleeding (Key objective: Explore a variety of medical ways to help those in need)
Lesson 4- The Recovery Position (Key objective: Understand and demonstrate the recovery position)
Lesson 5- Choking (Key objective: Explore a variety of medical ways to help those in need)
Lesson 6- CPR (Key objective: Understand and develop skills in basic CPR)
Lesson 7- Assessment

Half term 5- Healthy living

Lesson 1- Healthy eating (Key objective: To understand the positive impact healthy eating can have on your life)
Lesson 2- Exercise (Key objective: To understand the positive impact exercise can have on your life)
Lesson 3- Alcohol awareness (Key objective: To understand the impact alcohol can have on your life)
Lesson 4- Drugs awareness (Key objective: To understand the impact some common drugs can have on your life)
Lesson 5- Smoking (Key objective: To understand the impact smoking can have on your life)
Lesson 6- Assessment

Half term 6- Diversity and Fundamental British Values

Lesson 1- Racism and the law (Key objective: To understand the legal issues surrounding racism)
Lesson 2- Actions and consequences (Key objective: To understand that our actions can have positive and negative consequences)

Lesson 3- Diversity (Key objective: To understand the legal issues surrounding racism)

Lesson 4- Discrimination (Key objective: To reflect on the impact of discrimination)

Lesson 5- Equality (Key objective: To understand the importance of equality and laws that have been introduced in Britain to help tackle discrimination)

Work experience week

Lesson 6- Human rights (Key objective: To understand the importance of human rights and how they help human beings to live and grow)