

The Cowplain School – Personal Development Scheme of Work (Relationships, Sex and Health Education and Careers) Year 10

By the end of this year's work, I will understand how change (e.g. in society and families) and health and equality issues can affect people and relationships. I will understand what contributes to a healthy relationship, about sexual health and social influences (including pornography and social media), and will have considered family and parenting relationships and my goals and career choices for the future.

Area of study – as a result I will:	Lesson	Big Question:	Knowledge, understanding and ability to:	RSE and HE statutory guidance
1. Understand how to be safe in my online and offline relationships	1	How can I stay safe online and off line?	1.1 Describe scenarios in which online activity could lead to risk and harm	Families g Internet safety a & b Online and media e, f & g Mental wellbeing e
			1.2 Assess factors that make behaviour safer or less safe online and offline	
			1.3 Describe the steps I can take to keep myself and others safe online and offline	
2. Understand how equality and inequality can affect relationships	2	What do we in the UK mean by equality?	2.1 Define what equality means in the UK	Respectful relationships c, d, e, f, g & h Being safe a
	3	How can equality be promoted?	2.2 Explain how being treated unequally can affect a person's physical and mental wellbeing	
			2.3 Describe ways that some people campaign for equality	
3. Understand how relationships and being part of a community can support people	4	Would I donate one of my kidneys to somebody else?	3.1 Describe how relationships can support people in achieving their goals	Families a & b Respectful relationships e Mental wellbeing a, b & f Physical health a
	5	Why bother to stay physically healthy?	3.2 Describe a scenario in which blood, organ or stem cell donation may bring benefit to the donor and recipient	
			3.3 Demonstrate how my understanding of physical health can help me plan a successful future	
	6	What is Work Experience and how can I make it successful for me?	Careers: Work Experience	
	7	What career opportunities exist in our local area and wider regions?	Careers: The local job market, apprenticeships	
	8	What are the benefits of higher education?	Careers: College and University: pros and cons	

4. Understand how to take responsibility for my health and for preventing future health problems	9	How can tobacco affect my physical and mental health?	4.1 Explain a range of threats to health and how these can be prevented 4.2 Explain how I could enhance my own physical health	Mental wellbeing c, e & f Physical health a, b & c Healthy eating a Drugs, alcohol and tobacco c, e & f Health and prevention a & c
	10	How can alcohol affect my physical and mental health?		
	11	How can drugs affect my physical and mental health?		
	12	How can people maintain good sexual health?	4.3 Explain how people can maintain good sexual health once they become sexually active	
5. Understand the importance of love, trust and respect in intimate relationships and what can happen when these are missing	13	Is marriage still relevant in the 2020s?	5.1 Compare the benefits and challenges of different types of long-term relationships, including marriage	Intimate relationships a, c, d & e Families a, c, d & e Online and media f Mental wellbeing b
	14	How are relationships and sex portrayed in the media?	5.2 Assess whether all healthy relationships need some kind of love involved in them	
	15	What impact does pornography have on peoples' relationships?	5.3 Explain how the media portrayal of relationships can affect people's expectations of their own relationships	
6. Understand that change can feel positive and negative	16	How are relationships changing in the 2020s?	6.1 Identify changes in society that could affect people's perceptions of relationships	Families b & f Online and media h Changing adolescent body b Respectful relationships a Intimate relationships e & k Mental wellbeing a
	17	Is there any such thing as a "typical" family?	6.2 Reflect on when I have coped positively with change	
			6.3 Explain how changes in families can affect people's relationships in the present and the future	
7. Review what I have learnt this year in Personal Development	18	What have I learnt in Personal Development this year?		