



The Sutton Academy

Knowledge Rich Curriculum Plan

Year 10 PSHCE Curriculum



Year 10:				
Theme	Topic	Intended Knowledge: <i>Students will know that...</i>	Tiered Vocabulary	Prior Knowledge: <i>To know this, students, need to already know that...</i>
Building Healthy Relationships	1-What is PSHE?- Introduction /Expectations/Baseline & How do I improve my self esteem?	<ul style="list-style-type: none"> Students will learn what they will study this year in PSHE Students will understand how PSHE links to the academy's standards and expectations Students will learn strategies to boost their self-esteem and consider 'how to be happy' Students will learn to empathise with others and offer advice to those who may be struggling online Students will learn how to reflect on how life online can be idealised and may not reflect reality 	Self Esteem	<i>Students have covered PSHE in years 7, 8, 9 and primary school.</i>
Bullying and Control	2-How do I ensure I am in a positive romantic or sexual relationship? (Impact of pornography)	<ul style="list-style-type: none"> Students will learn what respectful relationships involve To learn how to recognise both positive and negative characteristics of relationships Students will learn about the abusive relationships and how to seek help 	Abusive Coercive	<i>Ensuring Your Relationship is Positive-Year 9 Consent: Avoiding Assumptions-Year 9 Relationships and the Media-Year 9</i>
Building Equality in Relationships: misogyny	3-How can I ensure I am safe on the streets?	<ul style="list-style-type: none"> Students will learn about street safety and its impact on women and girls statistically Students will learn the facts and statistics surrounding violence perpetrated by men Students will learn specifically about Sarah Everard and other high-profile cases 	Curfew Street Violence	<i>Ensuring Your Relationship is Positive-Year 9</i>
The Human Body	4-What do I know about fertility and different routes to parenthood?	<ul style="list-style-type: none"> To learn what fertility means and how it can be affected both positively and negatively. To learn about what can affect a healthy pregnancy. To understand that there are a range of routes to parenthood. 	Parenting Fertility	<i>Previous lessons in KS3 on Puberty, Human Genitalia and the Reproductive Systems.</i>
My Relationship With Myself	5-Why is Body Modification becoming so popular; and is it a positive or negative thing?	<ul style="list-style-type: none"> Students will learn what body modification is and know examples of it. Students will understand the legality around body modification. Students will learn about a range of views on body modification. 	Body Modification Regulation	<i>Ensuring Your Relationship is Positive-Year 9 Consent: Avoiding Assumptions-Year 9 Relationships and the Media-Year 9</i>
Consent	6-How can the media affect my understanding of consent?	<ul style="list-style-type: none"> Students will evaluate the impact of pornography on people's understanding and expectations of consent. Students will learn how to challenge inaccurate and dangerous messages perpetuated by pornography, about sexuality, gender, and consent. Students will know the law relating to pornography and sharing explicit images. 	Impact Pornography	<i>Relationships and the Media-Year 9</i>
Looking After Me	7-How do I avoid online financial harms?	<ul style="list-style-type: none"> Students will be able to identify key consumer rights and seller responsibilities online Students will be able to assess the risks of different ways of making or spending money online and explain how to minimise these Students will be able to identify key features of digital assets, including recognising risks 	Consumer Cryptocurrency	

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Bullying and Control	3-Types of Marriage	<ul style="list-style-type: none"> Students will learn about marriage and civil partnership Students will learn about arranged marriage and the positive and negatives of it Students will learn about forced marriage and why it is illegal Students will learn where to find advice and support 	<p>Arranged Marriage</p> <p>Forced Marriage</p>	<i>Aspects of consent and relationships in years 7-9.</i>
The Human Body	4-Fertility and Parenting	<ul style="list-style-type: none"> To learn what fertility means and how it can be affected both positively and negatively. To learn about what can affect a healthy pregnancy. To understand that there are a range of routes to parenthood. 	<p>Parenting</p> <p>Fertility</p>	<p><i>Sexual Health-Year 9</i></p> <p><i>Contraception-Year 9</i></p>
My Relationship With Myself	5-Body Modification	<ul style="list-style-type: none"> Students will learn what body modification is and know examples of it. Students will understand the legality around body modification. Students will learn about a range of views on body modification. 	<p>Body Modification</p> <p>Regulation</p>	<p><i>FGM-My Body, My Rules (ownership of body)-Year 9</i></p> <p><i>Consent: Avoiding Assumptions (ownership of body)-Year 9</i></p>
Consent	6-Consent and Pornography	<ul style="list-style-type: none"> Students will evaluate the impact of pornography on people's understanding and expectations of consent. Students will learn how to challenge inaccurate and dangerous messages perpetuated by pornography, about sexuality, gender, and consent. Students will know the law relating to pornography and sharing explicit images. 	<p>Impact</p> <p>Pornography</p>	<p><i>Consent: Avoiding Assumption-Year 9</i></p> <p><i>Image Based Abuse-Year 9</i></p>
Looking After Me	7-Self Esteem	<ul style="list-style-type: none"> Students will learn strategies to boost their self-esteem and consider 'how to be happy' Students will learn to empathise with others and offer advice to those who may be struggling online Students will learn how to reflect on how life online can be idealised and may not reflect reality 	<p>Self-Esteem</p>	<p><i>Reframing Negative Thinking-Year 9</i></p> <p><i>Strategies to Improve my Mental Wellbeing-Year 9</i></p>
Harmful Behaviours	8-Toxic Behaviour	<ul style="list-style-type: none"> Students will understand toxic masculinity is the pressure on men to have a strong physique, hide their emotions, and act in an aggressively dominant way. Students will understand the impact toxic masculinity has on society Students will understand how they can challenge toxic masculinity and where support can be gained 	<p>Stereotype</p> <p>Toxic Masculinity</p>	<i>Strategies to Improve my Mental Wellbeing-Year 9</i>
Well-Being	9-Vaping	<ul style="list-style-type: none"> Students will explore the consequences of vaping and the influences that might impact young people's behaviour relating to vaping. Students will assess the potential impact of influences and marketing on young people's behaviour related to vaping Students will analyse ways to challenge influences and misconceptions about vaping 	<p>Vape</p> <p>Nicotine</p>	<i>Smoking and Vaping-Year 7</i>
Staying Safe 1	10-Street Safety	<ul style="list-style-type: none"> Students will learn about street safety and its impact on women and girls Students will learn the facts and statistics surrounding violence perpetrated by men Students will learn specifically about Sarah Everard and other high-profile cases 	<p>Domestic Violence</p>	<i>Image Based Abuse-Year 9</i>

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Careers Week	11-Careers	<ul style="list-style-type: none"> Apply our knowledge and understanding to a 'real world' scenario Consider your own skills and abilities and how they apply to careers in public service Learn about careers in public service 		
Understanding Myself	12-Pregnancy, Choices	<ul style="list-style-type: none"> Students will learn about the range of options available in the event of an unplanned pregnancy Students will evaluate the different influences that might affect decisions about pregnancy, including emotions Students will be able to describe where and how to access impartial advice and support in relation to pregnancy 	Adoption Abortion	<i>Sexual Health-Year 9 Contraception-Year 9</i>
Looking After Those Around Me	13-Extremism	<ul style="list-style-type: none"> Students will understand the term extremism and the different type of extremism Students will understand how somebody could become involved in extremism and which groups are more vulnerable to extremism Students will understand how to protect themselves and others from extremism 	Extremism Radicalise	<i>Ensuring Your Relationship is Positive-Year 9 Drugs and Alcohol-County Lines (Themes of control and coercion)</i>
Citizenship	14-Citizenship: How Laws Are Made	<ul style="list-style-type: none"> Students will learn about the process of law making Students will learn about recent changes in the law and proposed changes Students will learn about the people involved in making laws 	Law Petition	<i>Citizenship: Criminal Justice 1 and 2-Year 9</i>
Community Vales	15-Citizenship: Human Rights	<ul style="list-style-type: none"> Students will learn what human rights are and why they are important Students will learn about a history of human rights and how they were decided on Students will learn about how to protect human rights and where to seek support and further information 	Right Inalienable	<i>Citizenship: Criminal Justice-Year 9</i>
Looking After Myself 2	16-Drugs: Ketamine	<ul style="list-style-type: none"> Students will know what Ketamine is and how it is used. Students will understand the effects that Ketamine can have physically and mentally. Students will understand how Ketamine can cause addiction and the results of this. 	Addiction Dissociative	<i>Drugs and Alcohol in the UK Ketamine</i>
Pride Month	17-Pride	<ul style="list-style-type: none"> Students will learn about the process of law making Students will learn about recent changes in the law and proposed changes Students will learn about the people involved in making laws 	Laws	<i>Citizenship: Criminal Justice 1 and 2</i>
Making Positive Choices	18-Careers	<ul style="list-style-type: none"> 		
Staying Safe 2	19-Domestic Violence	<ul style="list-style-type: none"> TBC 		<i>Ensuring Your Relationship is Positive-Year 9</i>

