

PSHE Planning Matrix for 2017/18 Year 10

Half terms	Key Concepts	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	
Autumn term 1	Study Techniques/ Revision/Stress/ Parliament CAR PI D	Time management & balance. Revision techniques & timetable. Individual learning styles.	Revision techniques for different people. Mind maps Exam procedures and regulations.	Dealing with stress and pressure.	What is government? How laws are made. Introduction to politics.	How is parliament made? Law making. Parliament's role in human rights/women's rights.	Black History Month celebrations
Autumn term 2	Body Image PI HL PR	Body image – to challenge images of 'the perfect body'.	Body Image and the Media.	Eating disorders.	Healthy eating – fat content of different foods – a balanced diet.	Personal safety / keeping you and your body safe	Leaflet / poster / campaign on healthy eating / body image
Spring term 1	<i>SRE LGBT History Month</i> PI HL PR RE D	Work Experience – final research	LGBT History Month	SRE - intro and the law	Pregnancy and contraception	STIs	International Women's Day celebrations
Spring term 2	Careers Radicalisation	Different careers	Personal Career choice	British Values	Extremism		Presentation of what is involved in

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	CAR						different jobs
Summer term 1	<i>Teenage Pregnancy</i> <i>PI</i> <i>HL</i> <i>PR</i> <i>RE</i> <i>D</i>	How did that happen?	Money, Social Life	Bringing up a baby	Interview with teenage Mum		
Summer term 2	<i>Work Experience Prep</i> <i>CAR</i>	Writing up your CV and letters of application	First Impressions and Interview Skills	Health and Safety	Personal Career Choice	Equality of Opportunity	

Key to key concepts:

Personal Wellbeing:

Personal Identities	PI
Healthy Lifestyles	HL
Risk	PR
Relationships	RE
Diversity	D

Economic Wellbeing:

Career	CAR
Capability	CAP
Risk	ER
Economic Understanding	EU