

Oasis Academy Lister Park Personal Development Curriculum: Year 10

In Year 10, the Personal Development focuses on love and relationships, employable me and mental wealth, supporting students' movement into young adulthood. Mental wealth is a unit of focus moving into KS4 where GCSEs can be a source of anxiety and stress. These themes are explored through pastoral conversations, assemblies and parents' evenings. Employable me units encourage students to research further and higher education, making connections to the next phase of education.

YEAR 10	Autumn 1	Autumn 2	Spring 1	Autumn 2	Spring 1	Summer 1
Title	Love and Relationships I	Love and Relationships II	Self-Care (mental Health)	Employable Me I	Employable Me II	Citizenship
	<ul style="list-style-type: none"> Describe the qualities that make a healthy relationship as well as rights and responsibilities in a relationship Identify coercive and qualities in an abusive relationship and where support can be sought describe what FGM, honour violence, forced marriage, harassment, up skirting and grooming are, the law and illegalities of these actions and where to find support Describe different forms of abuse in relationships 	<ul style="list-style-type: none"> Different perspectives on the right time to take part in sex including abstinence until marriage and the right relationship Consent relating to romantic relationships, how someone ascertains whether consent has been provided Identify and describe contraception for men and women, including information about local services 	<ul style="list-style-type: none"> What mindfulness is, where to seek support Explain how the internet can be beneficial and also negatively impact mental wealth Mental wealth and body image impacted by poor mental health and vice versa Impact of drugs from prescription to Class As and the impact these can have on mental health including drugs that seek to control poor mental health Sadness as a legitimate feeling 	<ul style="list-style-type: none"> The nature of portfolio work and how careers change Post-16/18 pathways and how these fit with career plans Differences between school, college and university Different types of university Factors to consider for university choices e.g. finance, distance, types of courses Local and national trends in the labour market and impact on qualifications and careers 	<ul style="list-style-type: none"> Independently write a personal statement and CV that can be adapted over time Describe behaviours and qualities that support in preparing and taking part in an interview. How jobs can be found including using online forums, university and college careers guidance 	<ul style="list-style-type: none"> Describe how the government works. Describe what the devolved governments are and how they can make decisions separate for the UK government The role of the local and regional governance Identify areas of life affected by politics and how to make an informed decision History of voting and how being informed about political parties and policies can inform voting behaviour