

Year 10 Curriculum Map PSHE				
PSHE Vision	PSHE develops confident, compassionate and responsible young people who are prepared for life in modern Britain. Through learning about health and wellbeing, relationships, and life in the wider world, students build the knowledge, character and skills needed to make informed decisions, respect others and thrive in education, employment and adult life. Rooted in our Church of England ethos, we promote integrity, inclusion and the intrinsic value of every individual.			
End Points	Recall - To identify, define and accurately use key PSHE knowledge, vocabulary and concepts. - To recall accurate information about health, relationships, rights, responsibilities and life in modern Britain. Explain - To explain how personal choices, relationships, social influences and wider societal issues can affect wellbeing, opportunities and future outcomes. - To provide informed explanations when discussing personal, social, ethical, legal and safeguarding issues. Apply - To apply PSHE knowledge and skills confidently to situations that require increasing independence, responsibility and resilience. - To demonstrate effective communication, critical thinking and decision-making when managing relationships, health, employment and future pathways. Evaluate - To evaluate the influence of individuals, media, technology and society on attitudes, behaviours and life choices. - To justify opinions using evidence, reasoning, personal reflection and consideration of different perspectives. - To assess risks, consequences and responsibilities when making decisions in personal, social, legal, digital and workplace contexts.			
Key concepts and domains of knowledge in PSHE	Domains of Knowledge Personal Development (identity, resilience, wellbeing and managing change) Health and Safety (physical health, mental health, sexual health, risk and personal safety) Relationships (communication, respect, consent, equality and healthy intimate relationships) Citizenship and Community (rights, responsibilities, diversity, inclusion and social responsibility) Careers and Future Pathways (employability, workplace wellbeing, future planning and economic awareness) Digital Citizenship (online safety, media literacy, digital identity and responsible technology use)	Key Concepts (content) <table><tr><td> - Identity - Respect - Responsibility - Safety - Resilience - Wellbeing - Relationships </td><td> - Equality - Community - Aspirations - Decision Making - Digital Citizenship - Mental Wellbeing - Emotional Literacy </td></tr></table>	- Identity - Respect - Responsibility - Safety - Resilience - Wellbeing - Relationships	- Equality - Community - Aspirations - Decision Making - Digital Citizenship - Mental Wellbeing - Emotional Literacy
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Term	Autumn Term	Spring Term	Summer Term
Topics	Health and Wellbeing	Relationships	Living in the wider World
Key concept in each topic	- Wellbeing - Safety - Responsibility - Resilience	- Respect - Empathy - Communication - Consent	- Identity - Aspirations - Responsibility - Digital Citizenship
Domain of Knowledge in each topic	Knowledge about mental and physical health, sexual health, personal safety and factors that influence wellbeing throughout life.	Knowledge about intimate relationships, sexuality, consent, marriage, civil partnerships and the influence of media on relationships.	Knowledge about employment, workplace expectations, employability skills and future career pathways.

	Understanding of risks relating to alcohol, online misinformation, extremism, misogyny, body image and prejudice. Skills and application for managing change, maintaining wellbeing, challenging harmful narratives and making informed decisions about health and safety.	Understanding of how social pressures, pornography, conflict and identity can affect relationships and wellbeing. Skills and application including communication, conflict resolution, informed decision-making and maintaining respectful and healthy relationships.	Understanding of how wellbeing, technology and personal skills influence success in education, employment and adult life. Skills and application for preparing for employment, reflecting on experiences, developing professional behaviours and making informed decisions about future opportunities.
End point	Students can: - Identify factors that influence physical and mental wellbeing. - Explain the risks associated with alcohol misuse, misinformation, extremism and unsafe health choices. - Describe strategies for managing change, grief and emotional challenges. - Apply knowledge to make safe, informed and responsible decisions about their health and wellbeing.	Students can: - Identify the characteristics of healthy and respectful intimate relationships. - Explain how media, pornography and social influences can shape attitudes and expectations. - Describe the rights and responsibilities associated with marriage and civil partnerships. - Apply strategies for managing conflict and maintaining positive relationships.	Students can: - Identify the skills, qualities and behaviours valued in the workplace. - Explain how technology, including AI, may influence future employment opportunities. - Describe strategies for maintaining wellbeing in the workplace. - Evaluate their work experience and use their reflections to inform future education and career decisions.
Knowledge and understanding	Develop knowledge Students will understand factors that influence physical and mental wellbeing, including grief, loss, sexual health, body image and online influences. Understand the Impact Students will explain how personal choices, social influences and harmful narratives can affect health, wellbeing, relationships and future outcomes. Make Connections Students will apply strategies to maintain positive wellbeing, manage change and adversity, challenge prejudice and misinformation, and make informed decisions about their health and safety.	Develop Knowledge Students will understand the characteristics of healthy intimate relationships, the legal and social significance of marriage and civil partnerships, and the role of communication and consent. Understand the Impact Students will explain how conflict, pornography, social pressures and identity can influence expectations, behaviours and relationship outcomes. Make Connections Students will apply relationship skills in a range of contexts, evaluate influences on relationships, and make informed decisions that promote respect, equality and wellbeing.	Develop Knowledge Students will understand workplace expectations, employability skills and the opportunities and challenges presented by emerging technologies. Understand the Impact Students will explain how workplace wellbeing, technological developments and personal skills can influence career progression and future opportunities. Make Connections Students will evaluate their own strengths and experiences, apply employability skills in professional contexts and make informed decisions about future pathways.
Assessment	PSHE is assessed formatively throughout the curriculum to evaluate students' developing knowledge, understanding and application of learning. As the subject focuses on personal development, decision-making and preparation for life, assessment is used to inform teaching rather than assign summative grades. Through retrieval practice, questioning, discussion, reflection and self-evaluation, teachers identify students' understanding, address misconceptions and support progression towards the curriculum end points. This approach reflects the principles of statutory RSHE guidance and enables students to apply their learning confidently in a range of real-life contexts, preparing them to become well-rounded, responsible and resilient individuals who are ready to thrive beyond school. Formative assessment takes place through a range of activities including retrieval quizzes; targeted questioning; discussions and reflection activities and exit tickets.		