



# PD curriculum overview KS4

# Wellbeing curriculum overview – Year 10 (KS4)

| Topic                  | EHWB  | PHWB   | Relationships   | Careers & Future  | Economic WB<br>Financial capability  | Diversity   |
|------------------------|---|--|---|---|--|---|
| Length of topic        | 12 sessions   |  | 6 sessions  | 8 sessions  |  | 8 sessions  |
| Links to specification | <p>Core theme 1 H1-14, 17-24<br/>Core Theme 2 R35-38<br/>Core Theme 3 L22-29</p> <ul style="list-style-type: none"> <li>the legal system in the UK, different sources of law and how the law helps society deal with complex problems</li> </ul>  |  | <p>Core Theme 1 H23-33<br/>Core Theme 2 R1-32</p> <ul style="list-style-type: none"> <li>the legal system in the UK, different sources of law and how the law helps society deal with complex problems</li> </ul> | <p>Core Theme 1 H25<br/>Core theme 3 L1-21</p> <ul style="list-style-type: none"> <li>income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent.</li> </ul>                                 |  | <p>Core Theme 2 R33-34<br/>Core Theme 3 L22-29</p> <ul style="list-style-type: none"> <li>parliamentary democracy and the key elements of the constitution of the United Kingdom, including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature and judiciary and a free press</li> <li>diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding</li> </ul> |
| Assessment Task(s)     | Social Media ad campaign  |  | Scenario Plan   | Application / Work Experience   |  | Presentation on a theme   |
| Key Knowledge          | <p>What is Wellbeing?</p> <ul style="list-style-type: none"> <li>Worry / Anxiety / Sleep / Self Harm / Depression / Eating Disorders / Body Image</li> <li>Anti-Social Behaviour</li> <li>Smoking (inc Vaping) / Drinking / Drugs</li> <li>Healthy Lifestyles</li> <li>Online Safety / Blackmail</li> </ul> |  | <p>Relationships we have</p> <ul style="list-style-type: none"> <li>Families &amp; Marriage</li> <li>Abusive Relationships / FaceUp</li> <li>RSE / STIs / Contraception</li> </ul>                                | <p>Careers options</p> <ul style="list-style-type: none"> <li>Preparation for Working Life documents</li> <li>Work Experience Prep / Revision Skills / Recall</li> <li>Wages &amp; Tax / Budgeting / Financial risks</li> <li>Gambling Awareness / Debt &amp; exploitation</li> </ul> |  | <p>Diversity Awareness</p> <ul style="list-style-type: none"> <li>Stress / Mindfulness / Revision</li> <li>Activism / Speeches</li> <li>Diversity / Pride understanding</li> <li>Awareness of gender identity</li> <li>Black Lives Matter</li> <li>Mental Health Awareness</li> </ul>   |
| Key Skills             | <p>Self Management<br/>Reflection<br/>Awareness of different issues people have</p>   | <p>Staying Safe<br/>Identifying Risk<br/>Healthy Choices</p> | <p>Empathy<br/>Science<br/>Relationship assessment</p>  | <p>Feelings about Change<br/>Looking Back &amp; Looking Forward<br/>Financial Management</p>  | <p>Awareness of careers<br/>Health &amp; Safety<br/>Self-Confidence<br/>Organisational<br/>ICT</p> | <p>Empathy<br/>S &amp; L (Oracy)</p>  |

# Wellbeing curriculum overview – Year 11 (KS4)

| Topic   | Life Skills  | Rights & Relationships   | Mindfulness   |
|---|--|--|---|
| Length of topic   | 12 sessions  | 6 sessions   | 6 sessions  |
| Links to PSHE PoS and KS4 National Curriculum for Citizenship | Core theme 1 H1-14, 17-18 <ul style="list-style-type: none"> <li>income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent.</li> <li>other systems and forms of government, both democratic and non-democratic, beyond the United Kingdom local, regional and international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world</li> </ul> | Core Theme 1 H19-33<br>Core Theme 2 R1-32, R35-38 <ul style="list-style-type: none"> <li>human rights and international law</li> <li>the legal system in the UK, different sources of law and how the law helps society deal with complex problems</li> <li>the different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond</li> </ul> | Core Theme 1 H2, H5-8<br>Core Theme 3 L22-29 <ul style="list-style-type: none"> <li>diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding</li> <li>the different ways in which a citizen can contribute to the improvement of his or her community, to include the opportunity to participate actively in community volunteering, as well as other forms of responsible activity</li> </ul> |
| Assessment Task(s)  | Diary entry  | Scenario / storyline   | Presentation on a theme   |
| Key Knowledge   | Risk<br>Drinking / Drugs<br>Finances<br>Life in Modern Britain & abroad  | Rights & the Law<br><br>Relationships we have  | Breathing and Sleep<br><br>Emotional Health & Wellbeing (recall)<br><br>Revision Planning and study Skills  |
| Key Skills  | Self Management<br>Reflection<br>Awareness of different issues people have   | Staying Safe<br>Identifying Risk<br>Healthy Choices<br>Empathy   | Empathy<br>S & L (Oracy)  |