



PD curriculum overview KS4

**Enrichment opportunities in red*

NB Schemes of work are flexible and subject to change, based on school / local priorities and need, as well as current affairs and social trends.

Wellbeing curriculum overview – Year 10 (KS4)

Topic	EHWB	PHWB	Relationships	Careers & Future	Economic WB Financial capability	Diversity & Protest
Length of topic	13 sessions		5 sessions	12 sessions		7 sessions
Links to specification (PSHE PoS / NC Citizenship / Jigsaw)	<p>Core theme 1 H1-14, 17-24 Core Theme 2 R35-38 Core Theme 3 L22-29</p> <ul style="list-style-type: none"> the legal system in the UK, different sources of law and how the law helps society deal with complex problems <p>HM (Healthy Me) Being and keeping safe and healthy</p>		<p>Core Theme 1 H23-33 Core Theme 2 R1-32</p> <ul style="list-style-type: none"> the legal system in the UK, different sources of law and how the law helps society deal with complex problems <p>RL (Relationships) Building positive, healthy relationships</p>	<p>Core Theme 1 H25 / Core theme 3 L1-21</p> <ul style="list-style-type: none"> income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent. <p>BM (Being Me in My World) 'Who am I and how do I fit?'</p>	<p>Core Theme 2 R33-34 / Core Theme 3 L22-29</p> <ul style="list-style-type: none"> 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 diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding 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 CD (Celebrating Difference) Respect for similarity and difference. Anti-bullying and being unique 	
Assessment Task(s)	Social Media ad campaign		Scenario Plan	Application / Work Experience		PFWL exam questions
Key Knowledge	<p>What is Wellbeing?</p> <ul style="list-style-type: none"> Worry / Anxiety / Sleep / Self Harm / Depression / Eating Disorders / Body Image Anti-Social Behaviour Smoking (inc Vaping) / Drinking / Drugs & The Law Healthy Lifestyles Online Safety / Blackmail 		<p>Relationships we have</p> <ul style="list-style-type: none"> Families & Marriage Abusive Relationships / FaceUp RSE / STIs / Contraception What we Say and How We Say It (BullyBusters) 	<p>Careers & Money Management</p> <ul style="list-style-type: none"> Preparation for Working Life documents Work Experience Prep / Review Wages & Tax / Budgeting / Financial risks Gambling Awareness / Debt & exploitation Saving & Borrowing 		<p>Diversity Awareness</p> <ul style="list-style-type: none"> Activism / Speeches Diversity / Pride understanding Awareness of gender identity Protest Black Lives Matter / Climate Change / other reasons for protest Mental Health Awareness Stress / Mindfulness / Revision leading up to mock exams
Key Skills	Self Management Reflection Awareness of different issues people have	Staying Safe Identifying Risk Healthy Choices	Empathy Science Relationship assessment	Feelings about Change Looking Back & Looking Forward Financial Management	Awareness of careers Health & Safety Self-Confidence Organisational ICT	Empathy S & L (Oracy)

Wellbeing curriculum overview – Year 11 (KS4)

Topic	Life Skills	Rights, Relationships & The Future	Mindfulness
Length of topic	13 sessions	5 sessions	5 sessions
Links to PSHE PoS and KS4 National Curriculum for Citizenship Jigsaw	Core theme 1 H1-14, 17-18 <ul style="list-style-type: none"> income and expenditure, credit and debt, insurance, savings and pensions, financial products and services, and how public money is raised and spent. 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 HM (Healthy Me) Being and keeping safe and healthy	Core Theme 1 H19-33 Core Theme 2 R1-32, R35-38 <ul style="list-style-type: none"> human rights and international law the legal system in the UK, different sources of law and how the law helps society deal with complex problems 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 DG (Dreams and Goals) Aspirations, how to achieve goals and understanding the emotions that go with this	Core Theme 1 H2, H5-8 Core Theme 3 L22-29 <ul style="list-style-type: none"> diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding 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
Assessment Task(s)	1. Design a social media ad campaign about one of the topics we have looked at 2. PFWL Exam questions	Scenario / storyline	Presentation on a theme
Key Knowledge	Risk / safety Drinking / Drugs recall County Lines Crime & Punishment SSPO Role / careers Money Management / Finances Revision Planning and Study Skills	Rights & the Law Relationships we have - recall Parenthood choices Careers and ideas about the Future Local & General Elections	Life in Modern Britain & abroad Breathing and Sleep / Emotional Health & Wellbeing (recall)
Key Skills	Staying Safe Identifying Risk Healthy Choices Empathy	Self Management Reflection Awareness of different issues people have	Empathy S & L (Oracy)