

National curriculum or specification coverage

The Year 10 PSHCE curriculum prepares students for Key Stage 4 and the transition into post-16 education, employment and adulthood, meeting the statutory requirements of the Department for Education's Relationships, Sex and Health Education (RSHE) guidance and reflecting the PSHE Association Programme of Study (2026–27). The curriculum is organised around the core themes of Health and Wellbeing, Relationships, and Living in the Wider World, with an increased emphasis on informed decision-making, safeguarding, independence and preparation for adult life. Students develop their understanding of healthy and respectful relationships, consent, sexual health, mental wellbeing, substance misuse, financial capability, equality and careers education. Through discussion, reflection, research and practical application, students build the knowledge, confidence and resilience needed to manage risk, access appropriate support and make informed choices about their future. Careers education is delivered through Unifrog and supports the Gatsby Benchmarks, while financial education develops the skills required to manage money responsibly as students prepare for employment and further education.

Date	Exams/ Assessments	Learning Intentions	Core Task/Assessments
31/08/26		Sexual Bullying and Consent - To recognise sexual bullying behaviours and understand the importance of consent in all relationships	Core Task 1 – Healthy Relationships Case Study (Written) Topics: Sexual Bullying and Consent, Negotiation Skills and Sexual Pressure, Accessing Sexual Health Services Students analyse a series of relationship scenarios, identifying examples of healthy and unhealthy behaviours, consent, coercion and appropriate sources of support. Assessment Focus: Safeguarding, decision-making, written reasoning. Core Task 2 – Careers Pathway Presentation (Oracy) Topics: Careers – Unifrog
07/09/26			
14/09/26		Careers – Unifrog (Computers) - To use Unifrog to research post-16 pathways and career opportunities that match personal interests and aspirations.	
21/09/26			
28/09/26		Accessing Sexual Health Services - To understand how to access confidential sexual health services and make informed choices about sexual wellbeing.	
05/10/26			
12/10/26		Negotiation Skills and Sexual Pressure - To develop assertive communication skills to manage pressure and maintain healthy boundaries in relationships.	
19/10/26			

			Students research a post-16 pathway using Unifrog and deliver a presentation explaining entry requirements, future opportunities and why it suits their interests and skills. Assessment Focus: Careers education, presentation skills, aspiration.
26/10/26	HALF TERM		
02/11/26		Teenage Pregnancy - To understand the emotional, social and financial impacts of teenage pregnancy and the choices available.	Core Task 1 – Independent Living Budget Challenge (Practical/Written) Topics: Learn to Earn: Money Matters 1 & 2 Students create a monthly budget based on a fictional salary, accounting for tax, bills, savings and leisure spending, before reflecting on financial priorities. Assessment Focus: Financial capability, numeracy, decision-making. Core Task 2 – Discussion: How Do Media Influence Relationships? (Oracy) Topics: Teenage Pregnancy, Harmful Effects of Porn Students participate in a structured discussion evaluating how media and online content can influence attitudes towards relationships, sex and personal responsibility. Assessment Focus: Critical thinking, respectful discussion, evaluation.
09/11/26			
16/11/26	Y10	Learn to Earn: Money Matters 1 - To understand key financial concepts including income, taxation and payslips.	
23/11/26	Y10		
30/11/26		Learn to Earn: Money Matters 2 - To develop budgeting and money management skills for independent living.	
07/12/26			
14/12/26		Harmful Effects of Porn - To understand how pornography can influence attitudes, relationships and expectations, and recognise its potential harms.	

Year 10 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

21/12/26	CHRISTMAS HOLIDAY		
28/12/26			
04/01/27			
11/01/27		Revenge Porn - To understand the legal, emotional and social consequences of sharing intimate images without consent.	
18/01/27			
25/01/27		Legal and Illegal Drug Use - To understand the risks, laws and consequences associated with legal and illegal drugs.	
01/02/27			
08/02/27		Mental Health – Stress and Anxiety - To recognise the causes and signs of stress and anxiety and identify positive coping strategies.	
15/02/27	HALF TERM		
22/02/27			
01/03/27		Mental Health – Stress and Anxiety - To develop resilience and explore strategies for maintaining positive mental wellbeing during times of stress.	
08/03/27			
15/03/27		Sexual Health – Effects of Drugs and Alcohol - To understand how drugs and alcohol can affect consent, decision-making and sexual health.	
22/03/27			Core Task 1 – Mental Wellbeing Action Plan (Written) Topics: Mental Health – Stress and Anxiety Students produce a personalised wellbeing toolkit identifying stress triggers, coping strategies, protective factors and support networks. Assessment Focus: Reflection, resilience, application of learning. Core Task 2 – Public Health Campaign (Creative) Topics: Legal and Illegal Drug Use, Sexual Health – Effects of Drugs and Alcohol Students design an awareness campaign highlighting how substance misuse can affect health, decision-making and relationships. Assessment Focus: Health education, communication, safeguarding.

Year 10 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

29/03/27	SPRING BREAK		Core Task 1 – Equality in Society Presentation (Oracy) Topics: Sexism, LGBTQ+, Relationship Types Students work in small groups to investigate how equality, diversity and inclusion contribute to respectful communities and healthy relationships before presenting their findings. Assessment Focus: Oracy, research, equality and diversity. Core Task 2 – Post-16 Action Plan (Written) Topics: Careers – Unifrog Students create a personalised action plan outlining their intended post-16 pathway, including qualifications, key milestones and next steps. Assessment Focus: Careers planning, reflection, aspiration.
05/04/27			
12/04/27		Sexism - To recognise sexism in society and challenge gender stereotypes and discrimination.	
19/04/27	Y10		
26/04/27	Y10	LGBTQ+ - To understand LGBTQ+ identities and promote inclusion, equality and respect.	
03/05/27			
10/05/27		Relationship Types - To understand the diversity of relationships and recognise the characteristics of healthy, respectful partnerships.	
17/05/27			
24/05/27		Careers – Unifrog (Computers) - To explore post-16 education, apprenticeships and career pathways using Unifrog.	
31/05/27	HALF TERM		
07/06/27			Core Task 1 – Risk and Decision-Making Investigation (Written) Topics: Gambling, Teenage Cancer Students investigate one health-related risk affecting young people and produce an information leaflet explaining prevention, early support and responsible decision-making. Assessment Focus: Research, health literacy, communication.
14/06/27		Teenage Cancer - To understand the signs of teenage cancers, the importance of early diagnosis and where to access support.	
21/06/27			
28/06/27		Gambling - To understand the risks associated with gambling and develop strategies for making responsible financial decisions.	
05/07/27			
12/07/27			

Year 10 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

			Core Task 2 – End of Key Stage Reflection (Oracy/Written) Students reflect on the knowledge, skills and personal development gained throughout their PSHCE education, identifying how these will support them in Key Stage 5 and adult life.
--	--	--	---