Year 10 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

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			

Year 10 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

			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 28/12/26	CHRISTMAS HOLIDAY		
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			**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.
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			

Year 10 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

29/03/27 05/04/27	SPRING BREAK		
12/04/27		**Sexism** - To recognise sexism in society and challenge gender stereotypes and discrimination.	**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.
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.

HELSBY High School

Achieving Success Valuing Others

Year 10 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

HELSBY High School

Achieving Success Valuing Others

Year 10 PSHCE – British Values Mapping

British values: Democracy; Rule of Law; Individual Liberty; Mutual Respect; Tolerance of Different Faiths and Beliefs.

Date	Lesson	British Value(s)	How it is met
31/08/26	Sexual Bullying and Consent	Individual Liberty; Mutual Respect	Respect personal boundaries and recognise everyone's right to make choices free from pressure.
14/09/26	Careers – Unifrog (Computers)	Individual Liberty	Explore post-16 options and make informed choices about future pathways.
28/09/26	Accessing Sexual Health Services	Individual Liberty; Rule of Law	Know your rights and access appropriate services while making informed health choices.
12/10/26	Negotiation Skills and Sexual Pressure	Individual Liberty; Mutual Respect	Use assertive communication to protect personal boundaries and respect others' choices.
02/11/26	Teenage Pregnancy	Individual Liberty; Mutual Respect	Consider choices and responsibilities while respecting different circumstances and decisions.
16/11/26	Learn to Earn: Money Matters 1	Rule of Law; Individual Liberty	Understand taxation and payslips and make informed choices about income.
30/11/26	Learn to Earn: Money Matters 2	Individual Liberty	Plan and manage money responsibly for independent living.
14/12/26	Harmful Effects of Porn	Individual Liberty; Mutual Respect	Critically consider online influences and promote respectful attitudes and choices.
11/01/27	Revenge Porn	Rule of Law; Individual Liberty	Understand legal consequences and the importance of consent and privacy.
25/01/27	Legal and Illegal Drug Use	Rule of Law; Individual Liberty	Understand laws and consequences and make safe, informed choices.
08/02/27	Mental Health – Stress and Anxiety	Individual Liberty; Mutual Respect	Develop healthy coping strategies and recognise the importance of supporting others.
01/03/27	Mental Health – Stress and Anxiety	Individual Liberty	Build resilience and make positive choices for personal wellbeing.
15/03/27	Sexual Health – Effects of Drugs and Alcohol	Individual Liberty; Mutual Respect	Make informed choices and recognise the impact of substances on consent and relationships.
12/04/27	Sexism	Mutual Respect; Democracy; Individual Liberty	Challenge discrimination and promote equality, participation and respect for all.

Year 10 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

26/04/27	LGBTQ+	Mutual Respect; Tolerance of Different Faiths and Beliefs	Respect diverse identities and promote inclusion and equality.
10/05/27	Relationship Types	Mutual Respect; Tolerance of Different Faiths and Beliefs	Respect diverse relationships and recognise the importance of healthy, respectful partnerships.
24/05/27	Careers – Unifrog (Computers)	Individual Liberty	Explore post-16 routes and make informed choices about future opportunities.
14/06/27	Teenage Cancer	Individual Liberty; Mutual Respect	Make informed health choices and respond to others with empathy and support.
28/06/27	Gambling	Rule of Law; Individual Liberty	Understand risks, legal considerations and make responsible financial decisions.