

Curriculum Map

Subject: RSHE

Year Group: 10

Time Period	Autumn Term	Spring Term	Summer Term
RSHE Life Skills Content (Tutor Time)	<p style="text-align: center;"><u>Digital Literacy</u></p> <ul style="list-style-type: none"> • What is a CV and why is it used? What is a personal statement and how do I write one. What makes a good CV in 3 steps • How do I distribute my CV and sending appropriate emails • The dos and donts of interviewing • Preparing for an interview <p style="text-align: center;"><u>Our Community- Debate</u></p> <ul style="list-style-type: none"> • Students work together to prepare for a debate surrounding Citizenship and their community • Debates take place in lesson, and are prepared over 3 lessons with teacher introduction and support 	<p style="text-align: center;"><u>Meaningful Revision</u></p> <ul style="list-style-type: none"> • What is meant by meaningful revision? • Pomodoro method • Revision timetables WAGOLL • Creating a revision timetable • How do I stick to a revision timetable? How to avoid distractions getting in the way of revision <p style="text-align: center;"><u>Sexual relationships and sex for pleasure</u></p> <ul style="list-style-type: none"> • The creation of this SOW is ongoing as resources are reviewed 	<p style="text-align: center;"><u>Taking care of myself</u></p> <ul style="list-style-type: none"> • Drugs and alcohol- what exactly are the risks? (health and the law) • Sleep—knowing the sleep-wake cycle • Sleep—dealing with irregular sleep cycles • Sleep—what is your sleep hygiene? <p style="text-align: center;"><u>Culture at Stanborough and Beyond</u></p> <ul style="list-style-type: none"> • BAME at Stanborough and CultureFest • BAME and the government • BAME and education • BAME And literature • BAME voices throughout the ages • The big BAME discussion <p>Working with student and teacher BAME ambassadors</p>
RSHE Content covered in curriculum subjects	<p style="text-align: center;"><u>Culture, Society & Ethics (CSE)</u></p> <p>Family Life and Personal Growth and Relationships Students investigate different types of family structures and the different roles within those families and then how they grow up and establish relationships.</p> <p><u>Science</u> Non-communicable diseases – vaccinations, cancer, risk factors including smoking and alcohol</p>	<p style="text-align: center;"><u>Science</u></p> <p>The menstrual cycle, infertility treatment and contraception</p>	<p style="text-align: center;"><u>Culture, Society & Ethics (CSE)</u></p> <p>Sex Education Students investigate key themes within the RSE curriculum (sexting, pornography, STIs, teen Pregnancy, consent & rape)</p>

————— **Grow and Succeed** —————

High Expectations | Mutual Respect | Quality Learning | Success for All