

AUTUMN TERM YEAR 10**Core Theme 1
Health and Wellbeing**

LOOL LESSONS	Understanding the importance of contraception – where to source it and the different types Healthy living – how to take increased responsibility for maintaining and monitoring own health Understanding and dealing with mood swings Reflection – how was KS3? – What positive changes can I make to ensure a successful KS4?
DEEP LEARNING DAYS	Managing mental health - recognising signs and symptoms, how to cope with these. Who do I go to for advice?
DISCIMUS/ASSEMBLY	Recognise the importance of Internet Safety Understand the dangers Halloween and Bonfire Night and how to keep safe Bullying – how do we deal with this in our colleges Preparing for the world of work
EXTRA-CURRICULAR	Too much Punch for Judy – Theatre – understanding the terms, habits and addictions and wider consequences and risks of legal and illegal substance use
Core Theme 2 Relationships	
LOOL LESSONS	Understanding the concept of consent and the legal consequences Looking at diversity in sexual attraction and developing sexuality
DEEP LEARNING DAYS	Murdered by my boyfriend - PCSO
DISCIMUS/ASSEMBLY	Playing your part in a team
LOOL LESSONS	How to deal with sexual ‘pressure’ Reflection – how safe am I?

Core Theme 3**Living in the wider world; economic wellbeing, careers and the world of work**

LOOL LESSONS	How to develop ‘work skills’ Preparation for interview Understand the changes in responsibility as you enter senior school
DEEP LEARNING DAYS	Exploring careers choices Considering work experience, why we do it, what skills and qualities are required?
DISCIMUS/ASSEMBLY	Past/present/future – recognising what our families did for us and what impact we can have on the future Human Rights – what does this mean to us? How do our rights affect us as we grow up? Whole school Armistice day memorial service – understand why we need to remember

SPRING TERM YEAR 10	
Core Theme 1 Health and Wellbeing	
LOOL LESSONS	Understand the impact of stereotyping
DEEP LEARNING DAYS	Sexual health - STIs – what are the dangers, how can you keep safe and protect myself and others from infection
DISCIMUS / ASSEMBLIES	Practicing safe use of IT Understanding the dangers and consequences of excessive or secret use of mobile devices Courage and innocence – explore what is meant by this
Core Theme 2 Relationships	
LOOL LESSONS	Looking at the differences between friendship groups and gangs
DEEP LEARNING DAYS	Mental health – what are the particular needs of TNHA students? Reflection – how can I maintain healthy mental and emotional health?
EXTRA-CURRICULAR	Healthy Relationships (Murdered by my boyfriend)
DISCIMUS/ASSEMBLIES	Anti-bullying – real life stories Understanding the consequences of bullying by association
Core Theme 3 Living in the wider world; economic wellbeing, careers and the world of work	
LOOL LESSONS	Recognition of the importance of work skills – interview skills – Barclays programme including CV planning and Skills and qualities
DEEP LEARNING DAYS	Preparation for working life Preparing for interview – top tips CV writing
DISCIMUS/ASSEMBLY	Understanding women’s rights Rags to riches/riches to rags – understanding that appearances are not the sole method of judging others Understand the difference between Nationalism and Patriotism British Science week – understand that science doesn’t just happen in our lessons Understand the meaning of ‘radicalisation’ – what does this mean to Norfolk students?
EXTRA-CURRICULAR	Move on up – a programme for disadvantaged students Norfolk Skills and Careers fair Preparation for work experience
COMMUNITY	Swaffham Careers Event Local Breckland council ‘takeover day’

SUMMER TERM YEAR 10	
Core Theme 1 Health and Wellbeing	
LOOL LESSONS	Recognition of the impact of separation, divorce and bereavement
DEEP LEARNING DAYS	Mental health awareness Finance
DISCIMUS/ASSEMBLY	Maintaining a balance between work, leisure and exercise as part of a Healthy lifestyle Recognising the importance of Positive thought and how this affects self -esteem and confidence Knife and drug crime – why not to do it.
Core Theme 2 Relationships	
LOOL LESSONS	Preparing for work experience – how do I act in the wider community How do I deal with ‘working’ relationships
DEEP LEARNING DAYS	SRE- focused on the identified specific needs of the year group
DISCIMUS / ASSEMBLY	Recognise the importance of Positive relationships in colleges and the wider community Understand the difference between healthy and unhealthy relationships for my age group
EXTRA-CURRICULAR	Team work, leadership skills – Royal Marines
Core Theme 3 Living in the wider world; economic wellbeing, careers and the world of work	
LOOL LESSONS	Preparing for work experience Are You Future Ready? WOW World of work
DEEP LEARNING DAYS	Mock interviews - Barclays and local businesses
DISCIMUS/ASSEMBLY	Drugs – understand the difference between legal and illegal drugs Governments and the right to vote Olympics – the value of team work British Values – What makes us British? Maths in the real world – Social and moral dilemmas about the use of money