

Year 10 Personal and Life skills (PSHE)

	Year 10	
Topic - Term 1	Length	Key Objectives
Diversity	The girls are on a 3 week carousel exploring 3 different themes	<ul style="list-style-type: none"> • What is diversity? • Diversity in relation to: <ul style="list-style-type: none"> ○ Gender ○ Race ○ Religion ○ Culture ○ Skills ○ Age • Create a video in which highlights the diversity within Burgess Hill Girls
Finance		<ul style="list-style-type: none"> • Basics of finance • What is banking? • Financial terminology
Healthy Mind, Healthy Body		<ul style="list-style-type: none"> • Benefits of keeping active – physical and mental • Exercises to keep fit • Balanced diet – what does this look like? • Practical sessions of physical activity

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Topic - Term 2	Length	Key Objectives
Pregnancy	The girls are on a 3 week carousel exploring 3 different themes	<ul style="list-style-type: none"> • What is pregnancy? • What are the options if you become pregnant • Right time to have a baby • Contraception • Abortion • Ethical debate over abortion
Finance		<ul style="list-style-type: none"> • Managing your money and banking • How to manage money • Where to seek help • Banks and their products
Personalised Health/Wellbeing		<ul style="list-style-type: none"> • Girls will, with guidance, plan their own individual fitness plan to use in the fitness suit enhancing their physical and mental wellbeing

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Topic - Term 3	Length	Key Objectives
Let's talk about sex	The girls are on a 3 week carousel exploring 3 different themes	<ul style="list-style-type: none"> • What is sex? • When is the right time to have sex? • Talking this through with a partner • Identifying access, help, support about sex • Different influences around having sex – age/religion/culture/gender
Volunteering		<ul style="list-style-type: none"> • The girls will volunteer for 3 weeks at a local charity/care home/school in order to appreciate what being part of a community means and supporting the local
Basic Economics		<ul style="list-style-type: none"> • Managing Financial risk • Planning for expenditure • Understanding • Debt (credit cards etc.) • Consumer goods and services (supply and demand) • Wider impact of purchasing choices



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Additional Information:

In addition to the curriculum above year 10 also have the following outside speakers:

- Elevate Education – “Study Sensei”
- Haven – post and pre-natal support group
- The Schools Consent Project