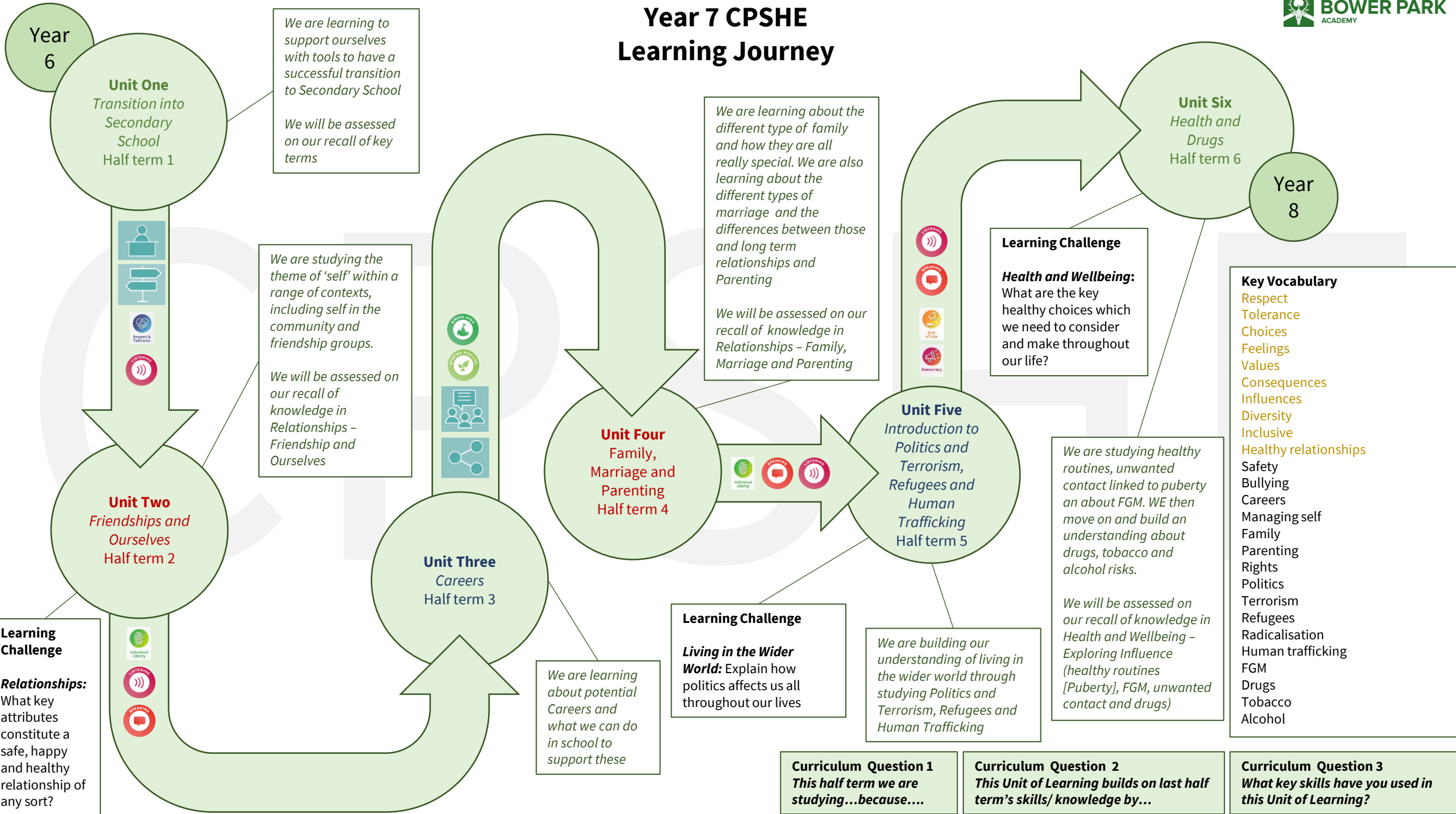
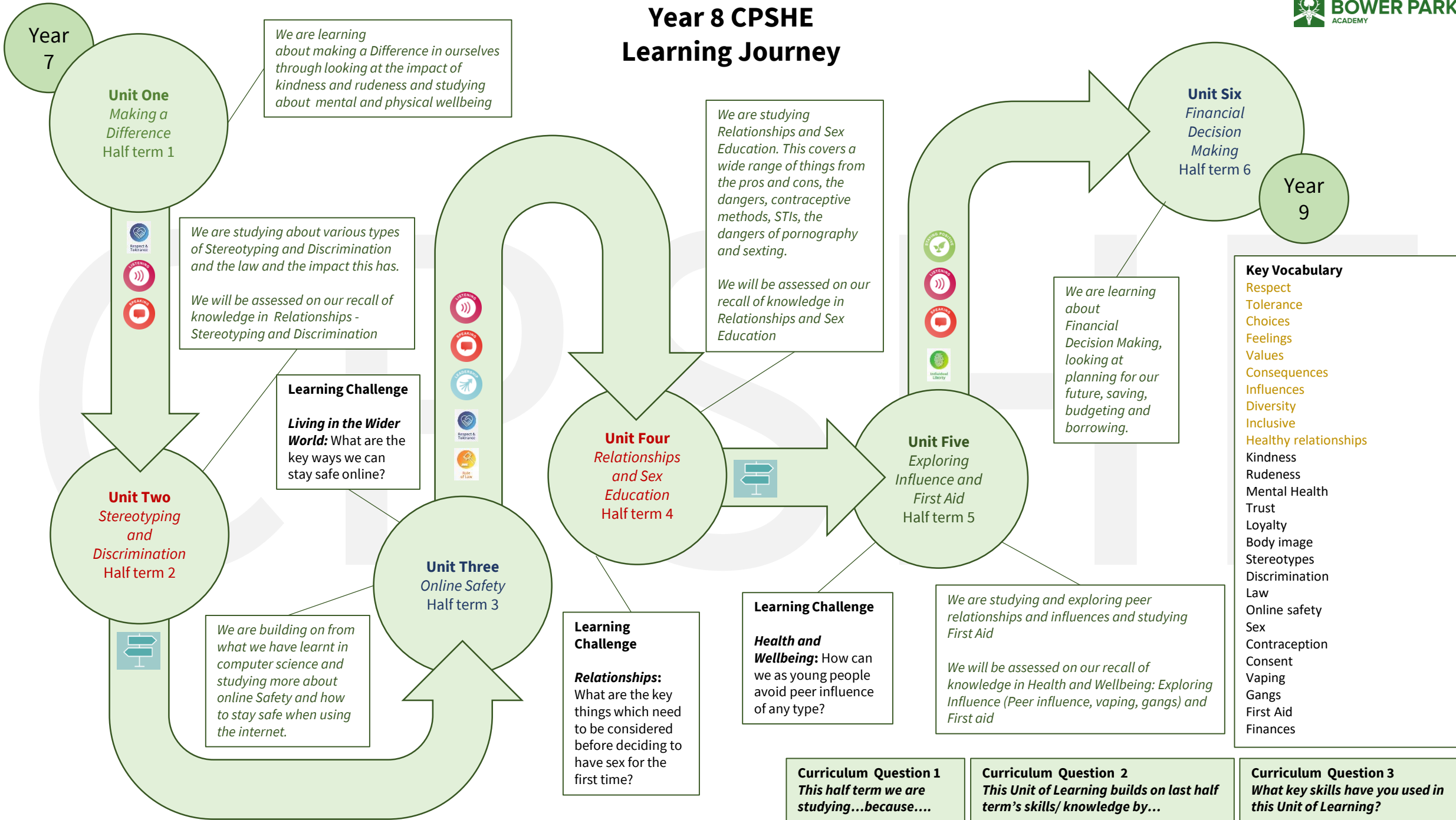


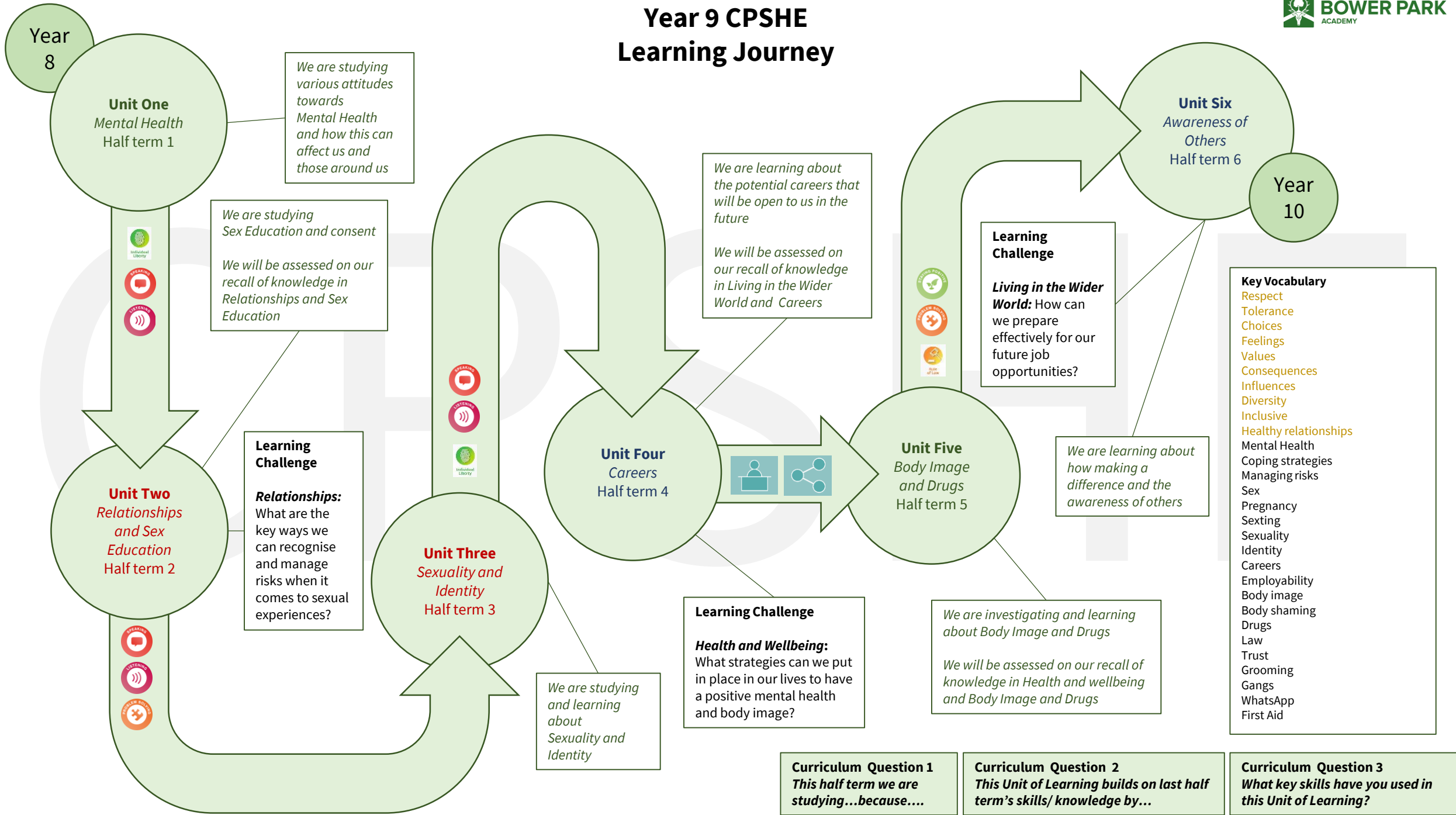
# Year 7 CPSHE Learning Journey



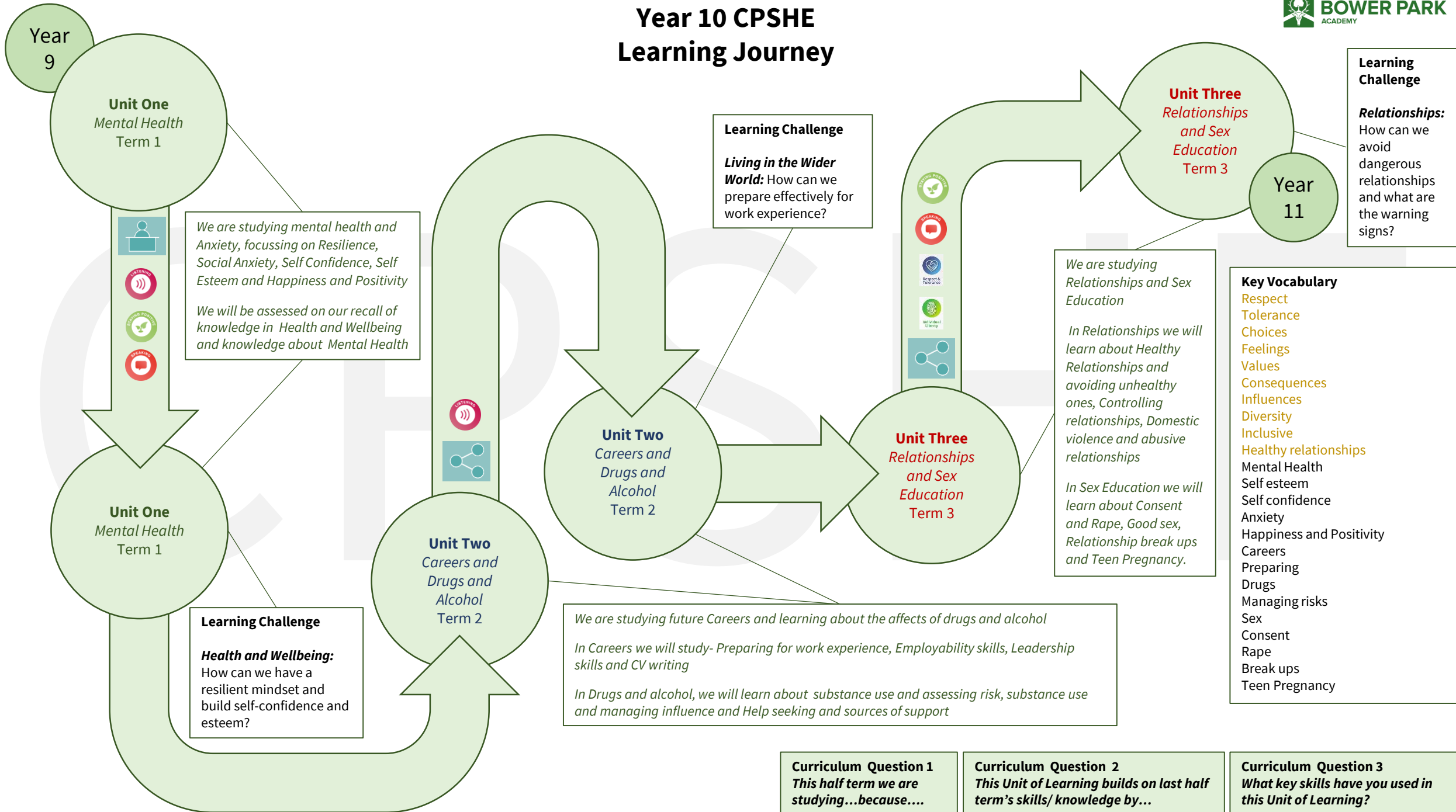
# Year 8 CPSHE Learning Journey



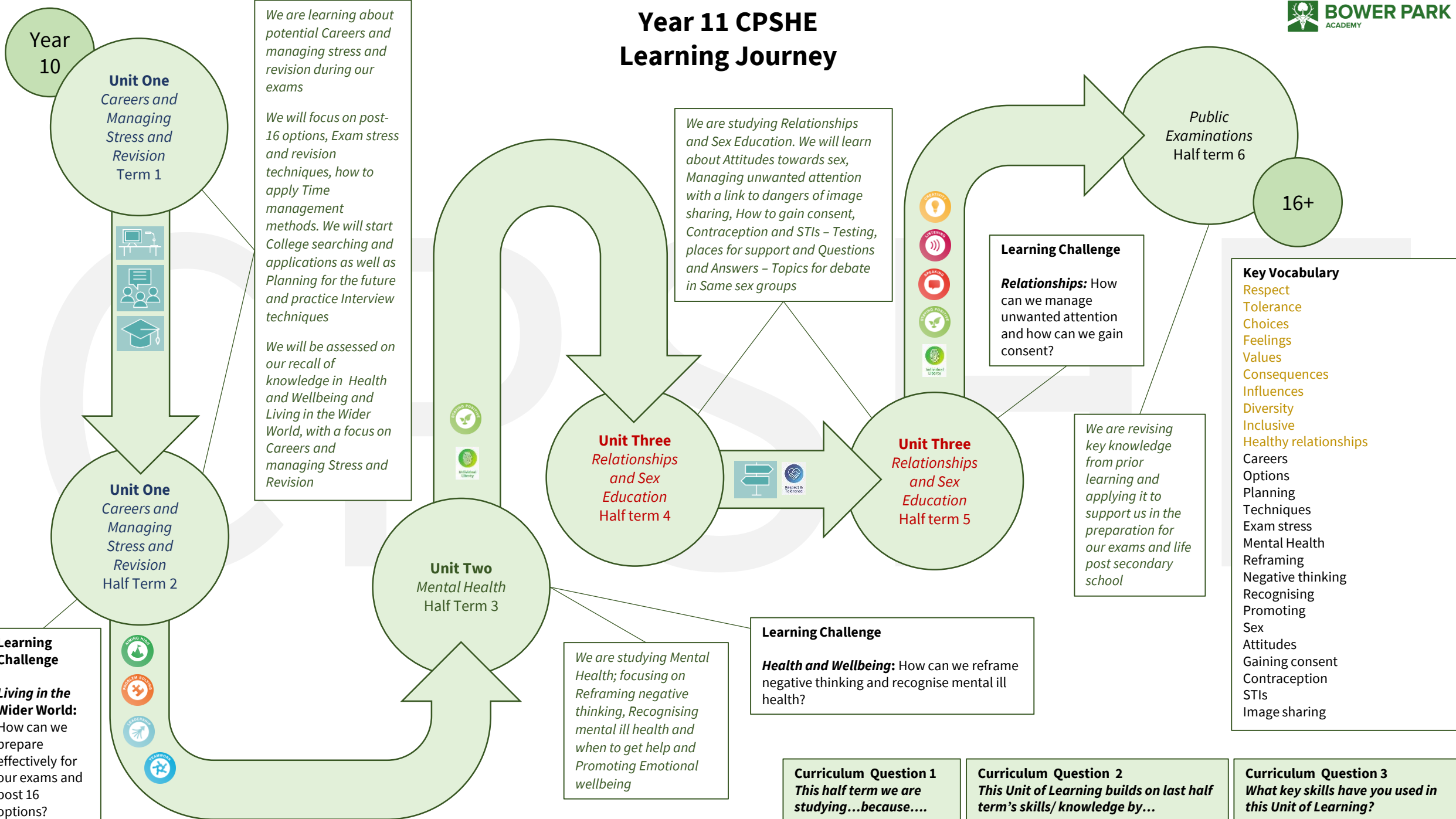
# Year 9 CPSHE Learning Journey



# Year 10 CPSHE Learning Journey



# Year 11 CPSHE Learning Journey



Year 10

**Unit One**  
Careers and Managing Stress and Revision  
Term 1

We are learning about potential Careers and managing stress and revision during our exams

We will focus on post-16 options, Exam stress and revision techniques, how to apply Time management methods. We will start College searching and applications as well as Planning for the future and practice Interview techniques

We will be assessed on our recall of knowledge in Health and Wellbeing and Living in the Wider World, with a focus on Careers and managing Stress and Revision



**Unit One**  
Careers and Managing Stress and Revision  
Half Term 2

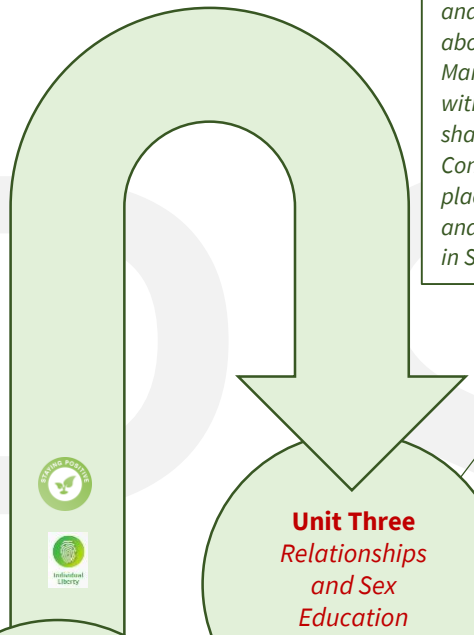
**Learning Challenge**

**Living in the Wider World:** How can we prepare effectively for our exams and post 16 options?



**Unit Two**  
Mental Health  
Half Term 3

We are studying Mental Health; focusing on Reframing negative thinking, Recognising mental ill health and when to get help and Promoting Emotional wellbeing



**Unit Three**  
Relationships and Sex Education  
Half term 4

We are studying Relationships and Sex Education. We will learn about Attitudes towards sex, Managing unwanted attention with a link to dangers of image sharing, How to gain consent, Contraception and STIs – Testing, places for support and Questions and Answers – Topics for debate in Same sex groups

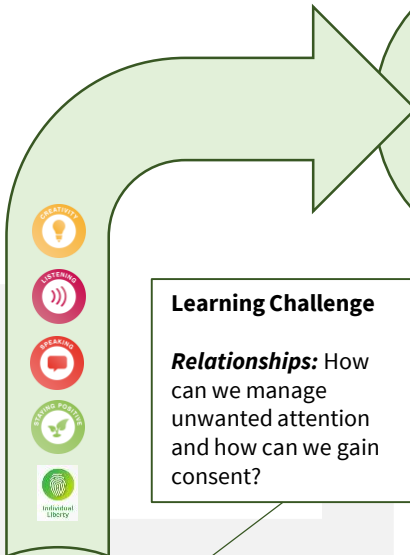


**Unit Three**  
Relationships and Sex Education  
Half term 5

**Learning Challenge**

**Relationships:** How can we manage unwanted attention and how can we gain consent?

We are revising key knowledge from prior learning and applying it to support us in the preparation for our exams and life post secondary school



Public Examinations  
Half term 6

16+

- Key Vocabulary**
- Respect
  - Tolerance
  - Choices
  - Feelings
  - Values
  - Consequences
  - Influences
  - Diversity
  - Inclusive
  - Healthy relationships
  - Careers
  - Options
  - Planning
  - Techniques
  - Exam stress
  - Mental Health
  - Reframing
  - Negative thinking
  - Recognising
  - Promoting
  - Sex
  - Attitudes
  - Gaining consent
  - Contraception
  - STIs
  - Image sharing

**Curriculum Question 1**  
This half term we are studying...because....

**Curriculum Question 2**  
This Unit of Learning builds on last half term's skills/ knowledge by...

**Curriculum Question 3**  
What key skills have you used in this Unit of Learning?