



Valentines High School

KS4 Academic Learning Journey – PSHE

Year 10 Skills

Students will develop a range of skills including:

Responsibility, independent thought, self-esteem, risk management, resilience, critical thinking, leadership, teamwork

Year 10 Knowledge

Students will gain knowledge of:

- Masculinity and society – stereotypes, media, positive relationships, managing emotions
- Careers – making informed choices using personal values and employability skills, labour market information, life in the world of work in a range of sectors and industries, CVs and application writing, competency interview skills, routes and pathways post 16 and post 18 including colleges, sixth form, apprenticeships and universities
- Drugs education - county lines, gangs, addictions, reporting mechanisms, the law, impact
- Managing life online – sexting, Prevent
- Knife Crime – the law, impact, gangs
- SRE – consent, life in modern Britain, healthy relationships, personal identity
- Mental Health and wellbeing – supporting others, healthy minds, stress management