**Curriculum Overview for Personal Development**

**Year 10**

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| **Half Term 1: Managing My Health**  **Substantive Knowledge:**  What is mental health  Misconceptions about mental health  Inclusive alternatives to common phrases linked to mental health  Positive and negative effects of social media  Why people share images online  Managing the impact of social media  Misconceptions about unhealthy coping strategies  Warning signs of eating disorders  Sources of support  Ways people grieve  Five stages of grief  Support for grief  What is resilience  Factors that affect resilience  Strategies to persevere  Helpfulness of coping strategies  Examples of physical health recommendations  Reasons why people do not meet physical guidance  What a public health awareness campaign is  Risks involved with drugs and alcohol  Key emergency techniques  Process when you call 999  **Disciplinary Knowledge:**  Literacy skills  Analytical skills  Source analysis  Reading comprehension  Developing and sustaining argument  Empathy  Evaluating significance | Books | Whole class reading  Individuals read aloud  Opportunities for jump in reading for articles/source material.  Skim reading source material to look for key phrases/words |
| Speech | Mental  Health  Social  Media  Strategies  Disorders  Grief  Behavioural  Resilience  Persevere  Physical  Health  Risks  Emergency |
| Checklist RTL | Regular low stakes knowledge factual recall assessment/test  End of unit assessments  Ipsative assessment |
| Home | Documentary  Quiz  Article analysis |

*Half term 2 will be updated prior to the start of the new half term*