**Curriculum Overview for Personal Development**

**Year 10**

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| **Half Term 1: Managing My Health****Substantive Knowledge:**What is mental healthMisconceptions about mental healthInclusive alternatives to common phrases linked to mental healthPositive and negative effects of social mediaWhy people share images onlineManaging the impact of social mediaMisconceptions about unhealthy coping strategiesWarning signs of eating disordersSources of supportWays people grieveFive stages of griefSupport for griefWhat is resilienceFactors that affect resilienceStrategies to persevereHelpfulness of coping strategiesExamples of physical health recommendationsReasons why people do not meet physical guidanceWhat a public health awareness campaign isRisks involved with drugs and alcoholKey emergency techniquesProcess when you call 999**Disciplinary Knowledge:**Literacy skillsAnalytical skillsSource analysisReading comprehensionDeveloping and sustaining argumentEmpathy 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 | MentalHealthSocial MediaStrategiesDisordersGriefBehaviouralResiliencePerseverePhysicalHealthRisksEmergency |
| Checklist RTL | Regular low stakes knowledge factual recall assessment/test End of unit assessmentsIpsative assessment  |
| Home | DocumentaryQuizArticle analysis |

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