

Scheme of Learning: Year 10 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview: Five lessons for key stage 4 exploring mental health and emotional wellbeing

PSHCE Themes

Health & Wellbeing



British Values addressed

1. Mutual Respect
2. Individual Liberty

SMSC addressed

Spiritual
Moral
Social

Lesson Sequence:

New challenges

This is the first in a series of five lessons for key stage 4 exploring mental health and emotional wellbeing, building on the key stage 3 lessons. This lesson examines challenges facing young people as they transition into key stage 4 and how to promote positive mental health to manage change, now and in the future

Reframing negative thinking

This is the second in a series of key stage 4 lessons exploring mental health and emotional wellbeing. This lesson focuses on resilience and reframing setbacks.

Recognising mental ill-health and when to get help

This is the third of a series of four key stage 4 lessons exploring mental health and emotional wellbeing. Whilst this suite of lessons focuses primarily on promoting emotional wellbeing, this lesson focuses on mental health issues that can affect young people, examining mental ill-health warning signs and the range of sources of support available

Change, loss, grief

This is the fourth of a series of five key stage 4 lessons exploring mental health and emotional wellbeing. This lesson focuses on change, loss, and grief and strategies for managing these

Promoting emotional wellbeing

This is the last of a series of lessons in KS4 exploring mental health and emotional wellbeing. This lesson focuses on ways to promote mental health and emotional wellbeing

Sequence of Lessons:		Topic Resources:	
1	New Challenges	Knowledge Map:	Health & Well Being
2	Reframing negative thinking	Prescribed Sources:	
3	Recognizing negative mental health & when to get help	Assessment:	
4	Change loss & Grief	Knowledge:	10 Question Assessment
5	Promoting emotional wellbeing	Application of Knowledge:	Class Debate
6	Assessment & Class debate	Supportive Reading:	
		Mental health and emotional wellbeing pack (pshe-association.org.uk) YoungMinds Mental Health Charity For Children And Young People YoungMinds	