

UCC - Year 10 Scheme of Learning: PSHE Dept

		Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10	Week11	Week12	Week13	Week14	Week15		
Autumn	Theme																	
		Healthy body, Healthy mind																
	Topic	health and wellbeing intro		food groups/eating disorders		physical health-exercise		sleep	mental health			stress		anxiety		depression		
	Curriculum intent																	
Spring	Theme																	
		British values							Addiction									
	Topic	British values - peer on peer abuse		British values - peer on peer abuse		What is addiction?	Drugs and alcohol addiction			gambling		gaming			internet and social media addiction			
	Curriculum intent																	
Summer	Theme																	
		Addiction													First aid			
	Topic	one night of ecstasy		one night of ecstasy		Smashed		Basic life support		Bleeding and shock		Chest pain - cpr Annie						
	Curriculum intent																	