



Year 10 Personal Development – Unit 1



Key Question: how can I look after myself and my mental health as I transition into KS4?

Unit Overview:

Lesson	Threshold Statements
What is Personal Development?	• Describe what personal development is • Explore what you will be learning in PD this year • Identify how to create a safe classroom for discussion
Dealing with Change	• Explore types of change in life • Explore ways to manage loss and change • Develop the ability to support other people through loss and change
Building Resilience and Managing Stress	• Recognise feelings of anxiety and stress • Develop adaptability and resilience skills • Understand the benefits of having a growth mindset
Mental Health: the basics	• Describe common mental health concerns • Identify warning signs of having a mental health concern • Know how to seek support for your mental health
Looking after your mental health (with a focus on self-harm)	• Understand what self-harm is and why people do it • Recognise early warning signs of unhealthy coping strategies • Know how to support yourself and others through these challenges
Mental Health and Masculinity	• Describe what masculinity is • Learn that it can be harder for boys to talk about feelings due to societal expectations • To understand why it is positive to show vulnerability

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Personal Development		Developing every student in their unique character, so they understand and value themselves as individuals who are gifted for a purpose.
Transition		The process or time of changing from one thing to another. E.g. after year 9 I will transition into KS4.
Resilience		The ability to keep going through and to recover quickly from difficulties.
Anxiety		A feeling or worry, nervousness, or unease about something. It is a natural human emotion, but if severe may be a sign of anxiety disorder.
Masculinity		Qualities or attributes regarded as characteristic (typical) of men or boys.
Vulnerability		The state of being exposed to the possibility or being harmed, either physically or emotionally.



Year 10 Personal Development – Unit 2 – Rights and Responsibilities

Key Question: what is my place in politics? How can I get my voice heard?

Unit Overview:

Lesson	Threshold Statements
Lowering the voting age: what will it mean for me?	• Understand what the voting age is • Explain what democracy is • Identify arguments for and against lowering the voting age
How does the UK government work?	• Define what government, parliament and political party mean • Understand the structure of the UK government
What is happening in national politics?	• Understand what the four main political parties are • Explain the current shift happening with political parties • Decide which political party aligns with you political views
Freedom of Speech: using your voice for good	• Describe what freedom of speech is • Understand that it is natural to have different opinions to people • Explore ways to find common ground with people who hold different opinions
Local Government: how I can get involved?	• Describe what is meant by local government • Understand the role of your local MP • Decide what you think your local MP should be focussing on
A letter to your MP	• Explore different ways you can engage with local politics • Understand the purpose of writing a letter to your MP • Explain to your MP what you think they should focus on and why

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Democracy		'Rule by the people'. An example of this is any system of government in which people vote their elected representatives into parliament. Democracy is one of the British Values
Election		A time when people vote in order to choose someone for a political or official job
Political Party		A group of people with shared political ideas who seek to gain and maintain political power to implement their agenda through government
Government		the group of people with the authority to lead/govern a country or state
Parliament		the lawmaking body in a country, where elected representatives gather to debate issues, create laws, and check the work of the government
Freedom of Speech		the right to express opinions and ideas publicly without fear of government censorship or retaliation



Year 10 Personal Development – Unit 3



Key Question: what is work experience and how can I best prepare for it?

Unit Overview:

Lesson	Threshold Statements
What is work experience?	- Describe what work experience is - Understand why it is important - Explore your personal interests
Workplace behaviour	- Describe the correct work experience protocols including health and safety and workplace behaviour. - Explain the correct protocol is on work experiences for dealing with different scenarios. - Create and prepare goals for your own work experience.
Introduction to 6 th form: Lord Lawson of Beamish (26 th Jan)	An assembly from Lord Lawson of Beamish 6th form
Local Labour Market Information (LMI) – a session with Steve from the DWP	- Describe what LMI is - Explore how understanding LMI can support you in considering future careers
Careers Assembly	An assembly from an employer at Canford Audio – an audio wiring company
Transferable skills – finding my interest	- Describe what transferable skills are - Identify what your strengths are and how you can use this in future careers or work experience

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Work Experience		Short term experience that a person gains while working in a specific area of work. It helps someone to experience what different jobs are like.
Professionalism		The competence or skill shown by a professional at work, meeting the expectations around behaviour and performance.
Career		An occupation requiring qualifications and skills, where there is room for progression. E.g. teaching, law or medicine are all careers.
Transferable Skills		Core skills you develop over time, which can be transferred from one job or career to another.
Labour Market Information		Information on your local job market, helping you understand the main employers in your area