



Schedule of Learning- Personal Growth and Wellbeing

Year Group: 10	Course: PGW	No. of Sessions per Week: 1
Modules: Improving Physical Health and Wellbeing	Challenges: A- Identify Factors that may influence physical health and wellbeing B- Plan a routine to show how to improve individual health and wellbeing	Term 1

Week/ Session	Challenges planned	How are they going to achieve this?
<i>Week 1</i>	Introduce the Unit – review of current knowledge of healthy lifestyles	Identify Positive and negative that influence maintaining health lifestyles in relation to diet, exercise and sleep Challenge – compare for different age groups
<i>Week 2</i>	Case studies – healthy lifestyles	Discuss how they can improve the case studies' life styles.
<i>Week 3</i>	Case studies – healthy lifestyles	Create their own case study
<i>Week 4</i>	Research – effect of drugs, smoking and drinking alcohol	Research information on the impact of drugs/smoking/alcohol in small groups
<i>Week 5</i>	Research – effect of drugs, smoking and drinking alcohol	Speaker? Health visitor or Personal Trainer?
<i>Week 6</i>	Research - effect of drugs, smoking and drinking alcohol	Present information to the group so that all students learn from one another Challenge - impact on a personality in relation to their career

Cross Curriculum Links

Careers/Employability	Maths	English	PSHE
Working with others Presenting information	Reviewing data	Research and comprehend information Speaking and Listening	Curriculum focus



Year Group: 10	Course: PGW	No. of Sessions per Week: 1
Modules: Improving Physical Health and Wellbeing	Challenges: A- Identify Factors that may influence physical health and wellbeing B- Plan a routine to show how to improve individual health and wellbeing	Term 2

Week/ Session	Challenges planned	How are they going to achieve this?	
Week 1	Personal Hygiene	Importance of personal hygiene in relation to their physical, social and emotional needs.	
Week 2	Personal Hygiene	How infection spreads	
Week 3	Changes to our body over time	Review of developmental changes and sleep patterns	
Week 4	Helping Others Stay Healthy	Basic First Aid – common injuries in the home	
Week 5	Helping Others Stay Healthy	CPR and explore location of defibrillators in the community	
Week 6	Helping Others Stay Healthy	Organ donation	
Cross Curriculum Links			
Careers/Employability	Maths	English	PSHE



Working with others Personal Hygiene at work	Sleep schedules – time	Presenting information Speaking and Listening	Curriculum focus
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Year Group: 10	Course: PGW	No. of Sessions per Week: 1
Modules: Improving Physical Health and Wellbeing	Challenges: A- Identify Factors that may influence physical health and wellbeing B- Plan a routine to show how to improve individual health and wellbeing	Term 3

Week/ Session	Challenges planned	How are they going to achieve this?
Week 1	What motivates you?	What things make you want to follow a healthy lifestyle? What things don't motivate you
Week 2	Research Motivational Tools	Research motivational tools – apps, diet plans, sleep trackers and training, sports equipment, fitness trackers
Week 3	Research Motivational Tools	Present findings on research – most and least motivational for them
Week 4	Preparing for assessment	Reflect on personal experiences in relation to their own sleep, exercise and diet based on their new learning
Week 5	Assessment	Produce a Plan to improve the physical health and wellbeing for themselves or another person. – It must consider diet, sleep and exercise.
Week 6	Post assessment	Reflect on the unit – WWW/ EBI and how they can apply what they have learned in the future

Cross Curriculum Links



Careers/Employability	Maths	English	PSHE
Presenting information to others	Exploring data collected from fitness trackers	Writing an information report	Curriculum focus

Year Group: 10	Course: PGW	No. of Sessions per Week: 1
Unit 3: Understanding the Role of Relationships in Social Health and Wellbeing	Challenges: A - Explore the benefits of different relationships B - Describe how personal skills can help form relationships	Term 4

Week/Session	Challenges planned	How are they going to achieve this?
Week 1	Introduction to the Unit	Establish class rules for discussing personal relationships Discussion on key words – respect, empathy, values,
Week 2	Types of long term relationship	Discuss relationships in our lives from birth to adulthood- friends, family, partners, teachers, work colleagues
Week 3	Characteristics of healthy long-term relationships and potential breakdowns	Advantages and Disadvantages of being in a long term relationship Challenge: How to maintain a long term relationship
Week 4	Characteristics of healthy long-term relationships and potential breakdowns	Explore relationships from film and TV – what makes a good relationship and what leads to a relationship breakdown
Week 5	Characteristics of healthy long-term relationships and potential breakdowns	<i>Charity speaker? Discuss how to prevent breakdowns in relationships – e.g. Women’s aid?</i>



Week 6	Personal and Social Skills	Class discussion to create a list of all the personal and social skills that may be used to develop relationships	
Cross Curriculum Links			
Careers/Employability	Maths	English	PSHE
Working with others	Statistics regarding breakdown in relationships	Presenting information Speaking and Listening skills	Curriculum focus

Year Group: 10	Course: PGW	No. of Sessions per Week: 1
Unit 3: Understanding the Role of Relationships in Social Health and Wellbeing	Challenges: A - Explore the benefits of different relationships B - Describe how personal skills can help form relationships	Term 5

Week/ Session	Challenges planned	How are they going to achieve this?
Week 1	Personal and Social Skills	Scenarios – role play discussing relationships – e.g. child doesn't do what parents wants, lifelong friends trying to make joint decision, partners not taking responsibility for their finances
Week 2	Personal and Social Skills	Effective communication and body language and the influence this can have on relationships
Week 3	What action Can we Take?	What is a positive attitude? Discussion on unacceptable behaviour and behaviour that makes others feel uncomfortable – how to respond with a positive attitude
Week 4	What action Can we Take?	Unsafe relationships in person How to keep safe online



Week 5	What action Can we Take?	How can we help others stay safe in relationships – create an infographic
Week 6	Dealing with harmful behaviour	<i>PCSO – speaker?</i>
Cross Curriculum Links		
Careers/Employability	Maths	English
Working with others	Statistics regarding breakdown in relationships	Presenting information Speaking and Listening skills
		Curriculum focus

Year Group: 10	Course: PGW	No. of Sessions per Week: 1
Unit 3: Understanding the Role of Relationships in Social Health and Wellbeing	Challenges: A - Explore the benefits of different relationships B - Describe how personal skills can help form relationships	Term 5

Week/ Session	Challenges planned	How are they going to achieve this?
Week 1	My relationship with my Child	What is the role of a parent? What makes a positive relationship between a parent and child
Week 2	My relationship with my Child	Watch examples from TV/Film of different parenting styles to discuss Why is building relationships between a parent and child important?
Week 3	Preparation for Assessment	Understanding their own lifestyle and identity which social groups they interact with. Reflect on learning so far



Week 4	Assessment	Consider how relationships affect your life: <ul style="list-style-type: none">- What types of relationship do you have?- What are the benefits of these relationships to your wellbeing?- What personal skills can you use to build and maintain effective relationships	
Week 5	Post assessment	Reflect on the unit – WWW/ EBI and how they can apply what they have learned in the future	
Week 6	Preparation for Year 11	Explore topics to be covered next year	
Cross Curriculum Links			
Careers/Employability	Maths	English	PSHE
Managing a family while working	Statistics related to parenting	Presenting information Writing in the 1 st person	Curriculum focus