

Year 10

No.	Lesson List	Learning Objectives
1	What keeps me Healthy (H)	I know that there are a range of factors that affect my physical and mental health I am able to use new (health-related) information to inform my lifestyle choices I know that there are a wide range of actions that can used to enhance and protect my health
2	Extraordinary Body and Mind (H)	I can appreciate how complex the body is and that it needs to be looked after well, now and in the future I am aware of the potential risks associated with a range of substances including prescribed and over-the-counter drugs
3	Extraordinary Body and Mind (H)	I know about some mental health disorders I understand the positive impact that community action and volunteering can have on mental health
4	Diseases, treatments and lifestyle choices (H)	I can discuss common threats to health, including cardio-vascular disease and cancer and diabetes I can identify the steps that can be taken to help prevent lifestyle-related ill-health I have knowledge of future health challenges to society including: epidemics, pandemics, antibiotic resistance
5	Rated! (I) – Ext	I can identify potential threats to online safety I understand “netiquette” and legislation relating to online safety I can make decision-making processes regarding what you post online
6	Risks Online (H) - Ext	I can describe actions to mitigate risk in a range of situations I know how to get help if my personal safety is threatened
7	Managing change and decision-making (H)	I can recognise the range of changes I have experienced in my life I can identify the feelings associated with change both positive and negative and can list changes I have made that I am proud of I understand the type of decision-maker I am
8	Physical and Emotional Change (H)	I can reflect on physical changes experienced so far I understand the relationship between physical change, self-esteem and emotional change I understand the impact of family change and how it can affect future relationships
9	Gender stereotypes and sexual identity (R)	I can discuss gender and stereotypes in relation to a range of romantic relationships I can identify and understand the legislation relating to a range of relationships I understand the risks associated with exploring sexual identity
10	Power in relationships (R)	I can identify the misuse of power in relationships I can give examples of the physical and mental consequences of misuse of power in relationships I can list sources of support for individuals experiencing ill-treatment by others

(R) = Relationship Education, (S) = Sex Education, (H) = Health Education