



## Network School KS4 Long Term Curriculum Plan

**Subject: PSHE**

2017-2018 Year 10 and year 11 will be having some of the same lessons. In 2018 – 2019 a separate Year 10 and 11 curriculum will be developed.

Year Group	Term 1 (Aug – Oct)	Term 2 (Oct – Dec)	Term 3 (Jan – Mar)	Term 4 Mar – Jun)
Year 10	<p><b>Body Image</b> <b>Students will:</b> Recognise that some of the pictures we see in the media give us a distorted image of what normal bodies look like, understand that there is media pressure. Understand the effect that this can have on young people’s self esteem. Recognise that they are subject to a wide range of, sometimes conflicting, messages and are able to suggest several influences (other than healthy eating messages) that affect food and exercise. Recognise that pressure to ‘behave unhealthily’ can come from many different. Can suggest strategies to resist pressure to make unhealthy choices</p>	<p><b>Health</b> <b>Students will:</b> The students need to look at the main conditions related to lifestyle. Heart disease/strokes and cardiovascular disease Obesity and diet Diabetes type 2 Cancer linked to smoking and sun</p>	<p><b>Sex and Relationships Education</b> <b>Students will:</b> Healthy and unhealthy relationships and have complete understanding of healthy relationships by learning key words such as: respect, abusive, supportive, control and jealousy. Contraception, negotiation and taking responsibility. Realities of parenting – lifestyle changes Students will look at the other consequences of unplanned sex – infections. Students will discuss sexuality and the effects of homophobic bullying.</p>	<p><b>Citizenship</b> <b>Students will:</b> Students will learn about the position of Myanmar. Students will look at needs of everyone who lives in Yangon and look at the facilities available Students will understand what Governments do. Students will see how the world and Myanmar is changing Students will think about who are ‘typical Myanmar people’ Students will look at the different cultures in Myanmar today Students will think about who they are and what is important to them.</p>



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	and can suggest some healthy lifestyle messages.			
<b>Year 11</b>	<p><b>Body Image</b> <b>Students will:</b> Recognise that some of the pictures we see in the media give us a distorted image of what normal bodies look like, understand that there is media pressure. Understand the effect that this can have on young people's self esteem. Recognise that they are subject to a wide range of, sometimes conflicting, messages and are able to suggest several influences (other than healthy eating messages) that affect food and exercise. Recognise that pressure to 'behave unhealthily' can come from many different. Can suggest strategies to resist pressure to make unhealthy choices and can suggest some healthy lifestyle messages</p>	<p><b>Careers:</b> <b>Students will :</b> Have an understanding about levels of education, look at careers information from websites, look at the local and global job markets. Students will be looking at their own skills, filling in application forms CVs and letters of application, how to be successful at interviews and telephone technique, and which A'levels/university courses will be relevant to their future.</p>	<p><b>Sex Education</b> <b>Students will:</b> Healthy and unhealthy relationships and have complete understanding of healthy relationships by learning key words such as: respect, abusive, supportive, control and jealousy. Contraception, negotiation and taking responsibility. Realities of parenting – lifestyle changes Students will look at the other consequences of unplanned sex – infections. Students will discuss sexuality and the effects of homophobic bullying.</p>	<p><b>Exam Preparation and skills</b> <b>Students will:</b> Focus on revision skills for their IGCSE examinations.</p>



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