





Personal Development: Year 10 Remote Learning

- In the table below you will see the unit being studied in school and the approximate time of year the unit is being delivered in school.
- Find the unit currently being studied in school and the classroom lesson and look for the remote learning alternative.
- To access the remote learning alternative lesson(s) click on the link (control + click).
- There are a number of lessons and you are not expected to complete them all.
- If you have any concerns after completing any of the remote learning lesson(s) please speak to your PD teacher.

Unit:	Months studied between:	Classroom Lesson:	Remote learning alternative:
 Unit 1: Health and Wellbeing	September-November	1. Mental Health and Ill Health	Mental Wellbeing (8 lessons) https://teachers.thenational.academy/units/mental-wellbeing-recognising-problems-and-seeking-support-aefc
		2. Mental Health and Image	
		3. Mental Health Benefits	
		4. Mental Health Case Study	
 Unit 2: Health and Wellbeing	November-December	5. Drugs	Drugs and Alcohol (7 lessons) https://teachers.thenational.academy/units/drugs-and-alcohol-addiction-and-alcohol-dependency-74f6
		6. Gangs	
		7. Role models and the media	
 Unit 3: RSE	January-March	8. Relationships and sex expectations	Intimate Sexual Relationships (6 lessons) https://teachers.thenational.academy/units/intimate-sexual-relationships-pregnancy-and-parenting-ff99
		9. Myths	
		10. Impact of the media and pornography	
 Unit 4: RSE	March-April	11. Relationship changes	Being Safe (3 lessons) https://teachers.thenational.academy/units/being-safe-informed-consent-6fd6
		12. Abusive Relationships	
		13. Assertive Communication	
Unit 5: Living in the Wider World	April-June	14. Preparation for work	BBC Careers https://www.bbc.co.uk/teach/ks3-ks4-careers/zhhxtrd
		15. Evaluation of work experiences	
		16. Readiness for work	

			
Unit 6: Living in the Wider World 	June-July	17. Communities 18. Belonging 19. Challenging Extremism	Being Safe (4 lessons) https://teachers.thenational.academy/units/being-safe-honour-based-violence-and-fgm-ed8a