THE HIGHCREST ACADEMY

Year 10 Life Lesson Overview

AUTUMN TERM 1 – HEALTHY BODIES, HEALTHY FUTURES				
DATE	**LESSON TITLE**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
7 September	What is a GP and role of a local doctor and	• To understand the role of GP's • To understand when and how to access this service • To understand the issues facing NHS GP practices		
21 September	What is the role of a pharmacist	• To understand the role of a community pharmacist • To know when to visit your local pharmacy • To assess the career path of a community pharmacist		
5 October	Local Healthcare System	• To identify available healthcare services • To understand when to use each healthcare service • To evaluate the impact of people choosing services incorrectly on the NHS		
19 October	Unhealthy Weight Gain & Risks	• To be able to describe what is meant by unhealthy weight gain • To explain at least 3 risks of unhealthy weight gain • To be able to give advice about how to avoid unhealthy weight gain		

AUTUMN TERM 2 – EXPLORING RISKS & SEX EDUCATION				
DATE	**LESSON TITLE**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
9 November	Indecent images	• To understand the legal, emotional and social consequences of sending nudes and semi nudes		

		• To explore the reasons why some young people send nudes and semi nudes • To be able to deal effectively & assertively with requests and pressure to send sexts		
23 November	Online pornography. Myths vs Reality	• To outline what is and is not legal in terms of pornography • To identify the differences between what is seen in porn and what happens in real life • To look at the impact of porn on society and relationships		
7 December	Unhealthy Relationships, Sexual Abuse and Rape	• To explore the laws regarding rape and sexual assault • To understand how unhealthy behaviours and am imbalance of power in a relationship could lead to violence and sexual assault • To explore what qualities to look for in a healthy, loving relationship		