



Year 10			
Drop Down Day One	Drop Down Day Two	Drop Down Day Three	Drop Down Day Careers
Relationships This drop-down day focuses on the critical, more complex aspects of interpersonal relationships as students move towards adulthood. It builds heavily on the foundations of consent and healthy interactions established in earlier years, but with a stronger emphasis on legal ramifications, online risks, and personal safety in intimate relationships. Overview of the knowledge and skills covered in this unit: Students will understand their own relationship values, emotional abuse, incel culture, image based sexual abuse, toxic culture and following this, how to seek support While doing this pupils will develop skills of decision making, understanding risk, self-worth, respect and empathy.	Keeping Safe and Understanding the Law The overarching goal of the "Keeping Safe" and "Understanding the Law" drop-down day is to bridge the gap between abstract concepts of risk and the real-world legal consequences of actions. This drop-down day aims to transform students from passive recipients of rules into legally literate, resilient citizens who can identify dangerous situations, understand their rights, and make informed choices to protect themselves and their community. This day is designed to prevent involvement in crime and reduce demand on police services through early intervention and education. Overview of the knowledge and skills covered in this unit: Students will look at how to balance freedom and the law, extremism and radicalisation, public order offences, protests, being street savvy, issues of fighting and knives, first aid and gaining help. While doing this pupils will develop the skills of self worth, identifying risk, future planning and informed decision making.	Wellbeing The primary purpose of the Year 10 "Wellbeing" drop-down day is to move beyond basic health awareness to focus on mental and emotional literacy, allowing students to actively manage their own well-being and seek help when needed. It centers on the concept of holistic self-care, teaching students to recognise, manage, and prevent issues related to stress, mental health, and physical changes. Overview of the knowledge and skills covered in this unit: Students will study how to demonstrate assertiveness, manage time effectively, take responsibility for health, when weight-gain is unhealthy and how to navigate health services. While doing this students will focus on the skills of respect, keeping safe, understanding risk, empathy and understanding the law.	Reflecting on my career journey; past, present & future The goal of this drop down day is to support students to reflect on themselves, their background and their strengths. This will assist them in: Exploring employer profiles Explore the full range of possibilities open to them and learn about recruitment processes, and the culture of different workplaces Exploring what type of career is best for them Manage your career; actively make the most of opportunities and learn from setbacks Preparing to go on work experience Create opportunities by being proactive and building positive relationships with others. Understanding wellbeing in the workplace Students will learn about how to support themselves as a worker and/or entrepreneur with their wellbeing, other interests and their involvement with their family and community Discovering the different types of working patterns - in person, hybrid and remote; what works best? See the bigger picture by paying attention to how the economy, politics and society connect with your own life and career.