



Clare Mount Department Long Term Plan Subject: Preparation for Adulthood

Year 10	Friends, Relationships and Community	Keeping Safe	Work and Careers	Cultural Capital	Independent Living and Life Skills	Good Health and Well being
Lesson 1	What is Peer Pressure? What are the positive and negative effects of peer pressure?	What is fake news and when has it been used?	Identify potential careers and produce profile on preferred career i.e. quals needed, expected salary etc	What is Cultural Capital? Why is it important and who is responsible for first introducing it.	Plan a weekend trip Identify where and when	Immunisations, what are they, who can have them, why do some people refuse them.
Lesson 2	Examples of crime in the community	Problems with Fake Social Media accounts and what is Catfishing?	Challenging stereotypes in industry i.e. women should be nurses, men should be builders Rights and Responsibilities at work	Research Local Area for examples of Cultural Capital	Research points of interest, restaurants, hotels	Heart Health. Why is it important, how can we improve our heart health? What is Coronary Heart Disease and who does it affect?
Lesson 3	Effects of crime for a community. Potential sentence lengths for different crimes	Assessing Risk in Situations	CV Writing (using Xello)	Produce a Poster displaying examples of cultural capital	Write an itinerary for your trip including all activities and timings	Strategies for coping with stress - mindfulness
Lesson 4	Different types of relationship i.e. friendships, work colleagues, family	Passwords and personal details Bank details	CV Writing (using Xello)	Gambling What is it and where does it take place? Why do people Gamble?	Budget for your travel costs	Strategies for coping with stress - physical activity



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	relationships. How to end relationships					
Lesson 5	Relationships in the workplace with colleagues – rules and regulations	What is Phishing?	Importance of and difference between earning, spending and saving Difference between Afford, borrow, lend, debt How can we earn/make additional money?	What types of gambling and what risks are there? Gambling advertising and pressures	Complete a packing list of everything you will need to take	Strategies for coping with stress - diet and sleep
Lesson 6	Family disputes and conflict in the home. Triggers and strategies for coping	What is your Credit Rating and how can you increase/decrease it?	What do we spend money on? Essentials Desirables Budgeting	Gambling scenarios and questions Help available for gambling	Travel Safety Money security, scammers etc	Evaluation of Y10 PFA