



Queen Elizabeth's Girls' School

Educating Women of the Future

Key Stage 4 Curriculum

	Topic/Big Question	Focus	Enrichment
Year 10	What is the difference between a growth and a fixed mindset?	Students learn the difference between a growth and a fixed mindset and consider the impact of each on their potential. Students study the science behind a growth mindset and explore examples of how it can lead to success. Students also explore their post-16 options.	Talk by psychologist Carol Dweck on developing a growth mindset
	What are the best revision strategies? How does memory work and how can I use this knowledge to aid my revision?	Students learn the study skills necessary for success at GCSE, as well as how the brain works and how to use this knowledge to maximise retention. Students consider the most common problems with studying such as time management, organisation and stress, and explore strategies for overcoming them.	TED talk on how to improve memory
	What skills do employers look for? How can I start to develop these skills?	Students learn key employability skills that are transferable across many jobs and careers. They consider where they already use those skills and how they can develop them further, as well as how they can confidently speak in interviews about the skills and qualities they have.	Employability workshop from Natwest
	What different types of employment are there? If I wanted to be an entrepreneur, what do I need to know about business and enterprise?	Students learn about 3 types of work: employed, self-employed and volunteer work and discuss the benefits and considerations of each. Students also learn about enterprising qualities and how they lead to successful entrepreneurs. Students learn about types of business and business financing.	Explore banking websites e.g. Barclays Lifeskills to learn more about how businesses are financed
	What information do I need to know about personal finance and saving/credit?	Students learn about the different types of bank accounts, how to make the most of their money through savvy choices and saving, and the different types of credit available.	Money workshop from The Money Charity
	What is the Equality Act and why is it important?	Students learn about the 9 protected characteristics of the Equality Act and explore ways in which ignorance, prejudice and discrimination can be reduced. Students learn about what hate crimes are and how they affect people.	Research campaigns to reduce prejudice and discrimination
	What is the difference between biological sex and gender? How might this affect a person's gender identity?	Students learn the difference in definition between biological sex and gender identity. Students learn about a number of different ways in which people may identify and the importance of using people's preferred pronouns and being respectful. Students discuss findings of the 2018 Stonewall report which shows the discrimination and hate crimes that people face on the basis of their gender identity. Students are taught to respect everyone, regardless of difference.	Psychological journal article on the difference between biological sex and gender

	<p>How can I be more health aware?</p>	<p>Students learn methods of being more aware of things that may affect their physical and mental health as well as things that can be done to manage health, including self breast examination, vaccinations, dental check ups and the importance of checking testes for males.</p>	<p>Perform a self breast examination at home. Book a dental check up and monitor whether all of the steps learned in class are performed during the check up</p>
	<p>What strategies can I use to deal with stress?</p>	<p>Students learn some key signs and symptoms of stress and explore some stress management techniques. Students also look at the role of sleep in managing stress.</p>	<p>Choose one stress management technique and try it for a week</p>
	<p>What impacts on mental health?</p>	<p>Students explore some factors that could impact on mental health including relationships, family, body image, the media and drugs.</p>	<p>Research factors that can impact mental health</p>
	<p>How can sexual pressure be managed?</p>	<p>Students learn the facts on sexual consent and strategies for managing sexual pressure and making informed choices. Myths around sex and consent are busted and students learn their rights and the law. Students consider scenarios and identify whether consent has or has not been provided in these scenarios.</p>	<p>Watch documentary on consent/coercion</p>
	<p>What is safe sex and why is it important?</p>	<p>Students consider what the word 'safe' means. Traditionally, safe sex only refers to using contraception, however students will also explore the other ways sex can be safe e.g. feeling comfortable, being ready, free from pressure and with mutual respect.</p>	<p>Do some research on what most people consider 'safe sex' to be</p>
	<p>What is exploitation and where can support be found?</p>	<p>Students discuss the ways relationships can be unhealthy and exploitative and focus on abuse within teenage relationships (peer on peer abuse). Students also learn about grooming and domestic violence, as well as how the law can support people in unhealthy relationship situations.</p>	<p>Watch Youtube video on people's experiences of grooming</p>
	<p>Sexual relationships <i>*Parents are able to withdraw students from this lesson if they wish to, following a discussion with the Headteacher. If students opt back in 3 terms before their 16th birthday the school is obliged to provide this education, even if they had previously been withdrawn.</i></p>	<p>Students explore the reasons why people have sex, including for reproduction and for pleasure. Students consider the things that should be in place before making the decision to have sex, including the right person, right time, right place and right reason, ensuring above all that they are safe, that they have fully consented and that they are with a respectful sexual partner. It is emphasised that this education is for them to be prepared for the future as they are all under the legal age of consent. Students consider the responsibilities that come with sexual relationships, including both parties taking responsibility for contraception, having mature discussions and expressing their personal boundaries.</p>	<p>TED talk on setting personal boundaries</p>
	<p>What contraceptive methods are available? How can I protect against STIs? <i>*Parents are unable to withdraw students from this lesson as it forms part of the KS4 Science curriculum. Even if students were withdrawn from contraception lessons at KS3, they cannot be withdrawn at KS4 as the Science curriculum is compulsory.</i></p>	<p>Students learn the barrier and hormonal contraceptive methods that are available and how effective they each are. Students learn the importance of STI testing for good sexual health.</p>	<p>YouTube video on the biology behind how different contraceptive methods work</p>

	<p>Pornography <i>*Parents are able to withdraw students from this lesson if they wish to, following a discussion with the Headteacher. If students opt back in 3 terms before their 16th birthday the school is obliged to provide this education, even if they had previously been withdrawn.</i></p>	<p>Students consider the impact that pornography has on body image and attitudes towards sex and how this can be harmful, particularly to women.</p>	<p>Analyse the effectiveness of adverts at highlighting the potential dangers of pornography</p>
	<p>Pregnancy options and parenting skills</p>	<p>Students explore the options available following an unplanned pregnancy, including keeping the baby, adoption and abortion, and any relevant laws. Students also learn about what needs to be considered before becoming a parent and the responsibilities that come with parenting such as budgeting. Students also look at the psychological research into attachment and how this could be a useful tool for parenting.</p>	<p>Research support available after an unplanned pregnancy and create an advice leaflet</p>