

Remote Curriculum Year 10 CPSHE WEDNESDAY BLOCK 5 ONLY

How it Works:

1. Find the correct week commencing row.
2. Find today's day - There are up to 3 different lessons in each day – you won't run out of work.
3. Choose a lesson – hold ctrl and click the chosen link.
 - a. If you don't recognise the work, it appears too difficult or the link doesn't load; i. Try another task – look at the previous/next lesson or look at other days.
4. Some lessons have links to PowerPoints and other resources beneath the video and/or Starter Quiz
5. Complete any starter quizzes. a. Write your answer down b. Mark your answers and write down any corrections
6. Watch the videos and take notes
7. Pause if/when instructed to do so to answer questions or respond.
8. Complete and go onto the next one.

Signposting support:

If you have any questions, worries or concerns, please speak to your:

Tutor / Pastoral Leader / College Director / SENDCo's / Safeguarding- yellow lanyard or email safeguarding at: safeguarding@ivybridge.devon.sch.uk

Lesson	Lesson 1	Lesson 2	Lesson 3
09/09/26 New challenges	Everyday stress triggers we can try to control	Issues with school work	Everyday stressors and triggers in adult life
16/09/26 Emotional/mental ill-health	Mental health conditions	Breaking down mental health stigma	Stress Depression Anxiety and OCD
23/09/26 Emotional wellbeing	Mental health and stress management	Maintaining positive mental health into adulthood	Physical activity and positive mental wellbeing
07/10/26 Role models	The impact of the Internet on me	Online relationships	Violence and aggression
21/10/26 Gangs and crimes	County Lines	Grooming, exploitation and coercion	Exploitation
11/11/26 Substance use	Drugs, the law and common illegal drugs	Prescription drugs and legal highs	Addiction to specific drugs
25/11/26 ADDITIONAL	My Sentence		
09/12/26 Relationship Values	What is a healthy intimate relationship?	Diversity within intimate relationships	Online relationships