

Learning Plan 1	Subject/Pwnc: PSE Substances	Year/Blwyddyn: 10	
<p><u>The Four Purposes:</u> Ambitious Capable Learners, Enterprising Creative, Contributors, Ethical Informed Citizens, Healthy Confident Individuals</p>			
<p><u>Knowledge focus/What matters:</u></p> <p>Learners will explore the concept of substances and achieve an understanding of the dangers of substance abuse. Learners will identify the way different substances affect our bodies and explain the reasons why people begin to abuse substances. Learners will grow an awareness of issues such as alcoholism, vaping, ketamine abuse and the law on substance use.</p>			
Learning Objective	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)	Homework/Gwaith cartref to support progress
Week 1-2 What are substances?	<ul style="list-style-type: none"> Define the terms stimulant, antidepressant and hallucinogen. Describe the different categories of substances and identify substances in each category. Explain why people take substances and what help they can receive. Evaluate and challenge potential barriers to seeking support. 	<p>I have an understanding of substances</p> <p>I can successfully complete the statements to develop and show an awareness of substances</p> <p>I can apply knowledge to categorise between substances</p> <p>I can apply knowledge to describe how substance abuse happens</p> <p>I can show understanding of potential barriers to individuals seeking support with substance misuse</p>	<p>Homework: Discuss the impact of peer pressure and other factors that lead to substance abuse.</p> <p>Set: Date:</p>

<p>Week 3</p> <p>Why does alcohol class as a drug?</p>	<ul style="list-style-type: none"> Examine the difference between short-term and long-term effects of alcohol use. Explain the physical and social impact of alcohol use. Apply the key terms to alcohol to explain what category of substance it is and the way it affects the body. 	<p>I can analyse the short- and long-term effects of alcohol use by comparing how it impacts the body and mind over time.</p> <p>I can distinguish between immediate consequences (like impaired judgment) and long-term risks (such as liver disease or addiction).</p> <p>I can explain how alcohol affects a person physically (e.g., coordination, liver function) and socially (e.g., relationships, behaviour).</p> <p>I can describe how alcohol misuse can lead to problems in school, at work, or within families and communities.</p> <p>I can apply key vocabulary like <i>depressant</i>, <i>substance</i>, and <i>misuse</i> to accurately describe alcohol.</p> <p>I can identify alcohol as a depressant and demonstrate how it slows down body functions and impairs decision-making.</p> <p>I can use mathematical formulas to work out the volume of alcohol in a range of drinks</p>	<p>Homework: Discuss why there are restrictions on the purchase of alcohol and the impact overconsumption can have.</p> <p>Set: Date:</p>
<p>Week 4</p> <p>What is ketamine and what are the dangers of using it?</p>	<ul style="list-style-type: none"> Describe what ketamine is. Explain the short-term and long-term effects of ketamine use. Use case studies evaluate the impact of ketamine use on individual's lives. 	<p>I can describe what ketamine is by identifying it as a dissociative anaesthetic and a controlled drug.</p> <p>I can recall key facts about how it is used medically and misused recreationally.</p> <p>I can explain how ketamine affects the body and mind in the short term (e.g., hallucinations, confusion) and in the long term (e.g., bladder damage, memory issues).</p> <p>I can distinguish between immediate and lasting impacts on health and behaviour.</p> <p>I can evaluate the effects of ketamine use by analysing real-life case studies and considering how misuse affected the person's health, relationships, and future.</p> <p>I can justify my opinions by referring to evidence from the case studies and explaining the personal and social consequences.</p> <p>I can use knowledge of substances to identify the consequences of possession and supplying drugs, making references to UK law</p>	<p>Homework: Discuss the dangers of ketamine use.</p> <p>Set: Date:</p>

Week 5 How does cannabis effect the human body?	<ul style="list-style-type: none"> Identify the law on cannabis use. Describe the difference between medical use and illegal use of cannabis. Explain the physical and psychological consequences of cannabis use. 	<p>I can identify the current UK law on cannabis by stating its legal classification and the penalties for possession, use, or supply.</p> <p>I can recall facts about how the law treats recreational and unlicensed use of cannabis.</p> <p>I can describe how cannabis is used in medical settings for specific conditions under supervision.</p> <p>I can explain how illegal use differs in terms of purpose, legality, and risk, helping me understand both sides of the issue.</p> <p>I can explain how cannabis affects both the body (e.g., breathing problems, coordination issues) and the mind (e.g., anxiety, paranoia).</p> <p>I can discuss how these effects may change depending on the amount used and the person's age or health.</p>	Homework: Discuss the dangers of cannabis. Set: Date:
Week 6 How is vaping dangerous?	<ul style="list-style-type: none"> Identify and analyse influences that lead to vaping. Describe strategies for managing peer influence. Evaluate the impact vaping can have on individual's lives. 	<p>I can identify the different influences that lead young people to vape, such as peer pressure, advertising, and curiosity.</p> <p>I can analyse how these factors affect decision-making and why some people are more influenced than others.</p> <p>I can describe realistic and respectful ways to say no when someone tries to pressure me into vaping.</p> <p>I can apply these strategies in role-play scenarios to build my confidence and communication skills.</p> <p>I can evaluate the physical, financial, and social consequences of vaping by considering both short-term and long-term impacts.</p> <p>I can form and justify my own opinions based on evidence about how vaping affects health, choices, and relationships.</p>	Homework: Discuss the dangers of vaping. Set: Date:
Week 7 Assessment: Short Write Statement "It's just vaping — it's not a big deal."	<ul style="list-style-type: none"> Identify some reasons why young people might start vaping. Describe the strategies someone could use to resist peer pressure. Evaluate whether or not vaping is "a big deal" by considering its effects on health, relationships, and the future. 	<p>I can identify the different factors (like peer pressure, social media, and curiosity) that influence people to vape.</p> <p>I can analyse how these influences affect decision-making and why some people are more at risk of starting than others.</p> <p>I can describe ways to respond to peer pressure in a calm and confident way.</p>	Homework: Task Title: Looking Back, Moving Forward Instructions: Take time to reflect on what you've learned during this

	<ul style="list-style-type: none">• Use key vocabulary such as <i>influence, choice, consequences, and pressure</i> in your response.	<p>I can apply these strategies in real-life situations by practicing them in class role-plays and discussions.</p> <p>I can evaluate the effects of vaping by weighing the short-term benefits some people perceive against the long-term physical, emotional, and social consequences.</p> <p>I can justify my opinion using facts, real-life examples, and evidence from case studies.</p>	unit using the following success criteria Set: Date:
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