

PSHE Scheme of Work 2023 to 2024: *YEAR 8*

AUTUMN TERM 1: SEPTEMBER - OCTOBER	AUTUMN TERM 2: OCTOBER - DECEMBER	SPRING TERM 1: JANUARY - FEBRUARY
Healthy Living	Communities	Relationships
<p>AO: To understand how to be healthy</p> <p>Pupils will explore different ways to maintain their physical health. They will understand what being healthy actually means and discuss healthy eating and exercise and how this impacts your physical health.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Definition of 'being healthy' • Healthy eating • Exercise • Things to support health including sleep and vaccinations • Mental Health • What to do when health goes wrong 	<p>AO: To explore communities and the role we can play in them</p> <p>Pupils will explore what 'community' means and discuss the different communities they are a part of. Pupils will explore why different communities are successful but also what problems can occur from communities.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Definition of 'community' • What makes a successful community • Problems in the community such as hate crimes and radicalisation • How can we challenge prejudice and discrimination 	<p>AO: To explore different types of relationships</p> <p>Pupils will explore different types of relationships and identify the qualities needed to maintain good relationships. Pupils will explore qualities of healthy relationships and how communication is essential to maintain positive relationships. Pupils will also explore the signs of abuse in relationships.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Definition of 'relationship' and different types • Signs of a healthy relationship • Communication skills • Commitment • Signs and symptoms of abuse
SPRING TERM 2: FEBRUARY - MARCH	SUMMER TERM 1: APRIL - MAY	SUMMER TERM 2: JUNE - JULY
Risk and Safety	Online Safety	Reflecting on Year 8
<p>AO: To understand risk and safety</p> <p>Pupils will look at different risky situations they may find themselves in and discuss how best to manage this risk, which allow them to feel confident in dealing with difficult situations and help them grow and progress through life.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Definition of 'risk' and how to manage risks • How to be assertive and deal with pressure • Gambling • Gangs and knife crime • First Aid and CPR 	<p>AO: To understand how to stay safe online</p> <p>Pupils will discuss the positives and negatives of the internet and understand how to stay safe online.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Pros and cons of the internet • How to stay safe online • Chatrooms • Reliability of websites • Where to go for help 	<p>AO: To evaluate Year 8 and plan for Year 9.</p> <p>Pupils will reflect on their successes from Year 8 and everything that they have learnt. They will use this to create a plan to be successful in Year 9 and set clear goals in order to achieve this.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Reflecting on successes • Identifying strengths and weaknesses • Growth mindset • Setting targets and goals