

Subject PSHE

Year 8

Curriculum Overview

Intent: Students study PSHE because it acts as a bridge between home, school and society. It provides them with the knowledge, skills and experience to be able to thrive both in their academic careers and in their lives as adults. PSHE offers them a safe space to develop as learners and human beings, and to explore their own understanding of the world around them. The overall aim of PSHE is to enable students to make informed choices with their language and behaviour. Within this subject, students will gain an understanding of structures within society, including political structures, financial and legal systems. The aim of this is to help students to be able to navigate these institutions successfully and have access to the resources that they will need to be successful. The content of these lessons is regularly linked to the Fundamental British Values and to developing an understanding of the Protected Characteristics. This curriculum includes statutory Relationships Sex and Health Education and PREVENT education. It also contributes to meeting the Gatsby Standards by looking at careers. Assessment within these lessons aims to ensure that knowledge has been acquired successfully as well as to give opportunities to identify and correct misconceptions.



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	AUTUMN 1	AUTUMN 2	SPRING 1A	Spring 1B	SPRING 2	SUMMER 1	SUMMER 2
Core Course Topic: These topics are taught through the identified terms. They are taught in small bitesize chunks and revisited regularly.	Drugs and substances <ul style="list-style-type: none"> - Legal drugs and their effects – caffeine, alcohol and nicotine. - Illegal drugs and their effects, range of class A-C drugs. 	Discrimination and prejudice <ul style="list-style-type: none"> - The difference between discrimination and prejudice. - The effects of discrimination. - The Fundamental British Values. 	Careers <ul style="list-style-type: none"> - Overcoming barriers. - Building resilience. - Careers research. - Goal setting. 	Democracy and government <ul style="list-style-type: none"> - How democracy works in the UK. - The role of the monarchy. - The way that laws are passed in the UK. 	Wellbeing <ul style="list-style-type: none"> - Emotional wellbeing. - Healthy eating - First Aid 	Identity and relationships <ul style="list-style-type: none"> - Difference between healthy and unhealthy relationships. - Promoting good self esteem and boundaries within relationships. - Managing peer pressure. 	Digital literacy <ul style="list-style-type: none"> - Using social media safely. - Using social gaming. - The difference between purchases and gambling.
Additional support links: Here are links to additional resources which will help your child	Daniel Spargo-Mabbs Foundation: https://www.dsmfoundation.org.uk/ Talk to Frank: https://www.talktofrank.com/	Information about the 2010 Equality Act: https://www.equalityhumanrights.com/en/equality-act-2010/what-equality-act	Resources from BBC Bitesize for students and parents: https://www.bbc.co.uk/bitesize/careers Unifrog: https://www.unifrog.org/ Students can use their school email address to log in and reset their password using the link if necessary. Barclays Life Skills resources: https://barclayslifeskills.com/	Video from BBC Teach: https://www.bbc.co.uk/teach/clip-clip-video/history-ks3-government/zj9q7nb	Information about healthy eating from the NHS: https://www.nhs.uk/live-well/eat-well/ Childline https://www.childline.org.uk/ Resources for parents from Barnardos: https://families.barnardos.org.uk/13-16-years/healthy-lifestyles BBC Bitesize information about healthy lifestyles: https://www.bbc.co.uk/bitesize/topics/zhvbf39/articles/zmikhbk	Childline https://www.childline.org.uk/	Childline https://www.childline.org.uk/ CEOP: https://www.ceop.police.uk/Safety-Centre/
Knowledge: Included here is the specific knowledge your child will learn in detail	Students will learn about the different effects of substances on the body and brain. The social and legal consequences of different substances.	Students will learn to use key vocabulary with accuracy. Students will consider the impact of discrimination and prejudice on those who experience it. The contents of the 2010 Equality Act, including the 9 Protected Characteristics.	Students will learn about how to use strategies to overcome different challenges. Students will learn about the key details of different careers and entry routes into these roles.	Students will learn about how elections work in the UK and how the Houses of Parliament work. Students will consider the role of the monarch in the 21 st Century. Students will learn about the way that laws are passed in the UK.	Students will learn about the importance of healthy eating and exercise. Students will look at different ways of managing emotional wellbeing and when to find help for mental health concerns. Students will learn how to manage a range of first-aid concerns and how to look after their friends.	Students will look at the difference between healthy and unhealthy relationships. Considering how relationships can change over time and the different types of relationships that people can be a part of. Students will consider their boundaries within relationships and how they can stand up for themselves in situations involving peer pressure.	Students will look at the opportunities and risks associated with using social media. Students will consider strategies for managing social gaming effectively. Students will look at gambling and lootboxes.
Skills: Included here is the specific skills your child will learn in detail	Informed decision making about the way that these substances affect the body.	Students will develop empathy for people who live in different circumstances.	Careers research and goal setting.	Applying new information and debating key ideas.	Making healthy choices and assessing risks.	Speaking with confidence and establishing boundaries within relationships.	Decision making and assessing risks.
Common Lexicon: These are the key words and terms learnt. These can be found on knowledge organisers.	Analgesic Depressant Stimulant Hallucinogen Addiction Dopamine	Discrimination Prejudice Racism Sexism Homophobia Transphobia Immigrant Refugee Disability	Resilience Smart targets Careers Job description	Democracy Parliament Election House of Commons House of Lords First Past the Post Monarchy	Protein Carbohydrates Fruits and vegetables Resilience Emotional Wellbeing	Relationships Boundaries Self-esteem Friendships Healthy Unhealthy Consent	Social gaming Gambling Lootboxes Risk Addiction Dopamine

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