

Year 8 PSCHE Lessons

As part of the PSCHE curriculum students are taught about a variety of personal, social, cultural and health related modules, as part of this they will consider health and wellbeing, relationships, fundamental British values and careers.

Half term 1- Health and wellbeing

Lesson 1 - New School Year (Key objective: To reflect on the last school year and to think about targets for the one to come)
Lesson 2 - Future Hopes (Key objective: To focus on your strengths and begin thinking about possible career choices for the future)
Lesson 3 - A Part Time Job (Key objective: To understand the laws relating to children working 2. To examine the reasons why young people work)
Lesson 4 - Keeping Safe Out And About (Key objective: To learn to recognise and avoid or deal with potentially dangerous situations ,particularly those that might occur when out with friends)
Lesson 5 - Eating Habits (Key objective: To be familiar with different types of diets. To be able to recognise a healthy and unhealthy diet)
Lesson 6 - Learning To Relax (Key objective: 1.To examine the reasons why relaxation is an important part of a healthy life 2.To explore the methods of relaxation)
Lesson 7 – Assessment

Half term 2- Health and wellbeing

Lesson 1 - First Aid (Key objective: To learn what to do if a person faints or is unconscious)
Lesson 2 - Drugs and the Law (Key objective: To learn about drug classifications and the law relating to drug use)
Lesson 3 - Recognising Drugs (Key objective: To be able to recognise drugs that are commonly misused today and understand their effects)
Lesson 4 - Smoking (Key objective: To understand the effects and impact of smoking)
Lesson 5 - Physical activity and exercise (Key objective: To understand the benefits of physical activity and exercise and the importance of sleep)
Lesson 6 – Concentrate (Key objective: To understand the strategies that helps me to concentrate and understand how to make myself feel focused when I am learning)
Lesson 7 - Peer Pressure (Key objective: To understand the signs and effects of positive and negative peer pressure)
Lesson 8 - Assessment

Half term 3- Relationships

Lesson 1 - Family life (Key objective: To explore the nature and value of family life)
Lesson 2 - Dealing with death (Key objective: To examine how death effects us and to look at strategies for dealing with the pain caused by death of a loved one)
Lesson 3 - Boy/Girl relationship (Key objective: To explore the reasons for having boyfriends or girlfriends)

and the pressures involved)
Lesson 4 – Marriage (Key objective: To understand the role and importance of marriage today)
Lesson 5 - Contraception (Key objective: To examine the reasons for contraception within a framework of keeping safe)
Lesson 6 - Assessment

Half term 4- Relationships

Lesson 1 - STI (Key objective: To understand what sexually transmitted infections are and their implications)
Lesson 2 - HIV/AIDS (Key objective: To understand what HIV and AIDS are and the issues surrounding them)
Lesson 3 - High Risk Behaviour (Key objective: To recognize that behaviour that carries high risks and learn strategies for moving away from those kind of behaviours)
Lesson 4 - Anti-social behaviour (Key objective: To consider what types of behaviour are anti-social and why they are considered anti-social)
Lesson 5 - Assessment

Half term 5- Fundamental British Values

Lesson 1 - Beliefs (Key objective: 1. To appreciate the diversity of religious groups in the united kingdom 2.To consider the effects of stereotyping and prejudice on those with belief)
Lesson 2 - Racism (Key objective: To raise awareness of racism and develop strategies for combating it)
Lesson 3 - Local Government (Key objective: To understand the nature of the local government and its responsibilities in the community)
Lesson 4 - House of Parliament (Key objective: To understand the structure and role of the house of commons)
Lesson 5 - Election Special (Key objective: To understand the nature and importance of general elections)
Lesson 6 - Assessment

Half term 6- Body confidence champions

Lesson 1- Appearance ideals (Key objective: To understand the impact of appearance ideals and the impact of body talk)
Lesson 2- Media messages (Key objective: Explore how images and messages, from advertising to cinema and social media, are often manipulations of the truth)
Lesson 3- Confront comparisons (Key objective: Identify the ways in which the process of comparing looks often has negative consequences for themselves and their friends)
Lesson 4- Banish Body Talk (Key objective: Recognise the problems body talk can cause and developed strategies to challenge the use of body talk)

Lesson 5- Be the change (Key objective: Understand the concept of appearance ideals and where pressure to achieve them comes from)

Lesson 6 - Assessment