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| * **What we are learning**: The topic or focus for the half term.
* **Key knowledge & skills**: What students should understand and be able to do.
* **How we assess learning**: knowledge checks, practical tasks, written responses and formal assessments.
* **Key words to know**: Vocabulary students will learn and use.
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**Curriculum Overview: Personal Development**

**Year group: 8**

**What your child will learn each half term**

This overview shows the key topics, skills, and knowledge your child will be learning in **Personal Development** in **Year 8**. It helps families understand what’s being taught, how it builds on previous learning, and how you can support your child at home.

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| **Half term** | **What we are learning** | **Key knowledge and key skills** | **How we will assess learning in this unit** | **Key vocabulary for this unit** | **Key vocabulary for this unit** |
| Term 1- Autumn term 1 | **Key theme- Health and Wellbeing** 1. Introduction to Year 8 PSHE 2. Attitudes to Mental Health 3. Promoting emotional wellbeing4. Digital resilience  | **Key knowledge** Topics studied in year 8. Ice breaker- teacher and students Goal setting and aspirations Mental health and challenging misconceptions Prejudice and discriminatory language in relation to mental healthEmotional wellbeing Resilience and reframing negative thinking. Social media impact on mental healthDigital resilience **Key skills**Communication Confidence Respect Resilience Reflective Communication skillsTeamwork Self-awareness DiversityEmpathy  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsRanking exercises Quizzes Scenarios Video & questions Written tasksReflection tasks Support Signposting  |  | Aspiration Endeavour RespectIntegrity PSHE RSECEIAG Rapport Mental health Tolerance Physical Mental Emotional Wellbeing Discrimination Resilience Emotional wellbeing Social media  |
| Term 2- Autumn term 2 | **Key theme- Relationships** 5. Healthy relationships 6. Negative relationships 7. Online relationships 8. How to recognise online grooming 9. Stereotyping and prejudice  | **Key knowledge** Range of relationships Positive relationships Signs of negative relationships. Cyberbullying Online grooming and warning signs Stereotyping and prejudice. **Key skills** Communication Teamwork Confidence Respect Resilience Reflective Communication skillsUnderstanding Self-awareness DiversityEmpathy  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsRanking exercises Quizzes Labelling taskMind-mapsScenarios Video & questions Written tasksReflection tasks Exit tickets Support Signposting  | Relationships HealthyRespectfulConnection Toxic Negative relationship Neglect Abusive Emotions Manipulation Unhealthy Controlling Resentful Insecurity Cyberbullying Bystander Bullying Trolling OutingImpersonation Online harassment Grooming Groomer Exploitation  |  Manipulation Coercion Trust building Flattery DesensitisationVulnerable Catfishing Love bombingGaslighting  Prejudice Stereotypes Racism Sexism Homophobia TransphobiaReligious Intolerance Scapegoating Labelling Discrimination Inequality  |
| Term 3- Spring term  | **Key theme- Living in the widerworld** 10. Precious liberties11. The justice system in the UK 12. How to manage risk taking behaviours 13. Misleading information online 14. Being safe online  | **Key knowledge** Precious liberties British values Rules, laws, and the justice system. Roles of policeOperation of courts and tribunals Age-appropriate content Online gambling Online gamingBias and misleading information Fake news Online safety Public and private domains**Key skills** Communication Teamwork Confidence Respect Resilience Reflective Digital resilience CommunicationDebating Understanding Self-awareness Diversity | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsRanking exercises Quizzes Labelling taskMind-mapsScenarios Debating group taskVideo & questions Written tasksReflection tasks Exit tickets Support Signposting  | Democracy Liberty Civil liberties Justice Freedom Equality Human rights British values Rule of law Mutal respect Tolerance Police Presumption of innocenceCrown court Magistrates courtHigh court Supreme court BarristerPEGI BBFCGambling Debt Betting  | Stake Payout Risk Addiction Age rating In-app purchasesFake newsMisinformation False information HoaxFabricated news Clickbait Deepfake Trolling Artificial intelligence Algorithms Password VPN Data breach Phishing MalwareEncryption Digital footprint Algorithm Influencer  |
| Term 4- Summer term  | **Key theme- Health and wellbeing** 15. Understanding drugs and the dangers 16. Smoking risks 17. alcohol and risks 18. First aid- asthma, choking, allergies and feinting 19. Blood, stem and cell donation  | **Key knowledge** Risk and effects of caffeine consumption Risks of tobacco and nicotine useRisk and consequences of alcohol use. Asthma Choking Allergies Feinting First aid Impact of blood, stem and cell donation **Key skills** Communication Teamwork Confidence Respect Resilience Reflective Digital resilience CommunicationDebating Understanding Self-awareness DiversityEmpathy  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsRanking exercises Quizzes Labelling taskMind-mapsScenarios Debating group taskVideo & questions Written tasksReflection tasks Exit tickets Support Signposting  | Caffeine Addiction Stimulant AlertnessWithdrawal Insomnia Overconsumption Over the counter drugsPrescription drugs Narcotics Depressants Hallucinogens Opioids Dependence Cigarettes Cigars Vaping Shisha Tobacco Nicotine Lung cancerRespiratory problems Ethanol Intoxication Addiction Liver damage Hangover Poisoning Withdrawal  | Cirrhosis Binge drinking Dependence Relapse Rehabilitation Abstinence Units First aidResponseTriage Recovery position Heimlich manoeuvre Choking Asthma Anaphylaxis Feinting Emergency Blood donorBlood typeRh factorPlasma Blood transfusion Donation Stem cellsDonor Transplant Organ matching Organ rejection Immunosuppressants  |