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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. |

**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 wellbeing  4. 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 health  Emotional wellbeing  Resilience and reframing negative thinking.  Social media impact on mental health  Digital resilience  **Key skills**  Communication  Confidence  Respect  Resilience  Reflective  Communication skills  Teamwork  Self-awareness  Diversity  Empathy | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Ranking exercises  Quizzes  Scenarios  Video & questions  Written tasks  Reflection tasks  Support Signposting |  | Aspiration  Endeavour  Respect  Integrity  PSHE  RSE  CEIAG  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 skills  Understanding  Self-awareness  Diversity  Empathy | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Ranking exercises  Quizzes  Labelling task  Mind-maps  Scenarios  Video & questions  Written tasks  Reflection tasks  Exit tickets  Support Signposting | Relationships  Healthy  Respectful  Connection  Toxic  Negative relationship  Neglect  Abusive  Emotions  Manipulation  Unhealthy  Controlling  Resentful  Insecurity  Cyberbullying  Bystander  Bullying  Trolling  Outing  Impersonation  Online harassment  Grooming  Groomer  Exploitation | Manipulation  Coercion  Trust building  Flattery  Desensitisation  Vulnerable  Catfishing  Love bombing  Gaslighting  Prejudice  Stereotypes  Racism  Sexism  Homophobia  Transphobia  Religious Intolerance  Scapegoating  Labelling  Discrimination  Inequality |
| Term 3- Spring term | **Key theme- Living in the widerworld**  10. Precious liberties  11. 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 police  Operation of courts and tribunals  Age-appropriate content  Online gambling  Online gaming  Bias and misleading information  Fake news  Online safety  Public and private domains  **Key skills**  Communication  Teamwork  Confidence  Respect  Resilience  Reflective  Digital resilience  Communication  Debating  Understanding  Self-awareness  Diversity | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Ranking exercises  Quizzes  Labelling task  Mind-maps  Scenarios  Debating group task  Video & questions  Written tasks  Reflection 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 innocence  Crown court  Magistrates court  High court  Supreme court  Barrister  PEGI  BBFC  Gambling  Debt  Betting | Stake  Payout  Risk  Addiction  Age rating  In-app purchases  Fake news  Misinformation  False information  Hoax  Fabricated news  Clickbait  Deepfake  Trolling  Artificial intelligence  Algorithms  Password  VPN  Data breach  Phishing  Malware  Encryption  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 use  Risk 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  Communication  Debating  Understanding  Self-awareness  Diversity  Empathy | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Ranking exercises  Quizzes  Labelling task  Mind-maps  Scenarios  Debating group task  Video & questions  Written tasks  Reflection tasks  Exit tickets  Support Signposting | Caffeine  Addiction  Stimulant  Alertness  Withdrawal  Insomnia  Overconsumption  Over the counter drugs  Prescription drugs  Narcotics  Depressants  Hallucinogens  Opioids  Dependence  Cigarettes  Cigars  Vaping  Shisha  Tobacco  Nicotine  Lung cancer  Respiratory problems  Ethanol  Intoxication  Addiction  Liver damage  Hangover  Poisoning  Withdrawal | Cirrhosis  Binge drinking  Dependence  Relapse  Rehabilitation  Abstinence  Units  First aid  Response  Triage  Recovery position  Heimlich manoeuvre  Choking  Asthma  Anaphylaxis  Feinting  Emergency  Blood donor  Blood type  Rh factor  Plasma  Blood transfusion  Donation  Stem cells  Donor  Transplant  Organ matching  Organ rejection  Immunosuppressants |