

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 across each year group. It helps families understand what's being taught, how it builds on previous learning, and how you can support your child at home.

- **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.

Half term	What we are learning	Key knowledge and key skills	How we will assess learning in this unit	Homework	Key vocabulary for this unit
Term 1- Autumn term 1	<u>Key theme- Health and Wellbeing</u> 1. Making healthier choices 2. Dental health 3. Importance of exercise 4. Healthier sleep habits	<u>Key knowledge</u> Key nutrients needed for a healthy diet How nutrients affect health and wellbeing Making informed choices about what to eat Oral hygiene and its importance How and when to access NHS dental services Importance of sleep for physical and mental health. Healthy sleep routines <u>Key skills</u> 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 Video & questions Written tasks Reflection tasks Support Signposting	N/A	Nutrition Nutrients Balanced diet Food groups Starchy carbohydrates Processed food Ultra-processed food Additives Barrier Influence Strategy Budget Dental health Oral hygiene Fluoride Tooth decay Gums Dental check-up Dentistry Cosmetic Smoking Vaping Exercise Physical health

					Mental health Social health Aerobic exercise Anaerobic exercise Stamina Endorphins Heart rate Intensity Immune system Confidence Short-term benefits Long-term benefits Sleep quality Sleep routine Bedtime routine Caffeine Concentration Mood Wellbeing Screen time Consequences Healthy sleep habits
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In line with the new framework / curriculum, the curriculum plans will be updated and shared prior to teaching.