



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.

- **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	Key vocabulary for this unit	Key vocabulary for this unit
Term 1- Autumn term 1	<u>Key theme- Health and Wellbeing</u> 1. Introduction to Year 8 PSHE 2. Attitudes to Mental Health 3. Promoting emotional wellbeing 4. Digital resilience	<u>Key knowledge</u> 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 <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 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	<u>Key theme- Relationships</u> 5. Healthy relationships 6. Negative relationships 7. Online relationships 8. How to recognise online grooming	<u>Key knowledge</u> Range of relationships Positive relationships Signs of negative relationships. Cyberbullying Online grooming and warning signs Stereotyping and prejudice. <u>Key skills</u> Communication	Starters- recap of previous learning Key terms- definitions Baseline assessments Knowledge checks Pair work Class discussions Pair discussions Ranking exercises	Relationships Healthy Respectful Connection Toxic Negative relationship Neglect Abusive	Manipulation Coercion Trust building Flattery Desensitisation Vulnerable Catfishing Love bombing Gaslighting

	9. Stereotyping and prejudice	Teamwork Confidence Respect Resilience Reflective Communication skills Understanding Self-awareness Diversity Empathy	Quizzes Labelling task Mind-maps Scenarios Video & questions Written tasks Reflection tasks Exit tickets Support Signposting	Emotions Manipulation Unhealthy Controlling Resentful Insecurity Cyberbullying Bystander Bullying Trolling Outing Impersonation Online harassment Grooming Groomer Exploitation	Prejudice Stereotypes Racism Sexism Homophobia Transphobia Religious Intolerance Scapegoating Labelling Discrimination Inequality
Term 3- Spring term	<u>Key theme- Living in the widerworld</u> 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	<u>Key knowledge</u> 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 <u>Key skills</u> 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 Mutual 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	<u>Key theme- Health and wellbeing</u> 15. Understanding drugs and the dangers 16. Smoking risks 17. alcohol and risks 18. First aid- asthma, choking, allergies and fainting 19. Blood, stem and cell donation	<u>Key knowledge</u> Risk and effects of caffeine consumption Risks of tobacco and nicotine use Risk and consequences of alcohol use. Asthma Choking Allergies Fainting First aid Impact of blood, stem and cell donation <u>Key skills</u> 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 Fainting Emergency Blood donor Blood type Rh factor Plasma Blood transfusion Donation Stem cells Donor Transplant Organ matching Organ rejection Immunosuppressants
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