

Our Lady Queen of Peace

Catholic High School

Curriculum Overview

Y8 Curriculum for Life

Careers		
Local Market Information	Skills	Jobs
Health and Social Care Hospitality Education Community Services	Communication Decision making Self-management Problem solving Responsibility Organisation Conflict resolution Critical thinking Teamwork Leadership	Nurse Paramedic Social Worker Mental Health Worker Teacher Counsellor Police Officer Community Worker HMRC Officer

	Knowledge & Understanding			Subject Specific Literacy Development	Cultural Capital / Enrichment Opportunities
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	
Half Term 1	Healthy Relationships	- Characteristics of healthy relationships, including trust, respect, honesty and equality - How relationships contribute to wellbeing and belonging.	Recall key vocabulary and knowledge from previous lessons related to: Qualities of healthy Effective forms of communication.	Healthy Honesty Trust Respect Wellbeing	Understanding of safe and healthy relationships in your own lives. Explore the diversity of relationships.
	Communication and Emotional Expression in Relationships	- Importance of effective communication in healthy relationships. - Expressing thoughts, feelings and needs appropriately	Methods to managing emotions and challenges in relationships.	Communication Assertiveness Resolution	Developing the confidence and resilience needed to navigate social influences and build respectful,

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		Active listening and respectful disagreement	The difference between banter and bullying. .		healthy connections throughout their lives.
	Managing the Ending of Relationships	- Understanding that friendships and relationships can change or end - Common reasons friendships and relationships end - Emotional responses to endings. - Healthy ways to manage relationship endings and rejection. - Strategies for coping with change and maintaining wellbeing.		Change Conflict Emotions	
	Family Relationships and Change	- How family relationships may change over time - Life events that can affect families (separation, remarriage, bereavement, new siblings, moving home) - Managing change within families and recognising associated emotions. - Importance of communication and support during periods of change.		Separation Divorce Change	
	Romantic Relationships	- Characteristics of healthy romantic relationships - Similarities and differences between friendships and romantic relationships - Respecting personal choices about relationships and sexual orientation. - Recognising unhealthy behaviours within romantic relationships		Healthy Unhealthy Sexual orientation Respect	

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	Bullying	- Recap different forms of bullying. - How bullying can occur in person and online - Bullying and the law - Banter vs bullying - Impacts of both actions. - Responsibilities of reporting bullying		Bullying – physical, verbal, social, cyber Banter	
	Peer Pressure and Influences	- Recap peer pressure and managing situations. - Group-thinking and persuasion. - Direct, indirect and online forms of peer pressure - Developing self-worth and confidence when making decisions.		Peer pressure Persuasion Group-think Risk Influence	
Half Term 2	Citizen's Rights	- The rights that citizens have across the ages - The age of criminal responsibility - UN Rights of the Child	Recall key vocabulary and knowledge. From Y7 CFL Citizenship lessons	- Rights - Criminal responsibility - Responsibility	Links with human rights work and organisations the UK is part of
	Crime & Police	- Policing in the UK - Types of Crime - Sentencing		- Police - Sentencing - Crime Civil	Links with careers in the police and law
	Nature of Criminality in the UK	- Who offends? - Why do people offend? - How can we stop reoffending?		- Criminality - Offender - Rehabilitation	Links with avoiding consequences for poor choices as a young person and understanding what consequences can be given
	UK Courts	- Structure of UK Courts - UK Youth Court		- Crown court - Magistrates Court - Youth Court	Links to national/global debates about the effectiveness of the death penalty and human rights
	Why do we punish?	- Aims of Punishment - Death penalty debate		- Deterrence - Retribution - Death Penalty	
	Assessment and Careers	- Oracy task and discussion - Assessment of knowledge learnt so far and identifying improvements - Careers link to the Police			

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Half Term 3	Anti-social behaviour	- Forms of anti-social behaviour in society. - Causes of this behaviour. - The laws around anti-social behaviour. - Impacts of victims.	Recall key vocabulary and knowledge from previous lessons related to: Forms and consequences of anti social behaviour. Impact of influences. Hate crime Impacts of discriminatory behaviour.	Anti-social behaviour Influence Respect Responsibility	Developing understanding of identify, diversity, equality and responsible citizenship.
	Social influence, social media and conformity	- How people are influenced by peers, social groups and media - The role of social media in shaping opinions, behaviours and trends - Awareness that some online content, accounts and influencers may be misleading, fake or AI-generated.			UK laws around discrimination and hate crime.
	Gender Stereotypes	- How gender stereotypes develop and can influence expectations, opportunities and behaviour - The impact of gender stereotypes on individuals and society - Challenging assumptions based on gender. - Recognising how media can reinforce stereotypes		Gender Stereotype Assumptions Social media	Exploring Protected characteristics and British Values.
	LGBTQ+ and Equality	- Gender identity and sexual orientation. - Transphobia and gender-based discrimination. - Gender and sexual orientation stereotyping and its impacts. - Recognising and challenging homophobia and biphobia. - Protected characteristics - Hate crime		Sexual orientation Gender Transphobia Discrimination Stereotyping Homophobia Protected characteristics Hate crime	
	Discrimination	- Recognising and challenging racism and religious - Discrimination and social injustice		Hate crime Discrimination Racism Respect	

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	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	
		- Protected characteristics and hate crime. - The importance of respect and tolerance for different races, religions and beliefs - Consequences of discriminatory behaviour - How to challenge discrimination safely and seek support		Tolerance	
	Online Identity and Influences	- Understanding digital footprints and online identity - How algorithms and online platforms influence beliefs and behaviour - Influence of online communities, sub-cultures and social norms - Awareness of harmful online content, misogyny and extremist influences		Influence Misogyny Algorithms	
Half Term 4	Self Esteem and Body Image	- Impact of social media on self-esteem. - Factors that influence self-esteem and body image - Impact of social media, advertising and online content on self-perception - Recognising unrealistic or edited images and comparisons - Strategies for developing healthy body image and positive self-esteem	Recall key vocabulary and knowledge from previous lessons related to: Impacts of social media on self-esteem. Factors leading to negative thinking. Ways to take care of mental health. Health impacts of smoking and vaping.	Self Esteem Confidence Body Image Social Media	Encouraging informed decision-making and positive health choices. Exploring factors that influence self-esteem and body image, learn strategies to manage challenges and emotions, and develop awareness of the risks associated with smoking, vaping and substance use.
	Mental Health	- Understanding emotions and emotional responses. - How to communicate emotions. - Causes and effects of stress during adolescence. - Signs and symptoms of anxiety and depression.		Mental Health Stress Depression Anxiety Stigma	

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		- Importance of help-seeking and accessing support. - Challenging stigma and misconceptions surrounding mental health			
	Healthy Coping Strategies	- Healthy and unhealthy coping strategies around mental health. - Challenging misconceptions and stigma. - How to manage emotions. - Importance of support networks and self-care - Daily well being - Where to find support.		Coping strategies Wellbeing	
	Health Risks of Smoking and Vaping	- Risks and health implications of tobacco, nicotine and e-cigarettes. - Awareness of serious health conditions linked to smoking and vaping - Strategies for resisting pressure and making informed choices. - Where to find support.		Tobacco Nicotine Vaping	
	Substances and Health	- Legal and illegal substances and impacts on physical health. - Physical, emotional and social risks associated with substance use - Impact of drugs on decision-making, health and wellbeing - Awareness of serious health conditions linked to substance misuse . - The law relating to the supply and possession of illegal substances. - Where to find support		Legal Illegal Substance	
Half Term 5	Using Money	- Cash v contactless - Cost of living - The value of money	Recall key vocabulary and knowledge of Y8 Half Term 1 Citizenship knowledge	Cash Contactless	Exploring a healthy relationship with money

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	Saving & Spending	- Bank accounts - Savings - Credit v Debit		Credit Debit Bank account Online banking	Links to how to create the correct way to store and save money
	Budgeting and Planning	- How to budget wisely - Saving money for the future - Wages and taxes		Budgeting Taxation Wages Debt	Learning how to manage money and avoid debt
	The impact of Debt	- How people get into debt - Debt management - Link to criminality		Debt Bailiff Interest	
	'The Big Debate lesson'	- Plan and debate an issue linked to Personal Finances - Explore a contextual and current issue in the news that is appropriate and relevant e.g Tax increases		Arguments Evidence Judgements	
	Assessment and Careers	- Oracy task and discussion - Assessment of knowledge learnt so far and identifying improvements - Careers link to HMRC			
Half Term 6	Consent in Romantic Relationships	- Understanding consent as a freely given, informed and ongoing choice. - Respecting the feelings, choices and boundaries of others - Recognising pressure, persuasion and unwanted behaviour	Recall key vocabulary and knowledge from previous lessons related to: Consent Red flags in relationships Laws and risks of image sharing. Signs of grooming	Consent Respect Pressure	Equipping student with the knowledge and skills to recognise healthy and unhealthy behaviours, manage conflict constructively, build positive relationships and access support when needed. The UK laws around unsafe and illegal behaviour in relationships.
	Healthy and Unhealthy Communication and Relationships	- Characteristics of healthy and respectful online communication - Recognising unhealthy, inappropriate or harmful online behaviours - Identifying warning signs and red flags in online relationships - Strategies for responding safely and seeking support		Online safety Warning signs	

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	Fixated, Obsessive or Unwanted Behaviours	- Recognising behaviours such as repeated messaging, monitoring, tracking and unwanted attention - Understanding how these behaviours can affect safety and wellbeing - Awareness that stalking and some unwanted behaviours are criminal offences - Where to access support.		Stalking Monitoring Tracking Child on child abuse	
	Image Sharing and Digital Consent	- Understanding consent when sharing images of others. - Risks associated with sharing personal images. - Dealing with pressure or coercion to share images. - Understanding digital footprints. - Strategies for staying safe and responding to concerns		Consent Digital footprint	
	Online Grooming and Exploitation	- Understanding how grooming can occur in online environments - Identifying warning signs of grooming and exploitation - Importance of reporting concerns and seeking help. - Knowing how trusted adults and support services can help keep young people safe.		Grooming Exploitation	

Key Assessments

When	What will be assessed?	Why is this being assessed?	How will results be stored & students receive feedback?
End of HT1	- Qualities of healthy - Effective forms of communication. - Methods to managing emotions and challenges in relationships. - The difference between banter and bullying. - Definitions of key words from half term 1.	To check students' understanding about the meaning of key vocabulary and how to manage different situations across different relationships.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.
End of HT2	- Understanding Citizen rights - Understanding the role of the police and courts in the UK - Understanding the youth court and the implications of committing a crime as a young person	To check students' understanding about the meaning of key vocabulary and how the criminal justice system works in the UK	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.
End of HT3	- Laws and impacts of anti-social behaviour. - What constitutes as anti social behaviour. - Impact of influences. - Hate crime - Impacts of discriminatory behaviour. - Definitions of key words from half term 3.	To check students' understanding about the meaning of key vocabulary and how to keep themselves safe and manage different situations in the wider world.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.
End of HT4	- Awareness of the risks of substances and health choices, including smoking and vaping. - Impacts of substances on physical and mental health. - Recognising unhealthy coping strategies around mental health. - Definitions of key words from half term 4.	To check students' understanding about the meaning of key vocabulary and how to be responsible for their own health.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.
End of HT5	- How to spend money - How to bank your money - Credit V Debit and the positives and negatives of each type of card - Budgeting, planning and tax	To check students' understanding about the meaning of key vocabulary and how to manage money effectively including saving for the future and budgeting.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.
End of HT6	- Awareness of positive and healthy relationships. - How to ensure consent - How to be assertive - Consequences of image sharing. - Signs and risks of grooming. - Definitions of key words from half term 6.	To check students' understanding about the meaning of key vocabulary and how to manage different situations within different relationships.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.