

St Peter's Catholic High School Year 8 Curriculum for Life S.O.W



Topic Title	C4L and Ground Rules	Self-Esteem	Emotional Wellbeing	Physical Health and Wellbeing	A Balanced Lifestyle	Body Image	Cyberbullying	Sexting	Staying Safe Online	Online Reputation	Work, Work Work
Assessment	Can you name 5	Can you define the	Do you know what	Can you identify the	Can you make a list	Can you define	Can you define the	Can you list who	Can you identify	Can you define	Can you identify
Objectives	topics or more which will be covered in C4L lessons this year?	term self-esteem?	emotional wellbeing is and why it is important?	physical activities that you regularly take part in?	of reasons why young people don't get enough sleep?	'body image?'	term cyberbullying?	and what causes pressure on young people to send naked pictures?	information which is private and shouldn't be shared online?	what online reputation is?	some rewards and challenges associated with working?
	Can you name at least three of our agreed C4L ground rules?	Can you list personal circumstances which may change a person's self esteem?	Can you identify ways to promote your own emotional wellbeing?	Why is it important to have a healthy active lifestyle?	Can you explain why sleep is important?	Can you explain the impact social media has on body image?	Can you identify which actions cross the line between 'banter' and cyberbullying?	Can you identify the possible consequences of sending a sext?	What are the risks of oversharing information on social media?	How do you create a digital footprint?	Can you define different types of work?
		Can you identify ways a person can improve and develop theirs and	Can you explain who, how and why to ask for support when it's needed?	What positively and negatively influences young people's choices	Why is it important to maintain a balance between work, leisure and	Can you identify techniques to minimise stress which may arise	Can you find help and know who to speak to if you're worried about	Can you give advice to others to avoid sending a sext?	Can you list the things you should do to stay safe online?	Can you identify ways in which young people can create a positive or	Can you explain the laws about young people working?
		other's self- esteem?	Do you know how to be a supportive friend and how to promote your friends' wellbeing?	about participating in physical activity and exercise?	exercise?	from a negative perception of our body image influenced by social media?	something online?			a negative online reputation?	Can you identify your first task when applying for jobs?

Topic Title	UK Parliament	Power to the People	Political Parties	Alcohol (Smashed Online)	Smoking	Illegal Drugs	Addiction	Gambling	Gaming 4 Good *	
Assessment Objectives	Can you describe Parliament?	Can you explain the different ways that UK citizens can actively contribute to democracy?	What is a political party?	Can you identify the social and emotional causes of underage drinking?	Can you list reasons why people choose to smoke/vape?	Why do people take drugs?	What is addiction?	What is gambling?	A session exploring the world of gaming, making connections between value for money and	
	Can you explain what role Parliament plays?	Can you name your MP?	Can you name 5 UK political parties?	What is the impact of underage drinking on young lives?	Do you know how smoking and vaping harm your health?	Can you identify the risks associated with taking illegal substances?	What types of addiction are there?	Can you give examples of gambling?	exploring fraud and identity theft.	
			information about one of UK's main political	Where and how can you get help for others in relations to underage drinking?	Do you know who to ask for advice and where to look for guidance on resisting pressure to smoke/vape and how to stop smoking/vaping?	Do you know the legal consequences of supplying and misusing illegal substances?	What are the stages of addiction? Why do people choose to gamble?	Why do people choose to gamble?		
						How can you turn down drugs?	Where can you get help and support for addiction?	What are the laws in relation to gambling?		
								What are the consequences of gambling?		
								Where can you get support if you're worried about yourself or others in relation to gambling?		