

## PSHE Curriculum Overview

### Year 8

Knowledge Overview	Topic 1 (7 weeks)	Topic 2 (7 weeks)	Topic 3 (6 weeks)	Topic 4 (6 weeks)	Topic 5 (7 weeks)	Topic 6 (6 weeks)
<b>CORE THEME</b>	<b>HEALTH AND WELLBEING</b>	<b>LIVING IN THE WIDER WORLD</b>	<b>RELATIONSHIPS</b>	<b>HEALTH AND WELLBEING</b>	<b>RELATIONSHIPS</b>	<b>LIVING IN THE WIDER WORLD</b>
<b>Topic</b>	<b>Personal Wellbeing</b>	<b>Careers</b>	<b>Diversity</b>	<b>Emotional wellbeing</b>	<b>Healthy relationships</b>	<b>Financial decision making</b>
<i>Overview</i>	<i>Alcohol and drug misuse, legal and illegal drugs, the impact of energy drinks and pressures relating to drugs</i>	<i>Equality of opportunity in careers and life choices, goal setting and different types and patterns of work.</i>	<i>Discrimination in all its forms, including: racism, religious discrimination, disability discriminations, sexism, homophobia, biphobia and transphobia</i>	<i>Mental health and emotional wellbeing, mindfulness and self-confidence, cancer awareness and first aid.</i>	<i>Gender identity, sexual orientation, consent, "sexting", communication in relationships and an introductions to contraception.</i>	<i>The importance of budgeting, credit and debit, ethical financial decision making and understanding tax.</i>
Skills Overview	Topic 1 (7 weeks)	Topic 2 (7 weeks)	Topic 3 (6 weeks)	Topic 4 (6 weeks)	Topic 5 (7 weeks)	Topic 6 (6 weeks)
Focus*	Di, Db, DM, CS	T, Di, DM, Q	Di, Q, DM, CS	Di, CS, Q	Di, Q, CS	Q, Di, Db, DM

### Skills Key

(T) *Teamwork*: Students develop the skills necessary to work effectively and efficiently as part of a group.

(Di) *Discussion*: Students know how to talking about something in order to reach a decision or to exchange ideas in a civil manner.

(Db) *Debate*: Students understand how to engage in an effective formal discussion on a particular matter.

(Q) *Questioning*: Students know how to question so as to elicit information in a manner which does not cause offence.

(DM) *Decision making*: Students understand how to reach a conclusion or resolution after consideration of issues or facts.

(CS) *Coping strategies*: Students develop the skills required to deal effectively with difficulties including stress and anxiety.

\* All key skills are built in and explored to varying degrees in all topics delivered. The ones identified in the overview are those which are the biggest focus in that particular topic