

PSHE SOW YEAR 8 – Working Document

Year 8, term 1	Subject topics – Program of Study	Pupils should Learn – Breakdown	Tutor Time (Thurs)	PSHE Class (Tues)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
Core theme 1 – Health & Wellbeing points H1-6, H15	Managing Transition	Recognising strengths and weaknesses, Target Setting, Goals and Aims	Weeks 2-4 (3 lessons) & 8* <ul style="list-style-type: none"> Review of last years aims Goals & Aims for the Year SMART Targets 					September: Organic September International Day of Peace 21 st September International Week of Happiness 23-30 th September October: World Mental Health Day 10 th October Conflict Resolution Day October 17 th Jewish New Year – October 30 th
		Self Esteem & Confidence – dealing with emotion		Weeks 2-4 (3 lessons)				
H5, H6, H9, 13, 17,	How to maintain physical, mental and emotional health and wellbeing; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing	Healthy eating and balanced diets, Importance of Exercise, Importance of Sleep and screen time, practise Personal Hygiene, puberty	Weeks 5-7 (3 lessons) <ul style="list-style-type: none"> Obesity Diabetes Heart Disease 	Weeks 5-7 (3 lessons) <ul style="list-style-type: none"> Mental Health issues - Eating disorders, Self Harm 	Sarah Upjohn Workshop on Music related Injuries Workshop by HH on nutrition and how the school prepares food to meet pupils needs			
H A L F T E R M								
H32	How to make informed choices on health, wellbeing and lifestyle	Childhood Cancers, common cancers, dangers and risks	Week 8 – Review Goals Targets *	Week 8 – Childhood Cancers				November National Pathology Week 4 th November National Stress Awareness day 6 th November Anti Bullying Week – 11 th November Sugar Awareness Week – 11 th November Road Safety week 18 th November
Core theme 2 Relationships R2, 5, 7	developing and maintaining a variety of healthy relationships within a range of social/cultural contexts	conflict resolution Bullying and Peer pressure Online and offline How to seek advice and support	Week 9 – Anti bullying exercise Week 10 – team building activity	Week 9 -11 (3 lessons) incorporating Anti bullying week	Workshop on resilience and conflict resolution - TBA			
R 8-14	how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying)	Marriage and civil partnership – why people get married – changing attitudes – family units – different cultural expectations	Week 11 – Marriage ceremonies different religions – video clips/discussion	Week 12 – continuation Marriage, laws, other cultures, religions, Human Rights				
H25	factual information about legal and illegal substances, including alcohol (including current government recommendations for consumption), volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha and cannabis	Cannabis and shisha covered in year 9	Week 13 – review of topic mini quiz on Core Theme 1 Week 14 –	Week 13 &14 – Human reproduction, teenage pregnancy				

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Year 8, term 2	Subject topics – Program of Study	Pupils should Learn – Breakdown	Tutor Time (Thurs)	PSHE Class (Tues)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
H17, R37 & R38 & R35	Online safety	the importance of protecting their own and others’ reputations; protecting their ‘online presence’: the concept of having a personal ‘brand’ that can be enhanced or damaged	Week 1&2 – Looking at current affairs from over the Christmas period – Brexit, wildfires in Australia, ongoing unrest in Hong Kong	Week 1 – Online safety Week 2 – Emotional Changes				
H7	H7. to manage growth and change as normal parts of growing up including consolidation and reinforcement of Key Stage 2.	puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence	Week 2 – History of AA Milne	Week 3 – human reproduction				January: Dry January Veganuary
H7	about parenthood and the consequences of teenage pregnancy	human reproduction, how teenage pregnancy would affect young people involved, options	Week 3 – Burns Night – What is it?	Week 4 – Smear Tests, HPV other Vaccinations				6 th January – Big Schools Bird Watch
H10	The purpose and importance of immunisation and vaccination	HPV to coincide with 20 th January awareness – also to include childhood vaccinations, MMR and meningitis.	Week 4 - Brexit	Week 5 - consequences of teenage pregnancy				18 th January – Winnie the Pooh Day
			Week 5&6 – Childrens Rights and Human Rights (L6 POS)	Week 6 - current affairs				20 th January – Cervical Smear Awareness week & Energy Saving week
H A L F T E R M								
L3-L7	about rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy	Human Rights, Children’s Rights, British Law, diversity, different cultures and religions, stereotyping, bullying, discrimination against individuals or communities.	Week 7 – Introducing walk all over cancer – 10k a day fundraiser	Week 7 – Human Rights / Childrens Rights				31 st January – Brexit
H20-H23	how to assess and manage risks to health; and to keep themselves and others safe	Revisit CPR; Recognise and reduce risk, minimising harm, understand and manage risk in personal safety and accident prevention- how to get help in emergency situations.	Week 8 – The Day Resource/ Topic	Week 8 – Cultural Differences and expectations	CPR Heart Start BHF with HA			1 st Feb – LGBT History Month
			Week 9 – No Smoking Day	Week 9 – Racism, Bullying and prejudice	Visit from fire service in conjunction with year 6&7			3 rd Feb – Sexual Abuse and Sexual Violence Awareness Week & Children’s Mental Health Week
			Week 10 – Mothering Sunday – where does it come from?	Week 10 – CPR & first aid revisited				1 st March – Walk all Over Cancer
			Week 11 – The Day Topic, current affairs	Week 11 Danger, Risk, accident prevention, personal safety				11 th March – National No Smoking Day
								20 th March – National Skipping Day
								22 nd March - Mothering Sunday

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Year 8, term 3	Subject topics – Program of Study	Pupils should Learn – Breakdown	Tutor Time (Thurs)	PSHE Class (Tues)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
L18-20	how personal financial choices can affect oneself and others and about rights and responsibilities as consumers	Assess and manage risk in terms of money and how young people use it; risks of gambling including online and pressures; social and moral dilemmas about the use of money Skin Cancer – dangers of sun exposure, how to stay safe, what do if you have a concern.	Week 1&2 – Looking at current affairs from over the Easter Period including Ramadan (L3) Week 3 – Budgeting Week 4 – Eid (L3) Week 5 – Staying Safe in the Sun – Sun Stroke, Heat stroke etc (not cancer)	Week 1 – The History of Money & young people’s use and perception Week 2 - How to be responsible with money Week 3 - Gambling Week 4 – Skin Cancer Week 5 – What have we learnt – review.				22 nd April – Allergy Awareness Week 24 th April-24 th May – Ramadan May – Skin cancer awareness Month 24 th -26 th May Eid 3 rd June – Heart Rhythm Week & Wear it Red for Heart Disease June - Pride Month 3 rd June –Child Safety week 5 th June – World Environment Day 10 th June – Men’s Health Week & Diabetes Awareness Week 13 th June- Cupcake Day for Alzheimer’s Awareness 24 th June – National School Sports Week July – Plastic Free Month
H32	About Cancer	Skin Cancer – dangers of sun exposure, how to stay safe, what do if you have a concern.						
H A L F T E R M								
H29	the safe use of prescribed and over the counter medicines		Week 5 – The environment – climate change	Week 5 – Over the counter / prescribed medicine				
L2, L8, L9	how to make informed choices and be enterprising and ambitious; how to develop employability, team working and leadership skills and develop flexibility and resilience		Week 6 – Keeping a Healthy Heart Week 7 – Pride Week 8 – The Day item Week 9 – Dangers of Plastic	Week 6 – 8 (3 lessons) Learning styles, organisational techniques, targets for KS3, strengths and weaknesses Week 9 – Final Lesson TBC				

