

Year 8 Topic Plan PSHE 2019-2020

<u>Term 1a (8 weeks) Relationships</u>	<u>Term 1b (7 weeks) Healthy Lifestyles</u>	<u>Term 2a (6 weeks) Mental Health</u>
<p>Week 1 – Gender Difference – Boys & Girls</p> <p>Week 2 - Different types of Relationships</p> <p>Week 3 – Sex in the Media</p> <p>Week 4 – We’re going through changes</p> <p>Week 5 – Communication is the Key</p> <p>Week 6 - Bullying</p> <p>Week 7 - Knife Crime</p> <p>Week 8 - Marriage</p>	<p>Week 1 - Eatwell Guide</p> <p>Week 2- Balanced Diets</p> <p>Week 3 – The problem of obesity</p> <p>Week 4 – Dealing with the problem of obesity</p> <p>Week 5 – What do we need to keep healthy?</p> <p>Week 6 – Eating Disorders</p> <p>Week 7 – Dental health and assessment</p>	<p>Week 1 –Mental Health introduction</p> <p>Week 2 – How do we behave around Mental Health Issues?</p> <p>Week 3 – Emotional Health</p> <p>Week 4 – Alcohol and Mental Health</p> <p>Week 5 – Depression</p> <p>Week 6 - Assessment</p>
<u>Term 2b (6 weeks) Being a Good Learner</u>	<u>Term 3a (5weeks) Human Rights and Fair Trade</u>	<u>Term 6 3b (7 weeks) Safety</u>
<p>Week 1 – Learning strategies for the appropriate learning situation</p> <p>Week 2 – Metacognition</p> <p>Week 3 – Resilience</p> <p>Week 4 – Self assessment</p> <p>Week 5 – Having Dreams and surpassing people’s expectations</p>	<p>Week 1 - Recycling</p> <p>Week 2 - The clothing journey</p> <p>Week 3 - Sweatshops</p> <p>Week 4 - Fairtrade</p> <p>Week 5 – Human Rights and assessment</p>	<p>Week 1 – Online Safety</p> <p>Week 2 – Road Safety</p> <p>Week 3 – Smoking and Alcohol</p> <p>Week 4 - Vaccines</p> <p>Week 5 – First Aid</p> <p>Week 6 - Assessment</p>

Term 1a: Relationships

Week 1 - Gender Difference – Boys & Girls

- To consider our attitudes towards gender. (refer to LGBT)
- To identify personal qualities and be aware of how these affect relationships.

Week 2 – Different types of Relationships

- To explore what is meant by 'relationship'.
- To consider the positives and difficulties within different relationships.
- To reflect on how to maintain positive relationships in and outside of school.
- To understand that positive relationships contribute to human happiness and their importance when bringing up children

Week 3 – Sex in the Media

- To examine how body image is shown in the media
- To consider how these images affect how we feel about ourselves

Week 4 – We're going through changes

- To explore feelings towards changes during puberty.
- To become aware of the views of others.
- To analyse feelings by considering the advice we would give

Week 5 – Communication is the Key

- To understand the importance of communication in a relationship.
- To understand the difference between assertive, aggressive and passive behaviour and how our behaviour can affect a relationship.

Week 6- Bullying

- To understand the importance of treating people with dignity and respect (refer to LGBT)
- To understand why and how bullying should be reported

Week 7 – Knife Crime

- To explain and challenge the reasons why some young people may carry a knife
- To assess a range of consequences of carrying or using a knife
- To explain how young people can make the choice to be knife free

Week 8 - Marriage and Assessment

- To understand what marriage is, including; legal rights, how their rights are different to that of cohabiting couples and how they are similar to same sex marriages
- The value of marriage and expectations
- How to be a good parent
- How to recognise an unhealthy relationship, and what to do about it (inc. between siblings, parents and siblings and between adults)

Term 1b: Healthy Lifestyles

Week 1 – Eatwell Guide

- To know what the different food groups are from the eat-well guide
- To reflect on how healthy you are in and out of school.

Week 2 – Balanced Diets

- To recognise and describe a balanced meal.

Week 3 – The problem of obesity

- Investigate the scale of the obesity problem in the UK.

Week 4 – Dealing with the problem of obesity

- Evaluate ways in which to tackle the problem of obesity as a nation.
- Evaluate ways in which to tackle the problem of obesity as an individual.

Week 5– What do we need to keep healthy?

- Evaluate our routines and consider how to make them more healthy.

Week 6 – Eating Disorders

- Explain the difference between several types of eating disorder

Week 7 – Dental Health and assessment

- To understand the importance of teeth
- To understand that sugar causes decay
- To reflect on good habits to prevent gum disease and dental decay

Term 2a: Mental Health

Week 1 –Mental Health intro

- To explore feelings that can affect mental health.
- To recognise the causes of and ways to manage stress and feeling down.

Week 2 - How do we behave around Mental Health Issues?

- To investigate methods of dealing with symptoms of mental illness.
- To evaluate the best ways to behave towards each other.

Week 3 – Emotional Health

- To learn that emotional health can and does vary over time
- To understand that everyone is different and feelings are normal and ok

- To recognise that everyone has emotional health
- To understand that some things that can improve your emotional health, including exercise/

Week 4 – Alcohol and Mental Health

- To understand key types of mental health disorders associated with alcohol and the affect upon individuals and their families.

Week 5 – Depression

- To be aware of signs of depression and feel enabled to address these signs in a helpful and positive manner

Week 6 – Assessment

- To complete the mental health assessment

Term 2b: Being a Good Learner

Week 1 – Learning strategies for the appropriate learning situation

- To investigate different strategies for different learning situations
- To look at resources available outside of the classroom

Week 2 – Metacognition

- To understand that it is the students responsibility to take ownership of their learning
- To be aware of the steps required to become good learners

Week 3 – Resilience

- To develop a growth mind-set
- To focus on what they can do and build on it

Week 4 – Self assessment

- To learn how to regularly reflect on their learning. Acknowledge their strengths and set themselves targets

Week 5 – Having Dreams and surpassing people's expectations

- To explore their options for the future
- To understand that anything is possible with the right mind-set
- To be aware that they should not be restricted by targets or what their parents expect from them – aim high

Week 6 - Assessment

Term 3a – Human Rights and Fair Trade

Week 1 – Recycling

- To recognise the importance of recycling
- To understand which materials can be recycled

Week 2 – The Clothing Journey

- To understand the social and moral dilemmas around money, including how their spending choices can affect other peoples' economies and environments.
- To recognise the rights students can or will enjoy in the UK and Ireland (for example around education, health and safety) and how these may differ in other countries.

Week 3 – Sweatshops

To understand what a sweatshop is and how children are affected by them.

Week 4 – Fairtrade

To help us to develop a concept of what fair trade is and where foods come from.

Week 5 – Human Rights

- To consider why human rights abuse happens and the importance of them
- Complete human rights assessment

Term 3b – Safety

Week 1 – Online Safety

- To identify potential downsides to social networking sites.
- To design a social networking site that is safe and enjoyable for users

Week 2 – Road Safety

- To explain the importance of taking care when crossing the road and when you are a passenger in a car
- To be aware of how to be a safe cyclist

Week 3 – Smoking and Alcohol

- To understand the risks associated with smoking and drinking alcohol

Week 4 – Vaccines

- To explain how vaccinations can produce antibodies.
- To interpret graphs showing antibody production.
- To evaluate the pro's and con's of vaccination.
- To be able to name some common vaccinations

Week 5 –First Aid

- To learn some basic first aid skills including how to put someone in the recovery position and remaining calm during an emergency (covered with training from St John's Ambulance)

Week 6 – Assessment

- To complete first aid assessment

Week 7 – Catch up/trips