

PSHE Year 8 (Long Term Plans)



Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Core Theme	Skills, Career & Character		Skills, Career & Character		Skills, Career & Character		Life Beyond School	
Topic	What 'frog' type am I?		Labour Market Information		Skills needed to do jobs well		Proud to be me	
Learning Objectives	<u>Careers based around personality strengths</u>		<u>Consideration of LMI on favoured career opportunities</u>		<u>Employability Skills</u>		<u>Self-Esteem & Media</u>	
(Core/ Extension/ Challenge)	<ul style="list-style-type: none"> > Consider potential careers against personality strengths on Unifrog. > Explore the type of 'frog' I am. > Present to others about what I have learnt about myself and my personality. 		<ul style="list-style-type: none"> > Explore Careers library tool on Unifrog. > Examine LMI associated to various careers. > Engage in conversation with adults about their careers and how they got to where they have. 		<ul style="list-style-type: none"> > Understand the eight key employability skills. > Be able to effectively work as part of a team, research issues and find solutions. > Evaluate what makes an effective and persuasive presentation. 		<ul style="list-style-type: none"> > Describe self-esteem and how it impacts life. > Explore ways to boost self-esteem. > Negative self-talk and self-esteem. 	
Teacher (bold is lead)	RAL & JRL		RAL & JRL		RAL & JRL		RAL & JRL	
Assessment	Unifrog Progress		Unifrog Progress & worksheet task		Unifrog Progress		Confidence Checker	
Tutor Time Unifrog Resources	Term 1A – Online Safety: Media, Literacy & interpreting information Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8				Term 1B – Physical Health: Addictive Substances Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Core Theme	Staying Safe Online & Offline		Staying Safe Online & Offline		Life Beyond School		
Topic	Dangerous Society Online & Offline		Dangerous Society Online & Offline		Essential Life Skills		
Learning Objectives	<u>Alcohol Safety & Substance Misuse</u>		<u>County Lines: What is it and who is at risk?</u>		<u>First Aid Training</u>		
(Core/ Extension/ Challenge)	<ul style="list-style-type: none"> > Explain how alcohol is measured and what the limits are for adults. > Explore the consequences of alcohol consumption. > Evaluate when introducing alcohol to a situation can lead to very dangerous consequences. 		<ul style="list-style-type: none"> > Understand what the term 'county lines' means. > Explain how county lines gangs recruit and exploit young people. > Examine how county lines gangs use Psychological, financial and physical methods to make people feel trapped. 		<ul style="list-style-type: none"> > Understand the vital importance of First Aid as a lifesaving skill > Learn how to perform simple First Aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries. > Understand why the recovery position is important and when best to contact emergency services <p>IF NOT ALIGNED: CFS PASSPORT INTRO</p>		
Teacher (bold is lead)	RAL & JRL		RAL & JRL		RAL & JRL & additional support		
Assessment	Confidence Checker & work booklet		Confidence Checker & work booklet		AVANTI TRAINING FIRST AID WORKSHOPS Confidence Checker & work booklet		
Tutor Time Unifrog Resources	Term 2A – Physical Health: Exercising for wellbeing Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			Term 2b – Physical Health: Taking responsibility Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			

PSHE Year 8 (Long Term Plans)



Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Core Theme	Rights, Responsibilities & British Values		Rights, Responsibilities & British Values		Skills, Career & Character		
Topic	Law, Crime & Society		Law, Crime & Society		Skills needed to do jobs well		
Learning Objectives (Core/ Extension/ Challenge)	<u>Law Making in the UK, Making Decisions & Priorities</u> > To understand why laws are needed in society. > Appreciate the process of how a bill passes through parliament. > Evaluate recent changes to the law in England and Wales.		<u>Criminals, Prisons, Reform & Punishment</u> > Understand why young people commit crime and how the criminal justice system operates for young offenders. > Explain the types of punishments available in the UK. > Evaluate whether prison is an effective form of punishment.		<u>CFS PASSPORT</u> > Outline the purpose & value beyond CFS > Complete elements of Unifrog to comply with Google Form application > Consider which areas of the application process may require further consideration for co/extra-curricular opportunities		
Teacher (Bold is lead) Assessment	RAL & JRL Confidence Checker & work booklet		RAL & JRL Confidence Checker & work booklet		RAL & JRL GET INSPIRED PORTSMOUTH CAREERS FAIR Confidence Checker & work booklet		
Tutor Time Unifrog Resources	Term 3A – British Values- Researching Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			Term 3B – British Values- Presenting and Assembly Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Core Theme	Health & Wellbeing		Health & Wellbeing		Life Beyond School		
Topic	Physical Health & Mental Wellbeing		Physical Health & Mental Wellbeing		Finance & Money		
Learning Objectives (Core/ Extension/ Challenge)	<u>What is Mental Health, Health & Wellbeing?</u> > Understand what positive wellbeing might look like in someone's life. > To recognise a range of healthy and unhealthy habits we might have and why we say we are OK when we are not. > Communicate effectively a range of methods to improve my own and others health & wellbeing.		<u>Positive Body Image & Stress Management</u> > Explore what impacts body image for boys and girls. > To understand ways in which someone can improve their own or a friend's self-esteem. > Examine that more pleasurable times are when we are engaging through senses rather than through thoughts.		<u>Bank Accounts, Credit & Debit</u> > Understand what different types of bank accounts there are > Consider the difference between Debit, Credit & savings > Articulate clearly what you would do if you were given £1000 cash		
Teacher (Bold is lead) Assessment	RAL & JRL Confidence Checker & work booklet		RAL & JRL Confidence Checker & work booklet		RAL & JRL Confidence Checker & work booklet		
Tutor Time Unifrog Resources	Term 4A – Life Skills: Managing risk and personal safety Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			Term 4B – Life Skills: Gambling- the facts Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			

PSHE Year 8 (Long Term Plans)



Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Core Theme	Celebrating Diversity & Equality		Celebrating Diversity & Equality		Celebrating Diversity & Equality		
Topic	LGBTQA+ Explored		LGBTQA+ Explored		Physical Health & Mental Wellbeing		
Learning Objectives (Core/ Extension/ Challenge)	<u>Intro to Unit & What is LGBT</u> > Define the acronym LGBTQA. > Explore a variety of role models in British society. > Be able to articulate the many different key terms and concepts.		<u>Supporting LGBT & Challenging Homophobia/ Transphobia</u> > Define the term ally. > Understand what constitutes homophobic language and homophobic bullying > Examine how to assertively challenge homophobic language and phrases in school and everyday life		<u>Types of Bullying and Child Abuse</u> > Understand the different types of child abuse. > Explore the importance of consent and boundaries in any relationship. > Ascertain the potential signs of abuse and investigate the right way to report any form of abuse you may see.		
Teacher (Bold is lead) Assessment	RAL & JRL Confidence Checker & work booklet		RAL & JRL Confidence Checker & work booklet		RAL & JRL Confidence Checker & work booklet		
Tutor Time Unifrog Resources	Term 5A – Skills, Career & Character: Developing your leadership skills Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			Term 5B – Skills, Career & Character: Talking about your emotions Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Core Theme	Relationships & Sex Education		Relationships & Sex Education		Relationships & Sex Education		
Topic	Identity, Relationships & Sex Education		Identity, Relationships & Sex Education		Identity, Relationships & Sex Education		
Learning Objectives (Core/ Extension/ Challenge)	<u>Intro to relationships, love, sex & contraception</u> > Understand the meaning of love between a couple and the expectations that form a positive romantic relationship. > Understand how physical touch may be different in a sexual relationship to any other. > Examine the concept of abstinence and identify a range of contraceptive methods.		<u>Gender Identity & Sexual Orientation</u> > Explore a range of language used with gender identity. > Challenge gender prejudices and stereotypes that are out there. > Explore and challenge LGBTQ+ prejudices and stereotypes that are out there.		<u>Healthy Relationships & Dealing with Conflict</u> > Describe the potential impacts of power differences such as age, status or position within relationships. > Compare and contrast the characteristics of healthy and unhealthy relationships. > To examine the cause of conflict and learn a range of conflict resolution methods that could be used		
Teacher (Bold is lead) Assessment	RAL & JRL Confidence Checker & work booklet		RAL & JRL Confidence Checker & work booklet		RAL & JRL Confidence Checker & work booklet		
Assessment	Term 6A – Wellbeing: Self-esteem and confidence Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			Term 6B – Relationships: Spotting unhealthy & abusive relationships Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y8			