

PSCHEE Curriculum 2020- 2021 Year 8

3 Strands:

1. Health and wellbeing
2. Relationships
3. Living in the wider world



	Title	Intent
Lesson 1	Ground rules revisited	<ul style="list-style-type: none"> • The intent of this lesson is to recap roles and responsibilities within Woodchurch. • Recap ground rules within PSCHEE sessions. • Evaluation of year 7 Curriculum and set SMART Targets for the Year 8 learning journey.
Lesson 2	Relationships Core Theme 2	<ul style="list-style-type: none"> • Recap what a healthy relationship looks like • How do healthy relationships benefit us? • Pupils will investigate sexual orientation and gender identity and how society has moved on over the years. • Pupils will investigate how the media portrays relationships and the impact of this on people's expectations of relationships. (Pornography) (Light touch – this will be further developed in Year 9 and in KS4.)
Lesson 3	Relationships Core Theme 2	<ul style="list-style-type: none"> • Building on the Year 7 Curriculum, pupils will understand how to DELAY sex. • Recap of CONSENT • Methods of contraception
Lesson 4	Relationships Core Theme 2	<ul style="list-style-type: none"> • Consequences of sexual activity. • Pregnancy/Adoption/Foster Care/Abortion • STI's
Lesson 5	Drugs, alcohol and tobacco Core Theme 1	<ul style="list-style-type: none"> • Recap what drugs are and the consequences of taking them. • What are the positive and negative uses of drugs? • What does the Public Health Service say about the use of drugs on the Wirral? • Why learn about the dangers of drugs? • What might the IMPACT be?
Lesson 6	Drugs, alcohol and tobacco Core Theme 1	<ul style="list-style-type: none"> • What is the law relating to the supply and misuse of legal and illegal substances? • What is addiction? How can this impact on your life?
Lesson 7	Managing Risk and personal safety	<ul style="list-style-type: none"> • Pupils will understand how to identify risk and manage personal safety in independent situations including online.

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	Core Theme 1	<ul style="list-style-type: none"> Pupils will understand the risks of gambling.
Lesson 8	Living in the Wider World Core Theme 3	<ul style="list-style-type: none"> Re-evaluate chosen careers/have I changed my mind? If so why/why not? What do I need to do to be successful in my chosen career? Recap the skills and attributes employers' value. What options are available to me at the end of Key Stage 3? What information and guidance can I access?
Lesson 9	Living in the Wider World Core Theme 3	<ul style="list-style-type: none"> Pupils will understand the benefits of setting ambitious goals and being open to all opportunities. Pupils should recognise and challenge stereotypes and family expectations. Always let our light shine! Be ambitious and have a thirst for knowledge.
Lesson 10	Living in the Wider World Core Theme 3	<ul style="list-style-type: none"> Pupils will understand the different patterns of work including employment, self-employment and voluntary work. What are the benefits of voluntary work? Thinking about your personal statement and CV.
Lesson 11	Living in the Wider World Core Theme 3	<ul style="list-style-type: none"> Pupils will understand young people's rights and responsibilities in the workplace.
Lesson 11	Health and wellbeing	<ul style="list-style-type: none"> Pupils will understand the importance of sleep and strategies to maintain good quality sleep. Pupils will understand that sleep will improve mental health and relationships. Link this to exam preparation and reducing the impact of stress and anxiety.
Lesson 12	Health and wellbeing	<ul style="list-style-type: none"> Why eat healthy? What are the benefits on appearance and mind-set? What are healthy foods? Eat-well plate
Lesson 13	Health and wellbeing	<ul style="list-style-type: none"> Eating disorders – obesity/anorexia How does the media portray females/males bodies and how does this impact on the youth of today?
Lesson 14	Financial choices	<ul style="list-style-type: none"> Pupils will understand how to make positive decisions in relation to money How might financial decisions be risky? What is debt and how can it impact on relationships/mental health? Pupils will be taught how to recognise financial exploitation .