



St George's School
PERSONAL, SOCIAL & HEALTH EDUCATION
Year 8 Curriculum Map

	Autumn	Spring	Summer
THE BIG IDEAS & KNOWLEDGE <i>Overview of topics or key questions</i>	Health and Wellbeing Key Questions <ul style="list-style-type: none"> • What are the best ways to stay healthy? • How can YOU look after YOU? • What is the biggest pressure you will face in school? Topics Exploring mental health Stress The positives and negatives of social media The risks of drinking and drug taking Failure	Relationships and Sex Key Questions <ul style="list-style-type: none"> • How important is respect in a relationship? • How can you stay safe in a relationship? • How can you be confident about who you are and your decisions? Topics Safety in relationships Gender identity Sexuality How to form positive romantic relationships	Living in the Wider World Key Questions <ul style="list-style-type: none"> • What rights and responsibilities do you have? • How can we be an inclusive society? • How can you positively impact the world around you? Topics Discrimination Equal rights Migration
SKILLS & STRATEGIES <i>Procedural knowledge, literacy and numeracy skills</i>	Recognise healthy and unhealthy lifestyles Understand how we can make healthier choices in all aspects of our lives Evaluate the impact of pressures around us and how they can influence our decision making Opportunities to practice and develop the skills of: debate, empathy, self-reflection, listening, articulating own opinion and values.	Recognise positive relationships Understand the vast spectrum of identity when it comes to relationships Evaluate the effect negative relationships and stereotypes can have on us personally Opportunities to practice and develop the skills of: debate, empathy, self-reflection, listening, articulating own opinion and values.	Recognise where we stand in society and the issues surrounding inclusivity Understand how discrimination affects members of our community Develop the skills and the confidence to challenge discriminatory behaviour Opportunities to practice and develop the skills of: debate, empathy, self-reflection, listening, articulating own opinion and values.
FEEDBACK <i>Noteworthy tasks and assessments</i>	Topic Self-Assessment	Topic Self-Assessment	Topic Self-Assessment

	Autumn	Spring	Summer
BREADTH <i>Opportunities, trips, wider reading, cultural capital</i>	Friday 5 Presentations: Sleep, Exercise and Nutrition Online Safety Extension: Listen ‘ Waking up the the importance of sleep’ : https://soundcloud.com/pshe-association/ep-2-waking-up-to-the-importance-of-sleep Read https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/	Friday 5 Presentations: Promoting Positive Relationships Survey Sexual Harrassment Talk Extension: Read and watch https://www.exeterguild.org/neverok/01-understandconsent/ Read https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/	Friday 5 Presentations: Revision Skills - What is Memory? Careers Speaker Extension: Watch ‘The school that tried to end racism’ Channel 4 Read ‘I am Malala’ by Malala Yousafzai Read ‘Stamped (for kids) Racism, antiracism and you’ by Ibram X. Kendi and Jason Reynolds
KEY VOCABULARY <i>Important words and phrases</i>	Positive mental wellbeing Self esteem Body image Stress Responsibility Resilience	Abuse Contraception LGBT+ Prejudices Stereotype Homophobia Sex Gender Ally	Prejudice Discrimination Human Rights Refugees Migrants Community Empathy Racism Conscious bias Unconscious Bias