



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

	Autumn	Spring	Summer
<b>THE BIG IDEAS &amp; KNOWLEDGE</b> <i>Overview of topics or key questions</i>	<b>Health and Wellbeing</b> <b>Key Questions</b> <ul style="list-style-type: none"> <li>What are the best ways to stay healthy?</li> <li>How can You look after You?</li> <li>What is the biggest pressure you will face in school?</li> </ul> <b>Topics</b> Exploring mental health Abuse and bullying Body image Healthy eating Stress management	<b>Relationships and Sex</b> <b>Key Questions</b> <ul style="list-style-type: none"> <li>How important is respect in a relationship?</li> <li>How can you stay safe in a relationship</li> <li>How can you be confident about who you are and your decisions?</li> </ul> <b>Topics</b> Safety in relationships Sexual Orientation Introduction to contraception Periods and menstrual cycle	<b>Living in the Wider World</b> <b>Key Questions</b> <ul style="list-style-type: none"> <li>How can we protect ourselves in society?</li> <li>How can we better understand the world around us</li> <li>What pressures we may face outside school</li> </ul> <b>Topics</b> County Lines Substance Misuse Cyberbullying Alcohol safety Child exploitation
<b>SKILLS &amp; STRATEGIES</b> <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 harmful behaviours  Understand and recognise the signs of grooming  Evaluate the negative influences around us and understand how we can keep ourselves safe  Opportunities to practice and develop the skills of: debate, empathy, self-reflection, listening, articulating own opinion and values.
<b>FEEDBACK</b> <i>Noteworthy tasks and assessments</i>	Topic Self-Assessment	Topic Self-Assessment	Topic Self-Assessment

	Autumn	Spring	Summer
<b>BREADTH</b> <i>Opportunities, trips, wider reading, cultural capital</i>	<b>Friday 5 Presentations:</b> Sleep, Exercise and Nutrition Online Safety  <b>Extension:</b> Listen ‘ Waking up the the importance of sleep’ : <a href="https://soundcloud.com/pshe-association/ep-2-waking-up-to-the-importance-of-sleep">https://soundcloud.com/pshe-association/ep-2-waking-up-to-the-importance-of-sleep</a>  Read <a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/</a>	<b>Friday 5 Presentations:</b> Promoting Positive Relationships Survey Sexual Harassment Talk  <b>Extension:</b> Read and watch <a href="https://www.exeterguild.org/neverok/01-understand-consent/">https://www.exeterguild.org/neverok/01-understand-consent/</a>  Read <a href="https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/">https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/</a>	<b>Friday 5 Presentations:</b>   <b>Extension:</b> Read <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>  Read <a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/</a>
<b>KEY VOCABULARY</b> <i>Important words and phrases</i>	Positive mental wellbeing Self esteem Body image Stress Responsibility Resilience	Abuse Contraception LGBT+ Prejudices Stereotype Homophobia Sex Ally	County lines Drugs Alcohol Substance Catfishing Grooming Exploitation Portection