Торіс	Strand	Additional Notes
Introduction to PD	SMSC	Introduction to Personal Development
Strengths and Targets	SMSC	To become more informed about their strengths and targets for the year. Complete a SWOT analysis to help set short and long term targets. Explore how to cope with revision and exam pressures in year 8.
Distractions	SMSC	To become more aware of distractions outside of school. Recognise the impact that distractions have on you. Discuss strategies that we can use to avoid distractions.
Good Manners in the community	SMSC	Identify good manners that we should demonstrate to show our responsibility in the community. Discuss how behaviours can be perceived by others and discuss ways to change people's perceptions.
Positive Mindset	HE	Review our understanding of positive mindsets. Recognise our triggers and how we can deal with them appropriately to de-escalate a situation.
Screen Time	HE	Discuss strategies to aid a positive mindset. Review our knowledge of screen time. Recognise the impact that screen time has on our wellbeing. Recognise signs that they might be using too much screen time. Discuss ways that we can manage our screen time effectively to promote a healthy work life balance
Health Education Personal Hygiene	HE	About personal hygiene, germs (including microbes), the spread, treatment and prevention of infection, and about antibiotics
Mental Health and Wellbeing	HE	Identify what mental health is Recognise what we are doing at Shireland to help
Domestic Abuse	HE	What is Domestic Abuse Where to get help and support

Physical HealthHEactivity and promotion of mental wellbeing including as an approach to combat stress including as an approach to combat stress to constitutes a healthy lifestyle, maintaining healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-healthBullying and CyberbullyingRSEDefine bullying and cyber bullying identify examples of bullying and cyber bullyingRseWhy do youngsters carry a knife? What is the impact of carrying a knife? What are the penalties of carrying a knife? Understand how to cope with your emotionsTalking about emotionsHEIdentify positive and negative emotions identify positive and negative emotions identify the four levels of friendship Describe the relationships you have with othersPositive FriendshipsHEDefine hygiene and explain why it is important for us to know about it. Identify and describe the different ways we can stop them spreading.Hygiene and MicroorganismsRSEDiscuss our natural defence against microbes and the different ways we can stop them spreading.EqualityRSEUnderstand what equality means and why it is important. Understand what equality freetyle?Healthy lifestyleHEThe characteristics and evidence of what constitutes a healthy lifestyle, maintaining healthy weight, including the links betwee an inactive lifestyle and ill health including to show about it.			
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			healthy weight, including the links between
			an inactive lifestyle and ill health including
cancer and cardiovascular ill-health.			cancer and cardiovascular ill-health.
Volunteering SMSC Describe what volunteering is.	Voluntooring	SMSC	Describe what volunteering is.
Volunteering SMSC Explain the benefits of volunteering.	volunteering	JUISC	Explain the benefits of volunteering.

		Identify positive and negative behaviour
		within or outside school
		Understand and identify the term 'Peer
Positive and	HE	pressure'
negative behaviours		To critically evaluate when something
		people do or are involved in has a positive
		or negative effect on their own or others'
		mental health
	HE	Identify positive and negative behaviour
		within or outside school
		Understand and identify the term 'Peer
Online vs reality		pressure'
Omme vs reality		To critically evaluate when something
		people do or are involved in has a positive
		or negative effect on their own or others'
		mental health
		Explore the term "young carer"
		Review possible effects of being on a young
Young Carers	SMSC	carer
		Identify help and support for young carers
		By the end of this lesson you will be able to
	CAR	explain what a belief is within the context
		of careers.
		By the end of the lesson you will be able to
Your Beliefs		identify your own beliefs and how they
		relate to your future.
		By the end of the lesson you will be able to
		identify jobs within our local sector.
		By the end of the lessons you will be able to
	CAR	discuss the skills and qualifications needed
		for roles within a sector.
The Labour Market		By the end of this lesson you will identify
		some of the motivators people have for
		going to work.
		By the end of this lesson you will be able to
What do you want from work?	CAR	identify a variety of different roles within a
		job sector.
		By the end of this lesson you will see some
		of the ways the world is changing.
The Future of Careers	CAR	By the end of the lesson you will know what
		skills and knowledge is required for future
		careers.
		By the end of this lesson you will be able to
		identify good workplace behaviour.
Good Career		By the end of this lesson you will be aware
Behaviour	CAR	of equal opportunities.
Denaviour		By the end of this lesson you will see how
		diversity is celebrated in the workplace.
Caroor Fauality	CV B	aversity is cerebrated in the workplace.

Career Equality	CAN	By the end of this lesson you will be able to
		explain how budgeting is important.
		By the end of this lesson you will have an
		understanding of how to budget.
Budgeting	CAR	By the end of this lesson you will
		understand the importance of action
		planning.
		Explore the importance of Shahadah in
Action planning	CAR	Islam
		Explore the importance of Shahadah in
Shahadah	RS	lslam
		Examine the practice of Sawm and how it
Zakat	RS	links to Eid-ul-Fitr
Sawm and Eid-ul-Fitr	RS	Explore the importance of the Qur'an in
	113	Islam
		Explore the similarities and differences
The Ouran	RS	between Sunni and Shia Muslim's
The Quran	КЭ	
		Define and explain the term FGM.
Sunni & Shia	RS	Discuss different support mechanisms
		available for victims of FGM
		To book at the provision open sighting
		To look at the positive associations
FGM	HE	between physical activity and promotion of
		mental wellbeing, including as an approach
		to combat stress
		the characteristics and evidence of what
The positive		constitutes a healthy lifestyle, maintaining a
associations		healthy weight, including the links between
between physical		an inactive lifestyle and ill health, including
activity and	HE	cancer and cardio-vascular ill-health
promotion of mental wellbeing, including as an approach to combat stress.	ΠĽ	
		Enable students to develop their self-
		esteem and self-conscious
		To become more informed about the facts
		relating to stress management.
Low Self Esteem	SMSC	Explore who/where can you can get
		support from
Managing Stress	HE	Participate in activities to de-stress
		Enable students to develop their self-
		esteem and self-conscious
		Encourage students to accept responsibility
		for their behaviour, show initiative and to
		understand how they can contribute
		positively to their lives of those living and
		working in the locality of the school and to
		society more widely.
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Review and Target setting	SMSC	Enable students to develop their self- esteem and self-conscious Encourage students to accept responsibility for their behaviour, show initiative and to understand how they can contribute positively to their lives of those living and working in the locality of the school and to society more widely.
Review and Target setting	SMSC	