

Topic	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.
		Discuss strategies to aid a positive mindset.
Screen Time	HE	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 Health	HE	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress
		The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health
Bullying and Cyberbullying	RSE	Define bullying and cyber bullying
		Identify examples of bullying and cyber bullying
		Explain how bullying can be prevented
Knife Crime	SMSC	Why do youngsters carry a knife?
		What is the impact of carrying a knife?
		What are the penalties of carrying a knife?
		Advice and support
Talking about emotions	HE	Identify positive and negative emotions
		Explain how we can develop emotional awareness
		Understand how to cope with your emotions
Positive Friendships	HE	identify the four levels of friendship
		Describe the relationships you have with others
Hygiene and Microorganisms	HE	Define hygiene and explain why it is important for us to know about it.
		Identify and describe the different microbes that cause illness.
		Discuss our natural defence against microbes and the different ways we can stop them spreading.
Equality	RSE	Understand what equality means and why it is important.
		Understand the Equality Act 2010 and how it can be applied in different cases.
Healthy lifestyle	HE	What is a Healthy Lifestyle?
		The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health including cancer and cardiovascular ill-health.
Volunteering	SMSC	Describe what volunteering is.
		Explain the benefits of volunteering.

Positive and negative behaviours	HE	Identify positive and negative behaviour within or outside school
		Understand and identify the term 'Peer pressure'
		To critically evaluate when something people do or are involved in has a positive or negative effect on their own or others' mental health
Online vs reality	HE	Identify positive and negative behaviour within or outside school
		Understand and identify the term 'Peer pressure'
		To critically evaluate when something people do or are involved in has a positive or negative effect on their own or others' mental health
Young Carers	SMSC	Explore the term "young carer"
		Review possible effects of being on a young carer
		Identify help and support for young carers
Your Beliefs	CAR	By the end of this lesson you will be able to explain what a belief is within the context of careers.
		By the end of the lesson you will be able to 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.
The Labour Market	CAR	By the end of the lessons you will be able to discuss the skills and qualifications needed for roles within a sector.
		By the end of this lesson you will identify some of the motivators people have for going to work.
What do you want from work?	CAR	By the end of this lesson you will be able to 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 Behaviour	CAR	By the end of this lesson you will be aware of equal opportunities.
Career Equality	CAR	By the end of this lesson you will see how diversity is celebrated in the workplace.

Career Equality	CAR	By the end of this lesson you will be able to explain how budgeting is important.
Budgeting	CAR	By the end of this lesson you will have an understanding of how to budget.
		By the end of this lesson you will understand the importance of action planning.
Action planning	CAR	Explore the importance of Shahadah in Islam
Shahadah	RS	Explore the importance of Shahadah in Islam
Zakat	RS	Examine the practice of Sawm and how it links to Eid-ul-Fitr
Sawm and Eid-ul-Fitr	RS	Explore the importance of the Qur'an in Islam
The Quran	RS	Explore the similarities and differences between Sunni and Shia Muslim's
		Define and explain the term FGM.
Sunni & Shia	RS	Discuss different support mechanisms available for victims of FGM
FGM	HE	To look at the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress
The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.	HE	the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health
		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.

Review and Target setting	SMSC	<p>Enable students to develop their self-esteem and self-conscious</p> <p>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.</p>
Review and Target setting	SMSC	