



## Year 8 Personal Development - Curriculum Map

	Health and well-being (H &W)	Relationships and Sex Education (RSE)	Living in the wider world (LWW)
Autumn 1	<u>First Aid</u> <ul style="list-style-type: none"> <li>• Heart Start (without certificate)</li> <li>• First Aid at Home               <ul style="list-style-type: none"> <li><i>Serious bleeds</i></li> <li><i>Choking</i></li> <li><i>Heart attacks</i></li> <li><i>CPR</i></li> <li><i>Recovery position</i></li> <li><i>Accessing emergency services</i></li> </ul> </li> </ul>	<u>Relationships and consent</u> <ul style="list-style-type: none"> <li>• What is Consent?</li> <li>• Why is consent important?</li> <li>• Laws surrounding consent</li> </ul>	<u>Our environment and the world around us</u> <ul style="list-style-type: none"> <li>• Caring for our environment</li> <li>• How the environment is changing</li> <li>• Pollution</li> <li>• Transport</li> <li>• Road safety</li> </ul>
Autumn 2		<u>Internet Safety relationships</u> <ul style="list-style-type: none"> <li>• Teens and the media</li> <li>• Peer pressure</li> <li>• Grooming</li> </ul>	<u>Internet Safety and the world around us</u> <ul style="list-style-type: none"> <li>• Stereotyping</li> <li>• Discrimination</li> <li>• Prejudice</li> </ul>
Spring 1	<u>Mental health and wellbeing</u> <ul style="list-style-type: none"> <li>• Body image               <ul style="list-style-type: none"> <li><i>Media impact on boys and girls</i></li> <li><i>Self confidence and achievement</i></li> </ul> </li> </ul>	<u>Self confidence in relationships</u> <ul style="list-style-type: none"> <li>• Emotional literacy - self awareness and the consequences of our actions</li> <li>• Sexting and its impact</li> </ul>	<u>LGBT and homophobia</u> <ul style="list-style-type: none"> <li>• Equal rights</li> <li>• Stereotyping, discrimination and disability focus</li> <li>• Personal safety in an emergency</li> </ul>

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Spring 2	<p><u>Mental health and mindfulness</u></p> <ul style="list-style-type: none"> <li>• What is Mindfulness and its impact on mental health?</li> <li>• Managing behaviour and skills to achieve targets and goals</li> </ul>	<p><u>Attitudes</u></p> <ul style="list-style-type: none"> <li>• British values and tolerance</li> </ul>	<p><u>Money</u></p> <ul style="list-style-type: none"> <li>• Accounts, savings, loans and financial institutions <i>Avoiding debts</i> <i>Financial saving</i></li> <li>• Shoppers and consumers rights</li> </ul>
Summer 1	<p><u>Teamwork</u></p> <ul style="list-style-type: none"> <li>• Developing communication and Teamwork skills through Commando Joe's</li> </ul>	<p><u>Respect and British Values</u></p> <ul style="list-style-type: none"> <li>• Religion and culture around us</li> <li>• Acid attacks and why they are on the increase</li> </ul>	<p><u>Business</u></p> <ul style="list-style-type: none"> <li>• Entrepreneurs <i>How to become an entrepreneur?</i> <i>Study of famous entrepreneurs</i></li> </ul>
Summer 2	<p><u>Prejudice- disability</u></p> <ul style="list-style-type: none"> <li>• Stereotyping, discrimination and prejudice -disability focus</li> </ul>	<p><u>Prejudice- religion</u></p> <ul style="list-style-type: none"> <li>• Stereotyping, discrimination and prejudice -religious focus</li> <li>• Domestic conflict - why people run away from home</li> </ul>	<p><u>My religion and religions around me</u></p> <ul style="list-style-type: none"> <li>• Study a chosen religion</li> </ul>