



Year 8 Curriculum Map

Subject: PSHE

Unit 1 Topic: Staying safe <i>(Living in the wider world and relationships)</i>	Unit 2 Topic: Healthy lifestyles <i>(Health and well-being)</i>	Unit 3 Topic: Prejudice and discrimination <i>(Health and well-being and Living in the wider world)</i>	Unit 4 Topic: British values <i>(Living in the wider world)</i>	Unit 5 Topic: Employability <i>(Living in the wider world)</i>
Overall focus for the unit: To understand why it is important we keep ourselves safe as well as the safety of others. To include; ○ Managing our anger ○ Risks of energy drinks – keeping our bodies safe ○ Enjoying social media safely ○ First aid	Overall focus for the unit: To consider why it is important to develop a healthy mind. To include; ○ Growth mindset – succeed and achieve (developing resilience) ○ Mindfulness – positive mental health ○ Managing stress, anxiety and behaviour to help us achieve ○ Self-harm – why people do it and support available	Overall focus for the unit: To understand the importance of what we eat on our body. To include; ○ What do we mean by prejudice, discrimination and stereotypes? ○ Islamophobia – religion stereotypes ○ Disability stereotypes – including hidden disabilities ○ Teen and the media stereotypes.	Overall focus for the unit: To consider what it means to be British and the diverse culture pupils live in. To include; ○ Why does radicalisation happen? How does it challenge our beliefs? ○ How can we prevent radicalisation? ○ Where did radicalisation and extremism come from? ○ Why do people become extremist?	Overall focus for the unit: To understand the importance of skill development both within and outside of the school. To include; ○ Developing communication skills ○ Developing team skills ○ What does it mean to be ‘enterprising’? how can we learn from those who are successful? ○ How does being ‘self-disciplines’ help us achieve at school and in the wider world?



Intent behind the unit: This unit is designed to help the pupils understand how they can stay safe in the world. This includes how we can keep our physical and mental self, health and safe. It is important pupils are also made aware of how to use social media safely as it is at this point most pupils start to use much more social media.	Intent behind the unit: This unit follows the previous unit because pupils have already started to look at how to manage our anger and for some of our pupils they become angry because they don't know how to manage stressful/anxious situations. This unit is designed to help pupils start understanding their own mental health issues.	Intent behind the unit: It is important that pupils develop an understanding of others and the idea of stereotypes. As a society we need to develop a sense of empathy and understanding and it is important for our pupils to address some stereotypes in this year as pupils in year 8 are starting to 'find their feet' and challenge each other's understandings.	Intent behind the unit: This unit builds on the 'British Values' unit from year 7. It takes it a step further and gets the pupils to consider why people become radicalised and the effects of doing so. This unit is also designed to tell the pupils what to do if they suspect anyone is being or is at risk of being radicalised.	Intent behind the unit: Many of our pupils lack confidence in their own ability and fail to see themselves in a positive light. Therefore, it is important that as an academy we help pupils work on some of the vital skills they will need later in life.
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