

St Anthony's Girls Catholic Academy Year 8 CIAG/PSHE Scheme of Learning 2021-2022

Lesson Number:	Topic:	Objectives:	Curriculum Aims	Tutor Activities	Rationale for timing
Starting over					
1.	Introduction and establishing ground rules	<ul style="list-style-type: none"> To establish a safe working environment. To identify and appreciate differences in the class. 	H1, C2, C3, C4, C13, R15, R16.	Returning to School/reflection.	Beginning of year to establish safe working environment.
Careers (in line with Gatsby Benchmark and follow CDI Framework co-ordinated by AJ)					
2.	My Career Action Plan	<ul style="list-style-type: none"> Answer basic questions about themselves. Complete a personality quiz. Analyse the results of the personality quiz Identify their qualities and those that they would like to develop. Identify three positive things about another pupil and showed it to them. 	L1, L2, L3, L4, L5, L6, L8, L9, L12, L14.	Rules and routines	Careers course motivates pupils at the beginning of the academic year.
3	What kind of person am I?		H1, L2, L4, L5, L10, L32.	Our Mercy Ethos	
4	What is work?		L8, L11,	Being the best I can be.	
5	Young people and work	<ul style="list-style-type: none"> Learn about the legal facts relating to the employment of children. 	L13	Black History Month	
6	Ambitions	<ul style="list-style-type: none"> Explored the meaning of ambition Understood the difference between appropriate ambition and unrealistic fantasy. 	L1, L2, L3, L4, L5, L6, L8, L9, L12, L14	Mental Health- link to Mental Health Day.	
7	Challenging stereotypes	<ul style="list-style-type: none"> To develop knowledge and understanding of stereotypes and understand how they can influence discrimination in the work place. 	L28, L29, L30, L31, L32.	Challenging Stereotypes- discussion to consolidate learning in lessons.	

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7	Career Skills Development Profile	<ul style="list-style-type: none"> Learnt that jobs can be categorized Become aware of SMART targets 	L1, L2, L3, L4, L5, L6, L8, L9, L12, L14	Relationships- issues in friendships.	
9	Careers Course Evaluation	<ul style="list-style-type: none"> Followed the SMART target procedure for completing a set reference task 	L1, L2, L3, L4, L5, L6, L8, L9, L12, L14.	Sacrifice (Remembrance Day)	
Health, Personal Safety, Wellbeing and relationships		•			
10	Trouble with Max - Changing Behaviours	<ul style="list-style-type: none"> To recognise that negative pressures and influences from family, friends, social media and the wider media can have a negative impact on our sense of self and the way we treat others. To identify that stereotypes based on gender can have a negative impact on our sense of self. To understand it is possible to identify and resist these negative pressures and influences. 	H1, H2, H3, H4, H5, H6, H7, H8, H11, H12, H13, R1, R2, R3, R9, R10, R15, R16, R19, R21, R22, R42, R43, C1, C2, C3, C4, C5, C11, C12, C13, C14,	Anti Bullying Week	<p>Link with anti bullying week.</p> <p>Pupils friendships will be changing as the year progresses and this drama covers that.</p> <p>Pupils will also be developing their behaviour in reaction hormonal changes. This is also covered in this series of lessons.</p>
11	Discussion about Changing Behaviours			Mental Illness (when changing behaviour can be worrying.)	
12	Discussion about Changing Behaviours			OCD	
13	Building resilience	<ul style="list-style-type: none"> To learn a range of coping strategies. To understand everyone experiences tough times in different ways. To understand that resilience is coping with tough times. 	H1, H2, H4, H5, H7, R2, R19	Healthy Relationships	Links to previous series of lessons, how do we tackle changes in our own behaviour or changes in our friendships?
14	How to tackle different emotions	<ul style="list-style-type: none"> To recognise the wide variety of emotions both young people and adults feel. To discuss different ways to manage emotions well. 	H1, H2, H3, H4, H5, H6, H7, H8, H9, H10, H11, H12, H13, C1, C2, C3, C4, C5, L26.	Christmas.	Help pupils to deal with many emotions Christmas break may bring.

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15	Mental Health- Examples of mental illness	<ul style="list-style-type: none"> To develop knowledge and understanding of different mental health issues. To explain the impact of mental illness or poor mental health. To identify the difference between mental health problems and mental illness. 	H1, H2, H4, H6, H8, H10, H12, H13, H14, H17, H18.	Legal and illegal substances. The impact this can have on mental illness.	Pupils may have witnessed drug taking during the holidays.
16	Mental Health- Self Care	<ul style="list-style-type: none"> To develop knowledge and understanding of how to protect our mental health. To identify our own coping strategies To summarise our top tips for positive mental health. 	H1, H2, H4, H6, H8, H10, H12, H13, H14, H17, H18.	International Human Rights Day	Addressing the need for self care, particularly around blue Monday and coming dark winter months which can exacerbate types of depression/low mood.
17	Positive relationships	<ul style="list-style-type: none"> Identify the qualities of healthy and unhealthy relationships Describe strategies for dealing with challenges in relationships. Explain how friends can support each other effectively 	H1, H2, H3, H4, H5, H7, H10, H12, H31, H34, R1, R2, R3, R6, R9, R10, R11, R12, R13, R14, R16, R18, R19, R21, R23, R24, R44, C2, C3, C4, C5, C16, C13, C14, C17.	World Religion Day	Series of lessons that will look at positive relationships, but also unhealthy relationships. Warnings of how unhealthy relationships can lead to drug, alcohol abuse or peer pressure to engage in unsafe/illegal activity such as underage smoking.
18				online Safety- link with types to relationships.	
19	Legal and illegal substances	<ul style="list-style-type: none"> To identify legal and illegal substances To explain why some drugs are legal and some are not. To revise the punishment for being in possession of illegal drugs. 	H16, H17, H19, H24, H26, H27, H28, H29, H31, H39, R43.	Radicalisation	Pupils will be starting to socialise more, possibly with older peers.

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					At this point in year 8 many pupils enter into relationships.
20	Drugs	<ul style="list-style-type: none"> To develop understanding of the lasting impact that taking drugs can have. To consider why people take drugs To explain the life long problems drug addicts can have. 	H16, H17, H19, H24, H26, H27, H28, H29, H31 H39, R43.	Eating Disorder Awareness Week	
21	Alcohol	<ul style="list-style-type: none"> To develop knowledge and understanding of alcohol and its impact. To revise facts about alcohol content and the law on alcohol. To identify problems relating to the use of alcohol. 	H16, H17, H19, H24, H26, H27, H28, H29, H31, H39, R43.	Random Act of Kindness Day	
22	Smoking/ vaping	<ul style="list-style-type: none"> Describe the reasons why some people smoke Understand the harm smoking does to your health Know who to ask for advice and where to look for guidance on resisting pressure to smoke, including on the Rise Above and NHS Smokefree website Use different strategies to resist pressure to smoke 	H16, H17, H19, H24, H26, H27, H28, H29, H31, h39 R43.	Reading (WBD)	
23	Road Safety	<ul style="list-style-type: none"> To develop knowledge and understanding of how to stay safe on the roads. To identify law concerning behaviour on the road. To explain dangers on the road. 	H19	Female role Models	Stand alone lesson. Spring term in year 8, many pupils are given more freedom to travel to and from school alone.

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24	Staying Safe at Home (including sun exposure)	<ul style="list-style-type: none"> To identify common safety risk in the home. To revise key points relating to sun safety. 	H19, H30, H31	Disability Action Day	As above, more pupils being given the responsibility of being alone at home.
25	Online Safety and Wellbeing	<ul style="list-style-type: none"> define the terms wellbeing and social media outline a range of strategies to improve wellbeing (including how to use social media responsibly) explain the importance of balance in online and offline activities 	H1, H2, H3, H4, R2, R10, R17, R30R38, R39, R40, R41, R43, L20, L21, L22, L24, L25, L27 C2, C4, C5, C23, C25.	Human Rights	This is addressed throughout the school year and this will revise key points made last academic year and reinforce key messages.
26	Staying Safe Online	<ul style="list-style-type: none"> To develop knowledge and understanding of staying safe online. To identify key points about online safety To discuss if your behaviour is safe 	H1, H2, H3, H4, R2, R10, R17, R30R38, R39, R40, R41, R43, L20, L21, L22, L24, L25, L27, C2, C4, C5, C23, C25.	World Hunger Day	
27	Healthy Lifestyles-Exercise	<ul style="list-style-type: none"> To develop knowledge and understanding of the benefits of a healthy diet and exercise To revise aspects of a healthy diet. To discuss how to include exercise in our everyday life. 	H16, H17, H18	World Health Day	Building on the knowledge gained last academic year, during spring term many pupils start to 'diet' ahead of the summer. Light nights also mean they are socialising more and sleeping less. Also assessment period which results in disrupted sleep for many pupils.
28	Healthy Lifestyles – Sleep	<ul style="list-style-type: none"> explain the impact of sleep on health and wellbeing describe healthy sleep patterns and identify factors which can reduce sleep quality 	H15	Revision Strategies	

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		<ul style="list-style-type: none"> describe a range of strategies for ensuring appropriate sleep patterns 			
Living in the Wider World		•			
29	Prejudice and Discrimination	<ul style="list-style-type: none"> To understand what prejudice and discrimination are. To define different types of prejudice and discrimination 	H1, R4, R11, R39, R40, R41L30, L32, C2,C4, C5C12, C13, C14, C22, C24.	Time Management	Topic covered at the end of the year as requires a certain level of maturity.
30	Causes of Prejudice	<ul style="list-style-type: none"> To understand what prejudice is To assess the different causes of prejudice To evaluate the most influential causes in creating prejudice 	H1, R4, R11, R39, R40, R41L30, L32, C2,C4, C5C12, C13, C14, C22, C24.	Positive Role Models	
31	BLM	<ul style="list-style-type: none"> To develop knowledge and understanding of why the Black Lives Matter Campaign started. To acknowledge why the campaign is necessary even in the UK. 	H1, R4, R11, R39, R40, R41, L29, L30, L31, L32, C2,C4, C5,C12, C13, C14, C22, C24.	Gender Identity (imago dei) link with chaplaincy theme for the week.	
32	Right to Protest	<ul style="list-style-type: none"> To gain knowledge and understanding of our human rights in relation to our right to protest. To discuss whether these rights should be limited in order to protect others in society. 	H1, R4, R11, R39, R40, R41 L29, L30,L31, L32, C2,C4, C5, C12, C13, C14, C22, C24.	International Day against Homophobia and Transphobia (why do we need this day?)	
33	Anti Racism	<ul style="list-style-type: none"> To develop knowledge and understanding of how to actively combat racism. 	H1, R4, R11, R39, R40, R41 L29, L30,L31,	Caring for our environment.	

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		<ul style="list-style-type: none"> To discuss measures we can take in our everyday lives to understand the issue of racism and other prejudices better. 	L32, C2,C4, C5, C12, C13, C14, C22, C24		
34 and 35	Little Mix Leigh Anne: Race Pop and Power	<ul style="list-style-type: none"> To develop an understanding of the impact of daily and institutional racism. To recognise more example of racism. 	H1, R4, R11, R39, R40, R41 L29, L30,L31, L32, C2,C4, C5, C12, C13, C14, C22, C24	Birthday of NHS	
<p>Golden threads-curriculum aims that will be developed throughout the year/key stage.</p> <p>How we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing</p> <p>To understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)</p> <p>study, organisational, research and presentation skills.</p> <p>To review their strengths, interests, skills, qualities and values and how to develop them to be compassionate and able to empathise with the suffering of others ad the generosity to help others in trouble.</p> <p>To be respectful and able to identify other people's personal space and respect the ways in which they are different.</p> <p>To be courteous in their dealings with friends and strangers.</p> <p>To be honest, committed to living truthfully and with integrity.</p>					