



Year 8 Curriculum

Personal, Social & Health Education (PSHE)



	Term 1 (Autumn)		Term 2 (Spring)		Term 3 (Summer)	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Settling In Learning Habits 1 Advice for Life 1 Mental Wellbeing 1 Personal Wellbeing 1	Anti-bullying Citizenship 1 Relationships 1 Online Safety and Awareness 1	Physical Health 1 Personal Wellbeing 3 Citizenship 2 Personal Wellbeing 2	Bookfest 1 Nature and the Environment 1 Advice for Life 2	Online Safety and Awareness 2 Relationships 2 Mental Wellbeing 2 Citizenship 3	Physical Health 2 Citizenship 4 Advice for Life 3 Bookfest 2 Learning Habits 2
Key Concepts	• Getting back into the routine of Kennet • My learning habits and goal setting • My employment rights • Interpreting feeling and emotions • First aid training	• Anti-Bullying week • Remembrance • Fulfilling friendship • Positive Masculinity • The impact of the online world • Cyberbullying and AI deep fakes	• Changes during puberty • Understanding our hormones • Understanding consent • Holocaust memorial • Children's mental health week • Impact of alcohol on the body	• World book day • Science Week: Nature and the environment • Managing my money	• Benefits and pitfalls of social media • Impact of stereotyping on relationships • Mental health awareness month • Cultural diversity week • Impact of crime • Role of the police	• How can I be more active at Kennet and in West Berkshire? • The history of individual liberty and free speech • Life skills • Summer reading challenge • Preparing for the year ahead

Our PSHE curriculum represents our Kennet values: respect; integrity; kindness; endeavour; resilience; and courage. Our lessons ensure pupils have the knowledge and skills required to enter healthy and fulfilling relationships, assess risk both online and offline to keep themselves safe and understand how the fundamental British Values apply to their lives.