



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 Relationships 1 Mental Wellbeing 1 Personal Wellbeing 1	Anti-bullying Citizenship 1 Personal Wellbeing 2 Advice for Life 1	Physical Health 1 Personal Wellbeing 3 Citizenship 2 Online Safety and Awareness 1	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	<ul style="list-style-type: none"> Getting back into the routine of Kennet My learning habits and goal setting Fulfilling friendships Interpreting feeling and emotions First aid training 	<ul style="list-style-type: none"> Anti-Bullying week Remembrance Impact of alcohol on the body My employment rights 	<ul style="list-style-type: none"> Changes during puberty Understanding our hormones Understanding consent Children's mental health week Holocaust memorial The impact of the online world Benefits and pitfalls of social media 	<ul style="list-style-type: none"> World book day Science week: Nature and the environment Managing my money 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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.