



St George's School
PERSONAL, SOCIAL & HEALTH EDUCATION
Year 8 Curriculum Map

	Autumn	Spring	Summer
THE BIG IDEAS & KNOWLEDGE <i>Overview of topics or key questions</i>	Health and Wellbeing Key Questions <ul style="list-style-type: none"> • What are the best ways to stay healthy? • How can You look after You? • What is the biggest pressure you will face in school? Topics Exploring mental health Abuse and bullying Body image Healthy eating Stress management	Relationships and Sex Key Questions <ul style="list-style-type: none"> • How important is respect in a relationship? • How can you stay safe in a relationship • How can you be confident about who you are and your decisions? Topics Safety in relationships Sexual Orientation Introduction to contraception Periods and menstrual cycle	Living in the Wider World Key Questions <ul style="list-style-type: none"> • How can we protect ourselves in society? • How can we better understand the world around us • What pressures we may face outside school Topics County Lines Substance Misuse Cyberbullying Alcohol safety Child exploitation
SKILLS & STRATEGIES <i>Procedural knowledge, literacy and numeracy skills</i>	Recognise healthy and unhealthy lifestyles Understand how we can make healthier choices in all aspects of our lives Evaluate the impact of pressures around us and how they can influence our decision making Opportunities to practice and develop the skills of: debate, empathy, self-reflection, listening, articulating own opinion and values.	Recognise positive relationships Understand the vast spectrum of identity when it comes to relationships Evaluate the effect negative relationships and stereotypes can have on us personally Opportunities to practice and develop the skills of: debate, empathy, self-reflection, listening, articulating own opinion and values.	Recognise harmful behaviours Understand and recognise the signs of grooming Evaluate the negative influences around us and understand how we can keep ourselves safe Opportunities to practice and develop the skills of: debate, empathy, self-reflection, listening, articulating own opinion and values.
FEEDBACK <i>Noteworthy tasks and assessments</i>	Topic Self-Assessment	Topic Self-Assessment	Topic Self-Assessment

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BREADTH <i>Opportunities, trips, wider reading, cultural capital</i>	Friday 5 Presentations: Sleep, Exercise and Nutrition Online Safety Extension: Listen ' Waking up the the importance of sleep' : https://soundcloud.com/pshe -association/ep-2-waking-up-to-the-importance-of-sleep Read https://www.childline.org.uk/info -advice/bullying -abuse-safety/online-mobile-safety/staying -safe-online/	Friday 5 Presentations: Promoting Positive Relationships Survey Sexual Harassment Talk Extension: Read and watch https://www.exeterguild.org/neverok/01 -understandconsent/ Read https://www.childline.org.uk/info -advice/friends -relationships-sex/sex-relationships/healthy-unhealthy-relationships/	Friday 5 Presentations: Extension: Read https://www.talktofrank.com/ Read https://www.childline.org.uk/info -advice/bullying -abuse-safety/online-mobile-safety/staying -safe-online/
KEY VOCABULARY <i>Important words and phrases</i>	Positive mental wellbeing Self esteem Body image Stress Responsibility Resilience	Abuse Contraception LGBT+ Prejudices Stereotype Homophobia Sex Ally	County lines Drugs Alcohol Substance Catfishing Grooming Exploitation Portection