

Year 8 PSCHE Lessons

As part of the PSCHE curriculum students are taught about a variety of personal, social, cultural and health related modules, as part of this they will consider health and wellbeing, relationships and fundamental British values.

Half term 1- Health and wellbeing

Lesson 1 - New School Year (Key objective: To reflect on the last school year and to think about targets for the one to come)
Lesson 2 - Future Hopes (Key objective: To focus on your strengths and begin thinking about possible career choices for the future)
Lesson 3 - A Part Time Job (Key objective: To understand the laws relating to children working 2. To examine the reasons why young people work)
Lesson 4 - Keeping Safe Out And About (Key objective: To learn to recognise and avoid or deal with potentially dangerous situations ,particularly those that might occur when out with friends)
Lesson 5 - Eating Habits (Key objective: To be familiar with different types of diets. To be able to recognise a healthy and unhealthy diet)
Lesson 6 - Learning To Relax (Key objective: 1.To examine the reasons why relaxation is an important part of a healthy life 2.To explore the methods of relaxation)
Lesson 7 – Assessment

Half term 2- Health and wellbeing

Lesson 1 - First Aid (Key objective: To learn what to do if a person faints or is unconscious)
Lesson 2 - Drugs and the Law (Key objective: To learn about drug classifications and the law relating to drug use)
Lesson 3 - Recognising Drugs (Key objective: To be able to recognise drugs that are commonly misused today and understand their effects)
Lesson 4 - Smoking (Key objective: To understand the effects and impact of smoking)
Lesson 5 - Physical activity and exercise (Key objective: To understand the benefits of physical activity and exercise and the importance of sleep)
Lesson 6 – Concentrate (Key objective: To understand the strategies that helps me to concentrate and understand how to make myself feel focused when I am learning)
Lesson 7 - Peer Pressure (Key objective: To understand the signs and effects of positive and negative peer pressure)
Lesson 8 - Assessment