Featherstone High School

PSHE Department Scheme of Work

Date of last Review: 2023
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SOW Title:	Year 8 PSHE	Specification / NC:	PSHE, RSE
Year Group	8	**Mode of Assessment:**	Informal teacher AFL
Duration	1 year	**Final Assessment Task:**	Observed discussion and book look

Objectives	Assessment Details and Requirements:
See below Red = RSE objectives and Green = health NB each objective runs for a fortnight and capacity is planned in for matters arising (eg. Epidemic, serious incident etc.).	Final lesson of each term: book look and holistic AFL to inform a values-based judgement (general behaviours and skills in form can inform this). Simplified assessment 'working at' levels will be provided. No graded 'formal' assessment.

Lesson:	Objective	Core Learning	Resources
1	Safety and ground rules	1. how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse,	

		sexual and other violence and online encounters	
2	"Trust me" - online content	1. **how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*** 2. **how to assess and manage risks to health; and to keep themselves and others safe** 3. **how to identify and access help, advice and support** 4. **the role and influence of the media on lifestyle**	
3	L3 Online Safety Trust Me - Propaganda	**See above**	
4	L4 Online Safety Trust Me - Contact	See above	
5	L5 Online Safety – Your Online Presence	**See above**	
6	Respectful relationships	1. **about the concept of consent in a variety of contexts (including in sexual relationships)** 2. **how to develop and maintain a variety of healthy relationships within a range of social/cultural**	

		contexts and to develop parenting skills 3. **how to recognise and manage emotions within a range of relationships**	
7	The complexity of parenting + contraception	1. **about the concept of consent in a variety of contexts (including in sexual relationships)** 2. **how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*** 3. **about parenthood and the consequences of teenage pregnancy***	Speaker? Sofia Strachan "Just as you are"
8	Mental & Physical health and wellbeing	1. **how to manage transition** 2. **how to maintain physical, mental and emotional health and wellbeing;**	
9	Mental & Physical health and wellbeing	1. **how to manage transition**	

		2. **how to maintain physical, mental and emotional health and wellbeing;**	
10	Mental & Physical health energy drinks	1. **how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*** 2. **how to assess and manage risks to health; and to keep themselves and others safe**	
11	Mental & Physical health alcohol	1. **how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*** 2. **how to assess and manage risks to health; and to keep themselves and others safe**	

12	Mental & Physical health: eating for health and pleasure (anti-diet, pro-nutrition)	1. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health* 2. how to assess and manage risks to health; and to keep themselves and others safe	
13	Anti homophobia/transphobic bullying	1. to respect equality and be a productive member of a diverse community	
14	Mental health and loss (breakup/bereavement/disappointment)	1. about managing loss including bereavement, separation and divorce	
15	Knife crime/general street safety – also 1st aid	7. how to assess and manage risks to health; and to keep themselves and others safe 1. how to respond in an emergency, including administering first aid	
16	Critical thinking	the role and influence of the media on lifestyle	

Matters arising space		
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Essential Skills and Attributes developed through the Programme of Study across all Key Stages and Year Groups

Personal Effectiveness	Interpersonal and Social Effectiveness

1. Self-improvement (including through constructive self-reflection, seeking and utilising constructive feedback and effective goal-setting)
2. Identifying unhelpful 'thinking traps' (e.g. generalisation and stereotyping)
3. Resilience (including self-motivation, perseverance and adaptability)
4. Self-regulation (including promotion of a positive, growth mind set, managing strong emotions and impulses)
5. Recognising and managing peer influence and the need for peer approval, including evaluating perceived social norms
6. Self-organisation (including time management)
7. Strategies for identifying and accessing appropriate help and support
8. Clarifying own values (including reflection on the origins of personal values and beliefs) and re-evaluating values and beliefs in the light of new learning, experiences and evidence
9. Recalling and applying knowledge creatively and in new situations
10. Developing and maintaining a healthy self-concept (including self-confidence, realistic self-image, self-worth, assertiveness, self-advocacy and self-respect)
	1. Empathy and compassion (including impact on decision-making and behaviour)
	2. Respect for others' right to their own beliefs, values and opinions
	3. Discernment in evaluating the arguments and opinions of others (including challenging 'group think')
	4. Skills for employability, including
	    • Active listening and communication (including assertiveness skills)
	    • Team working
	    • Negotiation (including flexibility, self-advocacy and compromise within an awareness of personal boundaries)
	    • Leadership skills
	    • Presentation skills
	5. Enterprise skills and attributes (e.g. aspiration, creativity, goal setting, identifying opportunities, taking positive risks)
	6. Recognising, evaluating and utilising strategies for managing influence
	7. Valuing and respecting diversity
	8. Using these skills and attributes to build and maintain healthy relationships of all kinds

Managing Risk and Decision Making

1. Identification, assessment (including prediction) and management of positive and negative risk to self and others
2. Formulating questions (as part of an enquiring approach to learning and to assess the value of information)
3. Analysis (including separating fact and reasoned argument from rumour, speculation and opinion)
4. Assessing the validity and reliability of information
5. Identify links between values and beliefs, decisions and actions
6. Making decisions

Health & Well Being

2. how to manage transition
3. how to maintain physical, mental and emotional health and wellbeing;
4. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental emotional health and wellbeing; and sexual health*
5. about parenthood and the consequences of teenage pregnancy*
6. how to assess and manage risks to health; and to keep themselves and others safe
7. how to identify and access help, advice and support
8. how to respond in an emergency, including administering first aid
9. the role and influence of the media on lifestyle

Relationship and Sex education

2. how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills
3. how to recognise and manage emotions within a range of relationships

4. **how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters**
5. **about the concept of consent in a variety of contexts (including in sexual relationships)**
6. **about managing loss including bereavement, separation and divorce**
7. **to respect equality and be a productive member of a diverse community**
8. **how to identify and access appropriate advice and support *– taught in every lesson***