



## P.D. Curriculum Year 8

### What will I learn?

<p><b>Autumn 1</b>  <b>Health and well-being - keeping safe and organised</b>            Taking responsibility for my health            Alcohol and substance misuse            Dangers of carrying weapons and gang culture            Bullying, different types of bullying and online bullying            Emergency first aid            Signposting</p>	<p><b>Autumn 2</b>  <b>Living in the wider world</b>  <b>Money matters</b>            Managing money at secondary school            Gambling and challenges it can raise            Budgeting  <b>Careers</b>            Career planning            Different future choices and career paths            Step into the NHS research programme</p>
<p><b>Spring 1</b>  <b>Building relationships</b>            Different types of families and reasons for some family tensions            How to manage peer pressure            Romance (RSE)            Online relationships            Consent definition</p>	<p><b>Spring 2</b>  <b>Health and puberty</b>            Emotional changes in puberty            Physical changes in puberty            Impact of puberty on feelings and emotions            Know some anatomical parts of the body that change in puberty.            Name support services for health and puberty changes</p>
<p><b>Summer 1</b>  <b>Health and well-being - keeping safe</b>            Mental health including anxiety and depression            Ways to connect with others for support and mental health well-being            Stigma surrounding Mental health            Examples of positive self-talk            Signposting to further services</p>	<p><b>Summer 2</b>  <b>British values:</b>  <b>Valuing self and my place within the Community. Diversity, including prejudice and bullying</b>            Revise British values. prejudice, discrimination Culture what it means            Challenging unfair and family and cultural expectations            Extremism and radicalisation            Community cohesion and what can I do to promote inclusion within my community            Speech writing</p>

### How will I receive feedback?

In PD we ask you to measure your starting point through the knowledge, skills and attributes checklist that is found in your PD exercise book. We then ask you, at the end of a unit of work, to record your progress on the student knowledge, skills and attributes check-list in your PD book.

In the PD lessons listening to feedback and making improvements and corrections to your work is really important. In most of your PD lessons your teacher will go through **correct answers** with the class or support you to develop your knowledge, skills and attributes. Your classmates might also **share ideas** with you about how your work could be improved. When this happens you should always make the suggested improvements to your work in **green pen**.

