

Continuity Curriculum

An online shadow curriculum for students temporarily out of lessons to ensure continuity of learning

Year 8 - PSCHE

Year 8 Block 1 Booklet: [Y8 Block 1 Booklet.pdf](#)

	Lesson Title	Lesson Objective	Online Lesson Link	Any additional instructions?
Block 1	Lesson 1: Physical and mental health	To understand the link between physical and mental health and strategies to improve both	Lesson 1 - physical and mental wellbeing .pptx	Read through the power point and complete the activities in the booklet
	Lesson 2: Attitudes to mental health	To learn about how to manage our own mental health	Lesson 2 - Attitudes to mental health.pptx	Read through the power point and complete the activities in the booklet
	Lesson 3: First Aid	To learn crucial emergency first aid skills and to understand how to assess situations to determine if they are emergencies and how to contact the appropriate services.	Lesson 3 - First Aid - CPR, AEDs, wounds and choking.pptx	Read through the power point and complete the activities in the booklet
	Lesson 4: Fake News and Echo Chambers	To understand how to identify unreliable media sources and the risks involved in echo chambers	Lesson 4 - Fake News and Echo Chambers.pptx	Read through the power point and complete the activities in the booklet

	Lesson 5: Setting goals	To understand what a goal is and learn how to break it down into smaller steps using in order to achieve it.	Lesson 5 - Setting goals.pptx	Read through the power point and complete the activities in the booklet
	Lesson 6: Study skills - revision	To explore different revision techniques and understand how to use them effectively to prepare for exams	Lesson 6 - Skills for learning - Revision.pptx	Read through the power point and complete the activities in the booklet
	Lesson 7: Economic wellbeing – what influences my decisions	How the economy, and other factors, influences our decisions. To learn about the role of the Bank of England	Lesson 7 - Economic wellbeing.pptx	Read through the power point and complete the activities in the booklet
	Lesson 8: Online safety – scams and gambling	To understand the risks of gambling and online fraud and know how to access support for both	Lesson 8 - scams and gambling.pptx	Read through the power point and complete the activities in the booklet
	LESSON 9: What is a community?	To learn about how belonging to a community contributes to your well-being.	Lesson 9 - Community new.pptx	Read through the power point and complete the activities in the booklet
	LESSON 10: Discrimination and Prejudice	To understand what discrimination is and how we can support those who experience it.	Lesson 10 - Discrimination and Prejudice.pptx	Read through the power point and complete the activities in the booklet
	LESSON 11: Committed relationships and family life	To learn about different types of relationships and how these can change over time.	Lesson 11 - Changing family relationships.pptx	Read through the power point and complete the activities in the booklet
	LESSON 12: Roles in the family	To learn about different types of relationships and how these can change over time.	Lesson 12 - Family roles.pptx	Read through the power point and complete the activities in the booklet
Block 2	LESSON 13: Body Changes through puberty	To understand the changes we go through during puberty	Lesson 13 - Body changes through puberty.pptx	Read through the power point and complete the activities in the booklet
	LESSON 14: Introduction to Relationships	To understand what makes up a healthy relationship and how you can build trust	Lesson 14 - Introduction to Relationships.pptx	Read through the power point and complete the activities in the booklet

	LESSON 15: Romantic Relationships	To understand that romantic relationships are different dependent on the individual.	Lesson 15 - Romantic Relationships.pptx	Read through the power point and complete the activities in the booklet
	LESSON 16: Healthy and unhealthy relationships	To identify whether behaviours in relationships are unhealthy and to develop strategies for communicating boundaries and consent.	Lesson 16 - Unhealthy relationships, boundaries, and consent.pptx	Read through the power point and complete the activities in the booklet
	LESSON 17: Physical intimacy	To learn strategies for understanding readiness for physical intimacy and develop a sense of sexual boundaries	Lesson 17 - Physical intimacy.pptx	Read through the power point and complete the activities in the booklet
	LESSON 18: Relationships and Intimacy Online	To understand the benefits and risks of using online methods of communication within a relationship.	Lesson 18 - Relationships and Intimacy Online.pptx	Read through the power point and complete the activities in the booklet
	LESSON 19: Contraception	To understand the responsibilities surrounding contraception and how to effectively use contraception when having intercourse.	Lesson 19 - Contraception.pptx	Read through the power point and complete the activities in the booklet
	LESSON 20: Forms of discrimination and allyship	To understand the responsibilities surrounding contraception and how to effectively use contraception when having intercourse.	Lesson 20 - Forms of discrimination & allyship.pptx	Read through the power point and complete the activities in the booklet

	LESSON 21: Evaluating influence	To learn how to manage external influences and be responsible for our own decisions	<u>Lesson 21 - Evaluating influence.pptx</u>	Read through the power point and complete the activities in the booklet
	LESSON 21: Evaluating influence	To learn how to manage external influences and be responsible for our own decisions	<u>Lesson 22 - Medicinal drugs.pptx</u>	Read through the power point and complete the activities in the booklet
	LESSON 23: Alcohol and smoking	To understand the risks of alcohol, cigarettes and vapes and the UK laws surrounding them	<u>Lesson 23 - Alcohol and smoking.pptx</u>	Read through the power point and complete the activities in the booklet
	LESSON 24: Drug (mis)use	To understand the risks of drugs, the UK laws surrounding them and how to develop a healthy relationships with substances	<u>Lesson 24 - Drug (mis)use .pptx</u>	Read through the power point and complete the activities in the booklet