

## Continuity Curriculum

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

---

### Year 8 - PSCE

---

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

Year 8 Block 2 Booklet: [Y8 Block 2 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                                                                                 | <a href="#">Lesson 1 - physical and mental wellbeing .pptx</a>            | 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                                                                                                                       | <a href="#">Lesson 2 - Attitudes to mental health.pptx</a>                | 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. | <a href="#">Lesson 3 - First Aid - CPR, AEDs, wounds and choking.pptx</a> | 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                                                                           | <a href="#">Lesson 4 - Fake News and Echo Chambers.pptx</a>               | 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. | <a href="#">Lesson 5 - Setting goals.pptx</a>                  | 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     | <a href="#">Lesson 6 - Skills for learning - Revision.pptx</a> | 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 | <a href="#">Lesson 7 - Economic wellbeing.pptx</a>             | 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                 | <a href="#">Lesson 8 - scams and gambling.pptx</a>             | 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.                                  | <a href="#">Lesson 9 - Community new.pptx</a>                  | 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.                         | <a href="#">Lesson 10 - Discrimination and Prejudice.pptx</a>  | 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.                          | <a href="#">Lesson 11 - Changing family relationships.pptx</a> | 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.                          | <a href="#">Lesson 12 - Family roles.pptx</a>                  | 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                                                       | <a href="#">Lesson 13 - Body changes through puberty.pptx</a>  | 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                               | <a href="#">Lesson 14 - Introduction to Relationships.pptx</a> | 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.                                              | <a href="#">Lesson 15 - Romantic Relationships.pptx</a>                           | 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. | <a href="#">Lesson 16 - Unhealthy relationships, boundaries, and consent.pptx</a> | 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                    | <a href="#">Lesson 17 - Physical intimacy.pptx</a>                                | 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.                              | <a href="#">Lesson 18 - Relationships and Intimacy Online.pptx</a>                | 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.    | <a href="#">Lesson 19 - Contraception.pptx</a>                                    | 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.    | <a href="#">Lesson 20 - Forms of discrimination &amp; allyship.pptx</a>           | 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                                       | <a href="#"><u>Lesson 21 - Evaluating influence.pptx</u></a> | 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                                       | <a href="#"><u>Lesson 22 - Medicinal drugs.pptx</u></a>      | 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                                 | <a href="#"><u>Lesson 23 - Alcohol and smoking.pptx</u></a>  | 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 | <a href="#"><u>Lesson 24 - Drug (mis)use .pptx</u></a>       | Read through the power point and complete the activities in the booklet |