

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? |
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| 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 |

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| | 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 |

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| | LESSON 15: Romantic Relationships | To understand that romantic relationships are different dependent on the individual. | <u>Lesson 15 - Romantic Relationships.pptx</u> | 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. | <u>Lesson 16 - Unhealthy relationships, boundaries, and consent.pptx</u> | 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 | <u>Lesson 17 - Physical intimacy.pptx</u> | 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. | <u>Lesson 18 - Relationships and Intimacy Online.pptx</u> | 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. | <u>Lesson 19 - Contraception.pptx</u> | 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. | <u>Lesson 20 - Forms of discrimination & allyship.pptx</u> | Read through the power point and complete the activities in the booklet |

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| | 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 |