

PHSE Curriculum Year 7 and Year 8

During Year 7 Year 8 and Year 9 Students will study PHSE for one session per week. During this time students will develop an understanding about their personal health and general wellbeing alongside the health and wellbeing of others. This programme is subject to change depending on the perceived needs of students plus the requirements of external speakers who may be asked to come into school

PHSE Curriculum Overview Year 7

- 7.1 New beginnings.
- 7.2 Healthy living.
- 7.3 Anti bullying.
- 7.4 Charity event.
- 7.5 Enterprise and teamwork.
- 7.6 Family and relationships.

PHSE Curriculum Overview Year 8

- 8.1 Learning to be me.
- 8.2 Healthy living
- 8.3 Anti bullying.
- 8.4 World of work.
- 8.5 Drugs.
- 8.6 Social responsibility.

How can you help?

- ✓ Ensure your child puts their very best effort into their Homework.
- ✓ Encourage them to ask for help if they are stuck.
- ✓ Check your child's planner to see if they have any Homework.
- ✓ Make sure your child revises well for their tests and end of year exams.

Assessment



Year 7 PHSE Curriculum Objectives TKAW
Autumn 1 (1/2 termly delivery)

To get to know two other people in your class

To find out 2, 3 or 4 things about them

To understand what concerns people may have in their new school

To understand where you can get help in your new school

To describe how your feelings during your first month

To show empathy for other people in your class

To evaluate your strengths and weaknesses

To evaluate the strengths and weaknesses of other people

Year 7 PHSE Curriculum Objectives TKAW
Autumn 2 (1/2 termly delivery)

To describe what are healthy foods

To describe what a balanced diet is

To give 2, 3 or 4 examples of healthy foods

To evaluate your own diet and explain 2, 3 or 4 ways it can be improved

To understand what an eating disorder is

To explain how people can get help with eating disorders

To understand the importance of personal hygiene

To understand the link between diet and disease

Year 7 PHSE Curriculum Objectives TKAW
Spring 1 (1/2 termly delivery)

To explain what makes each person unique

To explain why self-esteem is important

To give a definition of what bullying is

To understand why people bully

To have empathy for people who are being bullied

To understand what to do if you are being bullied

Year 7 PHSE Curriculum Objectives TKAW
Spring 2 (1/2 termly delivery)

To describe what a charity is

To give 3, 4 or 5 examples of different charities

To give reasons why people choose a particular charity

To plan and run a fundraising event

Year 7 PHSE Curriculum Objectives TKAW
Summer 1 (1/2 termly delivery)

- To understand the importance of money
- To describe the difference between needs and wants
- To explain what a budget is
- To understand the advantages of saving money
- To understand how companies promote particular products

Year 7 PHSE Curriculum Objectives TKAW
Summer 2 (1/2 termly delivery)

- To understand what makes a positive relationship
- To explain how people can get on with each other
- To identify and explain why families are important
- To describe several different types of family unit
- To understand different family roles
- To explain different pressures within the family
- To identify types of anti-social behaviour
- To explain how anti-social behaviour can be reduced

Year 8 PHSE Curriculum Objectives TKAW
Autumn 1 (1/2 termly delivery)

- To identify what makes a good friend
- To explain the characteristics of a good friend
- To evaluate your strengths and weaknesses
- To understand how to control your feelings
- To think about how you could help your friend

Year 8 PHSE Curriculum Objectives TKAW
Autumn 2 (1/2 termly delivery)

To describe what are healthy foods

To describe what a balanced diet is

To give 2, 3 or 4 examples of healthy foods

To evaluate your own diet and explain 2, 3 or 4 ways it can be improved

To understand what an eating disorder is

To explain how people can get help with eating disorders

To understand the importance of personal hygiene

To understand the link between diet and disease

Year 8 PHSE Curriculum Objectives TKAW
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To explain what makes each person unique

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Year 8 PHSE Curriculum Objectives TKAW
Spring 2 (1/2 termly delivery)

To identify the term 'work'

To explain different categories of work

To understand why people go to work

To explain what types of skills and qualifications are needed for different jobs

To develop an advert for a job

To evaluate your own strengths and weaknesses

To explain how your weaknesses can be reduced

To explain what your career dreams are

To compare and contrast different career paths

Year 8 PHSE Curriculum Objectives TKAW
Summer 1 (1/2 termly delivery)

Identify two different types of drugs

Identify the definition of a drug

To understand the law regarding different types of drugs

To explain why people misuse drugs

To understand the physical and psychological effects of drug abuse

To explain the advantages and disadvantages of taking different drugs.

Evaluate different viewpoints on the legislation of Cannabis

To understand how people become addicted to drugs

To explain how alcohol and cigarettes affect the body

Year 8 PHSE Curriculum Objectives TKAW
Summer 2 (1/2 termly delivery)

To identify what are individual rights and responsibilities

To understand why we have rules

To understand the differences between and needs

To explain how basic needs may be protected as rights

To become aware of what rights of a child are protected by the United Nations
