

YEAR 8 MEDIUM TERM PLAN New Mills School			PERSONAL DEVELOPMENT	
Half term	Topic	In this unit of work, students learn	Lesson overviews	Whole Curriculum PD links
Term 1 Resilience	<p>Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use</p> <p>PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44</p>	<ul style="list-style-type: none"> • about medicinal and reactional drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes 	<p>Lesson 1 (11/9) Health survey</p> <ul style="list-style-type: none"> • about the over-consumption of energy drinks • importance of and strategies for maintaining a balance between school work, leisure, exercise and online activities. • Benefits of physical activity and exercise for physical and mental health and wellbeing <p>Lesson 2 (25/9)</p> <ul style="list-style-type: none"> • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • about the relationship between habit and dependence <p>Lesson 3 9/10</p> <ul style="list-style-type: none"> • about medicinal and reactional drugs • how to use over the counter and prescription medications safely <p>Lesson 4 (23/10)</p> <ul style="list-style-type: none"> • how to manage influences in relation to substance use <p>how to recognise and promote positive social norms and attitudes</p>	<p>Science – Nutrients needed for a balanced diet, Consequences of imbalances in the diet (obesity, starvation, deficiency diseases)</p> <p>Food and catering (rotation) – Eatwell guide and healthy eating, Nutrients needed for healthy diet, Review own diet</p>
Drop down days/Guest speakers				
Assessment				

Term 2 Reflection	British Values – Individual Liberty Understanding rights and responsibilities Making a change NC KS3 Citizenship: 3, 5	<ul style="list-style-type: none"> Understanding British Values, compare to own, family values Understanding children’s rights Looking at young people’s concerns within the local area and campaigning for change. 	Lesson 1 (13/11) What are British Values Lesson 2 (27/11) Understanding children’s rights – UNICEF rights of the child Lesson 3 (11/12) Local change – campaign to make a change in your community	
Drop down days/Guest speakers				
Assessment				
Term 3 Respect	Identity and relationships Gender identity, sexual orientation, consent, ‘sexting’, and an introduction to contraception PoS refs: H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32	<ul style="list-style-type: none"> the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships about gender identity and sexual orientation about forming new partnerships and developing relationships about the law in relation to consent that the legal and moral duty is with the seeker of consent how to effectively communicate about consent in relationships about the risks of ‘sexting’ and how to manage requests or pressure to send an image about basic forms of contraception, e.g. condom and pill 	Lesson 1 (8/1) <ul style="list-style-type: none"> the qualities of positive, healthy relationships how to demonstrate positive behaviours in healthy relationships about gender identity and sexual orientation Lesson 2 (22/1) <ul style="list-style-type: none"> about forming new partnerships and developing relationships about the law in relation to consent that the legal and moral duty is with the seeker of consent 	English – Understanding cultural identity, Reflecting on how others see us, What our own identity is made up of (BV Tolerance) Geography – Rising population and its effect on the environment, Migration – push and pull factors

			<ul style="list-style-type: none"> • how to effectively communicate about consent in relationships <p>Lesson 3 (5/2)</p> <ul style="list-style-type: none"> • about the risks of 'sexting' and how to manage requests or pressure to send an image • about basic forms of contraception, e.g. condom and pill 	
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Drop down days/Guest speakers				
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Assessment				
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Term 4 Resourceful	<p>Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies</p> <p>PoS refs: H3 H4 H6 H7 H8 H9 H10 H11 H12 L24</p>	<ul style="list-style-type: none"> • about attitudes towards mental health • how to challenge misconceptions stigma • about daily wellbeing • how to manage emotions • how to develop digital resilience • about unhealthy coping strategies (eg self harm and eating disorders) • about healthy coping strategies 	<p>Lesson 1 (26/02)</p> <ul style="list-style-type: none"> • about attitudes towards mental health • how to challenge misconceptions stigma • about daily wellbeing <p>Lesson 2 (11/3)</p> <ul style="list-style-type: none"> • how to manage emotions • how to develop digital resilience <p>Lesson 3 (25/3)</p> <ul style="list-style-type: none"> • about unhealthy coping strategies (eg self harm and eating disorders) • about healthy coping strategies 	
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Drop down days/Guest speakers				
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Assessment				
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Term 5	Digital literacy and financial	<ul style="list-style-type: none"> • how to recognise biased or misleading 	Lesson 1 (22/04)	
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Responsibility	security Digital literacy, media reliability, and gambling hooks PoS refs: H3 H32 R17 L19 L20 L21 L22 L23 L24 L25 L26 L27	information online <ul style="list-style-type: none"> • how to critically assess different media sources • how to distinguish between content which is publicly and privately shared • about age restrictions when accessing different forms of media and how to make responsible decisions • how to protect financial security online • how to assess and manage risks in relation to gambling and chance-based transactions 	<ul style="list-style-type: none"> • how to recognise biased or misleading information online • how to critically assess different media sources • how to distinguish between content which is publicly and privately shared • about age restrictions when accessing different forms of media and how to make responsible decisions Lesson 2 (20/5) <ul style="list-style-type: none"> • how to protect financial security online • how to assess and manage risks in relation to gambling and chance-based transactions 	
Drop down days/Guest speakers		<ul style="list-style-type: none"> • 		
Assessment				
Term 6 Future	Peer influence substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	<ul style="list-style-type: none"> • how to distinguish between healthy and unhealthy friendships • how to assess risk and manage influences, including online • about 'group think' and how it affects behaviour • how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • to manage risk in relation to gangs • about the legal and physical risks of carrying a knife • about positive social norms in relation to drug and alcohol use 	Lesson 1 (10/6) <ul style="list-style-type: none"> • how to distinguish between healthy and unhealthy friendships • how to assess risk and manage influences, including online • about 'group think' and how it affects behaviour Lesson 2 (24/6) <ul style="list-style-type: none"> • how to recognise passive, aggressive and assertive behaviour, and how to communicate 	Geography – Causes of tensions in Middle East, Why some countries wanted to boycott Qatar World Cup (Human rights), Terrorism (effects on the UK)

		<ul style="list-style-type: none"> about legal and health risks in relation to drug and alcohol use, including addiction and dependence 	<p>assertively</p> <ul style="list-style-type: none"> to manage risk in relation to gangs about the legal and physical risks of carrying a knife <p>Lesson 3 (8/7)</p> <ul style="list-style-type: none"> about positive social norms in relation to drug and alcohol use about legal and health risks in relation to drug and alcohol use, including addiction and dependence 	
Drop down days/Guest speakers				
Assessment				