

Year 8 – PSHE	
Summary of curriculum	At Smith’s Wood Academy we want all students to leave in Year 11 with the skills and knowledge to lead a successful and healthy life. The year 8 Personal, Social, Health and Economic Education (PSHE) curriculum is designed to support them in making informed life choices, equip them with life saving skills and support their mental wellbeing.
Main topics/skills	<p>Theme 1 – Careers and My future This topic supports students in managing their finances now and in the future. It will include how to manage money, borrowing money and using a bank account.</p> <p>Theme 2 – Relationship and Sex Education (RSE) During this topics students will cover alcohol, smoking and drugs, allowing students to make informed decisions in the future. Students will then mental wellbeing, discussing what impacts their mental wellbeing and how to take action for their and others mental wellbeing.</p> <p>Theme 3 – Citizenship This topic introduces students to key life saving skills such as CPR and recovery position. Students will then go on to discuss the role of the media in our lives.</p> <p>Theme 4 – Health and Wellbeing Students will be introduced to consent and the importance of it, as well as how to have healthy relationships on and offline.</p> <p>Theme 5 – Staying Safe During this topic students will discuss how to stay safe online, specifically cybercrime, the impact of screentime and sharing material online.</p> <p>Theme 6 – Values Students will discuss racism, sexism, gender identity and homophobia, supporting students in becoming respectful citizens of the world.</p>
Assessment throughout the year	Students are regularly assessed throughout the year through 25 mark mid-topic and end of topic assessment. These will consist of multiple-choice questions, knowledge check questions and longer answer question.
How parents can support their child’s learning from home.	Parents can support their child’s learning by encouraging their child to complete the fortnightly homework as this will support them in lessons. Also supporting students in staying up to date with the news and having discussions about the learning
Useful websites	YoungMinds Mental Health Charity For Children And Young People YoungMinds KS3 Citizenship (Wales) - BBC Bitesize RSHE (PSHE) lessons for Key Stage 3 students - Oak National Academy (thenational.academy) First aid advice St John Ambulance (sja.org.uk)

