

SCHEME OF LEARNING – RSHE – YEAR 8

Year 8	Autumn		Spring		Summer
Content	<u>Why is it important to keep my mind healthy?</u>		<u>What does it mean to live in a democratic Britain?</u>		<u>Why do I need to know about first aid?</u>
	<p>This unit contains around 6 lessons focused on the idea of growth mindset and staying healthy. Pupils will consider the importance of:</p> <ol style="list-style-type: none"> 1. Growth mindset 2. Healthy eating and exercise 3. Eating disorders 4. Mental health 5. Self-harm and 6. Changing attitudes 		<p>This unit contains around 7 lessons looking at what it means to live in Britain today in terms of democracy and voting, laws and multiculturalism. The first part of the unit will cover the role of laws and how the British justice system works, ending with the first assessment. The second part of the unit moves on to look at the role of police in society and multiculturalism, with the final part looking at voting and elections. This will stretch into the summer term.</p> <ol style="list-style-type: none"> 7. Screen time (digital society) 8. Personal branding & consent (digital society) 9. Rules and laws 10. Justices system and the police 11. Elections 12. Political parties 13. Liberties in the UK 		<p>This unit contains around 7 lessons looking at first aid and why it is important. Pupils will spend a lesson on each key element, including accidents, bleeding and shock, CPR, burns, choking and injuries.</p> <ol style="list-style-type: none"> 14. First aid 15. First aid 16. First aid 17. First aid 18. First aid 19. Risk management & consent (personal space, making safe choices, consequences).
Why?	<p>In Year 7 students through the Youth Award look at their role in society and developing their personal skills. As they reach puberty we aim to enable them to take an informed and introspective look at how they will change as they grow older and the issues that they may come into contact with.</p> <p>To help pupils to understand the importance of a healthy lifestyle and mindset. To develop the idea of growth mindset, and encourage pupils to apply this to their life both in and out of school. To help pupils to understand issues surrounding mental health and how these can be recognised and how attitudes in society have changed and developed.</p>		<p>As an iPad school we aim to inform the student on the safe and positive use of technology and their role within a digital society. We then go on to evaluate the democratic society that we live in and their role within it as they continue to develop their sense of self.</p> <p>To enable students to understand the role of citizens in the British political system. To consider how the justice system in Britain works, why rules are important, and the role of the police in enforcing these. To allow students to consider what it means to live in multicultural Britain and why this is important.</p>		<p>This is an age appropriate time to deal with first aid in detail as the student become more independent and also psychologically able to manage in a crisis situation.</p> <p>Basic treatment for common injuries. Life-saving skills, including how to administer CPR.¹ The purpose of defibrillators and when one might be needed. To teach pupils the basics of first aid and how to prevent accidents and injury. To build pupil's confidence in dealing with first aid and illness. Managing risk and making safe choices over the summer.</p>
National Curriculum reference RSE & PHWE	NC5 RSE 2 RSE 4 PHWE 1	PHWE 3 PHWE 4 PHWE 8	NC1 NC2 NC3 NC4 NC5	RS33 PHWE 2	PHWE 7
A2L/ Behaviour	Student's performance is assessed on their attitude to learning and their behaviour.				There is no formal assessment for this unit, however First Aid certificates will be issued to those who complete the lessons.

National Curriculum References KS3 (Pupils should be taught):

- NC 1. The development of the political system of democratic government in the UK, including the roles of citizens, Parliament and the monarch.
- NC 2. The operation of Parliament, including voting and elections, and the role of political parties.
- NC 3. The precious liberties enjoyed by citizens of the UK.
- NC 4. The nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals.
- NC 5. The roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities, including opportunities to participate in school based activities.
- NC 6. The functions and uses of money, the importance of practicing budgeting and managing risk.

¹ Cardio Pulmonary Resuscitation is usually best taught after 12 years old (rapid loss of skills retention in younger children over a 5 month period *PRVW*).

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RSE referred to Relationships and sex education

PHWE Physical Health & wellbeing education

The numbers refer to the sequence of the boxes in the secondary school SRE document, see the link below or the [faculty reference document](#).

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