



# PSHE Learning Journey Year 8



SKILLS DEVELOPED

TEAMWORK  
& LEADERSHIP

PUBLIC  
SPEAKING

PROBLEM  
SOLVING

CREATIVITY  
& INNOVATION

DECISION  
MAKING

RESILIENCE  
& STAYING POSITIVE

PLANNING  
& ORGANISATION

SKILLS DEVELOPED

YEAR 9

Desert Island - Living  
Desert Island - Building a Community  
Desert Island - Making Decisions  
Desert Island - Criminals Law & Society  
How are Laws Made?  
Prisons, Reform & Punishment



CITIZENSHIP

BRITISH VALUES

**LAW, CRIME & SOCIETY**

CORE THEME 1

YEAR  
8

YEAR  
8

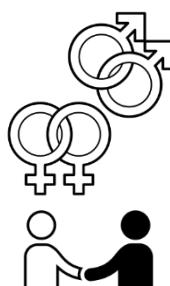
**EQUALITY & DIVERSITY EXPLORED**

CORE THEME 2

CITIZENSHIP

PSHE

EQUALITY



Equality Act 2010  
LGBTQ+ What is it?  
LGBTQ+ Rights Across the World  
Gender Equality  
Ableism and Disability Discrimination  
Removing the Barriers, Equality for All  
Racism & Discrimination in Society

County Lines - What is It?  
County Lines - Who is at Risk?  
Substance Misuse  
Cyberbullying  
Online Grooming  
Alcohol Safety  
Child Exploitation & Online Protection



STATUTORY  
HEALTH & RSE

DRUGS EDUCATION

GANGS

**DANGEROUS  
SOCIETY ONLINE & OFFLINE**

CORE THEME 4

YEAR  
8

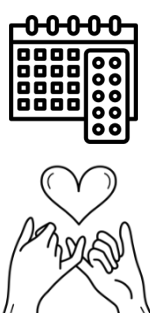
YEAR  
8

**IDENTITY,  
RELATIONSHIPS & SEX EDUCATION**

CORE THEME 3

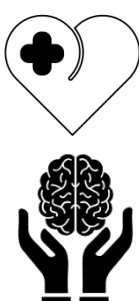
STATUTORY  
HEALTH & RSE

PSHE



Relationships and Sex Education  
Being Yourself & Self-Love  
Healthy Respectful Relationships  
What is Love?  
Dealing with Conflict  
Periods and Menstrual Cycle  
Introduction to Contraception  
Sexual Orientation

Health and Wellbeing  
What is Mental Health?  
Positive Body Image  
Child Abuse  
Types of Bullying  
Healthy Eating and Cholesterol  
Stress Management



STATUTORY  
HEALTH

PSHE

WELLBEING

**PHYSICAL HEALTH  
& MENTAL  
WELLBEING**

CORE THEME 5

YEAR  
8

YEAR  
8

**PROUD TO BE ME!**

CORE THEME 6

GATSBY  
BENCHMARKS  
- CAREERS -

SMSC

CAREERS



Employability & Enterprise Skills  
Proud to be Me  
Careers and Aspirations  
Self-Esteem and the Media  
The Importance of Happiness  
What Makes Me Angry?  
Exploring Careers

WELCOME

RSE  
COMPLIANT

HEALTH  
COMPLIANT

GATSBY  
BENCHMARKS

## SPIRAL THEMATIC APPROACH

- 1) Rights, Responsibilities & British Values
- 2) Celebrating Diversity & Equality
- 3) Relationships and Sex Education
- 4) Staying Safe Online and Offline
- 5) Health and Wellbeing
- 6) Life Beyond School

## PERSONAL DEVELOPMENT

### ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ PSHE App
- ✓ End of Unit Quizzes
- ✓ Graduation Portfolios

