

## St Mary's CE High School Curriculum Map 23-24

### Year 8 Personal Development



**Our Vision:** "Personal Development is the rich soil" in which seeds of resilience, enquiry, ambition, and citizenship flourish and roots grow, providing students with a nurturing environment to develop essential life skills, explore personal values, foster positive relationships, and navigate the complexities of the world around them. This scheme of learning aims to cultivate a holistic approach to Personal Development, nurturing students' growth, resilience, and well-being while empowering them to become active agents of positive change.

This statement emphasises the interconnectedness between Personal Development and the threads of resilience, enquiry, ambition, and citizenship. It highlights the role of Personal Development in providing a supportive and fertile environment for these threads to grow and thrive, enabling students to develop essential life skills. By integrating these elements into the scheme of learning, the goal is to empower students to become well-rounded individuals capable of navigating the complexities of the world and making a positive impact.

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	Autumn 1a	Autumn 1b	Spring 2a	Spring 2b	Summer 3a	Summer 3b
<b>CONTENT</b>	<b>Physical and mental wellbeing:</b> Lesson key questions: 1. What are the positive effects of exercise? 2. How are exercise, sleep and mental health connected? 3. What dangers are associated with an inactive lifestyle? 4. What are the dangers associated with alcohol? 5. What should I know about smoking and vaping? 6. What effects do drugs have? 7. Substance misuse: What are the impacts of drugs?	<b>Physical and mental wellbeing :</b> Lesson key questions : 1. What are the dangerous associated with germs and viruses? 2. Why is good oral hygiene important? 3. What does personal hygiene mean to me? 4. What facts do I need to know about immunisation and vaccination? 5. What makes for a good quality sleep? 6. What are the dangers associated with a lack of sleep? 7. Assessment lesson.	<b>Relationships and Sex education</b> Lesson Key questions: 1. How diverse can families be? 2. Is marriage important these day? 3. What other types of long term relationships exist today? 4. What are the roles and responsibilities of parents? 5. What does successful parenting look like today? 6. Who can I ask for help about family life?	<b>Relationships and Sex education</b> Lesson Key questions: 1. What facts and myths surrounding sex? 2. What does the law say about consent? 3. What contraception choices are available to me? 4. Why is it important to explore your sexuality? 5. What are your rights and responsibilities regarding sex? 6. Why do attitudes towards sex vary?	<b>Living in the wider world</b> Lesson key questions: 1. Why is first aid important? 2. How can we treat minor injuries? 3. Why is CPR vital? 4. What is a defibrillator and where might I find one? 5. Is first aid administered the same worldwide? 6. What medical breakthroughs have been most significant?	<b>Citizenship and British Values</b> Lesson Key questions: 1. How does the British Justice system work? 2. What role do the Police play in modern Britain? 3. What happens at court? 4. What role do public institutions play in modern Britain today? 5. How can I play an active role in improving my community? 6. Who are the inspiring citizens of today? 7. Assessment lesson

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<b>Skills</b>	Decision making Critical thinking and reflection Working with others  Enquiry skills	Decision making Critical thinking and reflection Working with others  Enquiry skills	Decision making Critical thinking and reflection Working with others  Enquiry skills	Decision making Critical thinking and reflection Working with others  Enquiry skills	Decision making Critical thinking and reflection Working with others  Enquiry skills	Decision making Critical thinking and reflection Working with others  Enquiry skills
<b>Key Questions</b>	What choices can I make to improve my physical health and fitness?	What choices will promote positive health?	What choices can I make about family life?	Sexual relationships: What choices will I face?	What choices could save a life?	The justice system and public bodies:  What choices await me when I am older?
<b>Assessment</b>	Half termly formative assessment answering the Key Question:  What choices do I have regarding mental health?  Students demonstrate their understanding of the unit by answering the enquiry question in a format of their choice including bullet points, mind maps and or written paragraph answers.	Half termly formative assessment answering the Key Question:  What informed choices can I make about my eating habits?  Students demonstrate their understanding of the unit by answering the enquiry question in a format of their choice including bullet points, mind maps and or written paragraph answers.	Half termly formative assessment answering the Key Question:  What changes will my body go through and what choices might I face?  Students demonstrate their understanding of the unit by answering the enquiry question in a format of their choice including bullet points, mind maps and or written paragraph answers.	Half termly formative assessment answering the Key Question:  What choices should I consider when developing respectful relationships?  Students demonstrate their understanding of the unit by answering the enquiry question in a format of their choice including bullet points, mind maps and or written paragraph answers.	Half termly formative assessment answering the Key Question:  What choices will I face when using the internet?  Students demonstrate their understanding of the unit by answering the enquiry question in a format of their choice including bullet points, mind maps and or written paragraph answers.	Half termly formative assessment answering the Key Question:  What choices does our political system offer us?  Students demonstrate their understanding of the unit by answering the enquiry question in a format of their choice including bullet points, mind maps and or written paragraph answers.

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		Summative assessment:  20 mark fact based test based on the terms learning.				Summative assessment:  20 mark fact based test based on the previous terms learning.
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