Curriculum Overview

Curriculum Area: Learning for Life Year: 8

Year 8 Curriculum:

Autumn Term: This half term, pupils will explore a range of topics that help them build healthy, respectful relationships and develop a better understanding of themselves and others, challenge gender stereotypes, learn about sexuality and sexual orientation, and understand the importance of consent and respecting personal boundaries. pupils will also examine how relationships and sex can be portrayed in the media and consider the impact these messages can have.
In addition, they will learn about harmful sexual behaviours, sexual harassment, and the law, helping them to recognise inappropriate behaviour and know how to seek support. The unit also focuses on mental health, encouraging pupils to talk openly about their emotions, build emotional awareness, and develop positive strategies for maintaining their wellbeing

Autumn Term: This half term, pupils will focus on developing their understanding of mental and physical wellbeing. They will learn about the importance of talking about emotions and seeking support when needed, helping them to build emotional awareness and resilience. The programme also explores self-esteem and confidence, encouraging pupils to recognise their strengths, develop a positive self-image, and build healthy relationships with others.
pupils will examine the risks associated with addictive substances, particularly alcohol, and learn how these can affect physical health, mental wellbeing, and decision-making. In addition, they will explore the benefits of maintaining a healthy lifestyle, including the role of regular exercise in supporting both physical fitness and mental health. Through these topics, pupils will be encouraged to make informed choices that promote their overall wellbeing.

Spring term– This half term pupils will be working on careers. Please see the careers curriculum

Spring term– pupils will learn about the importance of maintaining a healthy lifestyle and taking responsibility for their physical health. They will explore how everyday choices, including diet, sleep, hygiene, and physical activity, can have a positive impact on their overall wellbeing and help them stay healthy both now and in the future.
pupils will also develop their understanding of personal safety and risk management, learning how to recognise potential risks in different situations and make informed decisions to keep themselves and others safe. In addition, they will examine the facts about gambling, including the risks associated with gambling activities, the potential impact on individuals and families, and how to make responsible choices. Through these topics, pupils will be encouraged to develop the knowledge and skills needed to lead safe, healthy, and responsible lives.

Summer Term: pupils will explore the features of healthy, respectful relationships and learn about the different forms of committed partnerships, including marriage and civil partnerships. They will develop an understanding of the rights, responsibilities, and values that underpin successful long-term relationships.
Pupils will also learn how to recognise the signs of unhealthy and abusive relationships, including controlling, manipulative, and harmful behaviours. They will discuss strategies for staying safe, seeking support, and helping others who may be experiencing difficulties in a relationship. The programme will also focus on managing conflict positively, understanding the role of forgiveness, and developing skills to resolve disagreements in a respectful way.
In addition, pupils will explore the importance of effective communication in building and maintaining healthy relationships. They will learn how good communication helps people express their thoughts and feelings, listen to others, and strengthen relationships based on trust, respect, and understanding. Through these topics, pupils will develop the knowledge and skills needed to build positive and healthy relationships throughout their lives

Summer term – pupils will develop their understanding of how to cope with significant life changes and the challenges these can bring. They will explore strategies for managing change, including experiences such as bereavement, divorce, and separation, and learn about the importance of resilience, support networks, and maintaining emotional wellbeing during difficult times.
Pupils will also develop their media literacy skills by learning how to interpret information they encounter online. They will explore how to identify reliable sources, recognise misinformation, and think critically about the content they see and share on digital platforms. In addition, they will examine how personal data is collected and used online, and how advertising and persuasive design techniques are employed to influence choices and behaviour.

Links to National Curriculum

- **Mental wellbeing**
- **Internet safety and harms**
- **Healthy lifestyles**
- **Drugs, alcohol and risk**
- **Respectful relationships**
- **Families and committed relationships**
- **Consent**
- **Sexual harassment and abuse**
- **Online media literacy**
- **Personal safety**
- **Physical health and fitness**
- **Emotional resilience and self-esteem**

Knowledge and understanding of this curriculum will be assessed by:

Pupils will be assessed via formative assessment during the lesson through discussions and question and answering.

Pupils will also take part in summative assessment each half term via knowledge quizzes to check their understanding.

Powerful Knowledge/Cultural Capital Opportunities

The content delivered through learning for life is specifically relevant to their age and environment and reflects the lives they will be living in the real world.