# Barnsley Academy – Year 8 PSHE and RSE Curriculum Overview

| | Autumn Term – Living in the Wider World | | | | Spring Term – Health and Wellbeing | | | | Summer Term – Relationships and Sexual Education | | |
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| | **Class Focus** | | **Votes for Schools Theme** | **Awareness Days** | | **Class Focus** | **Votes for Schools Theme** | **Awareness Days** | | **Class Focus** | **Votes for Schools Theme** | **Awareness Days** |
| Week 1 | | | Culture, Media and the Arts | Zero Waste Week *Second Hand September* | Week 1 * | **Fighting Fit: Diet and Exercise** *To understand the importance of a healthy diet and regular exercise to our physical and mental health, including restrictive eating and over-exercising.* | Health and Wellbeing | Big Schools Birdwatch *Veganuary - Jan* | Week 1 * | **Healthy and Unhealthy Relationship Behaviours** *To reflect on the characteristics of healthy and unhealthy relationships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships.* | Environment & Climate Change | Earth Day (22nd) Stephen Lawrence Day (22nd) St George's Day (23rd) *Stress Awareness Month - April* |
| Week 2 * | **Living in the Wider World - Who am I really?** *Understanding what self image is and why it's important.* | | Jobs, Economy and Education | Fairtrade Fortnight World Suicide Prevention Day (10th) End Digital Poverty Day (12th) *Second Hand September* | Week 2 | | | Culture, Media and the Arts | World Religion Day (15th) *Veganuary - Jan* | Week 2 | | Jobs, Economy and Education | International Workers' Day (1st) *Local Community & History Day - May* |
| Week 3 | | | Science and Technology | Fairtrade Fortnight International Day of Democracy (15th) *Second Hand September* | Week 3 * | **Self-Esteem, Body Image and Managing Emotional Change** *To explore how the media and social media influence how we think about and express ourselves, including body image; to recognise and manage influences on ourselves.* | Jobs, Economy and Education | Martin Luther King Day (20th) International Day of Education (24th) *Veganuary - Jan* | Week 3 * | **Minding Myself and Others – Relationship Values** *To reflect on the importance of long term, stable relationships - including marriage and civil partnerships – and how intimacy can exist without sexualised behaviour.* LO: R1, R2, R9, R10, R13, R14 | Community and Charity | VE Day (8th) *Local Community & History Day - May* |
| Week 4 * | **Living in the Wider World - Why are human rights important?** *Understanding what human rights are and what protections they have in law.* | | Environment & Climate Change | Recycle Week International Day of Peace (21st) European Day of Languages (26th) *Second Hand September* | Week 4 | | | Crime, Justice and Extremism | Holocaust Memorial Day (27th) Chinese New Year (29th) *Veganuary - Jan* | Week 4 | | Health and Wellbeing | Nurses' Day (12th) International Day Against Homophobia & Transphobia (17th) *Local Community & History Day - May* |
| Week 5 | | | Equalities and Identity | International Day of Older Persons (1st) National Poetry Day (3rd) *Black History Month (October)* | Week 5 * | **Unhealthy Coping Strategies and Mental Ill-Health** *To recognise and manage how we react to negative emotions and to consider how unhealthy coping strategies can make the* | Health and Wellbeing | World Interfaith Harmony Week Children's Mental Health Week World Cancer Day (4th) Rosa Parks Day (4th) Time to Talk Day (6th) | Week 5 * | **Consent: Avoiding Assumptions** *To understand the importance of personal space and boundaries and to know how to seek, give and withdraw consent in all contexts including online.* | Voters' Choice | World Day for Cultural Diversity, Dialogue and Development (21st) *Local Community & History Day - May* |

| Week | Topic | Theme | Awareness Days | Week | Topic | Theme | Awareness Days | Week | Topic | Theme | Awareness Days |
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| | | | | | *situation worse, including depression and anxiety.* | | *LGBT History Month Heart Month - February* | | LO: R24, R26, R27 | | |
| Week 6 * | **Living in the Wider World - What happens when rights are threatened?** *Identifying human rights abuses and how to react.* | Crime, Justice and Extremism | World Space Week National Hate Crime Awareness Week World Mental Health Day (10th) International Day of the Girl (11th) *Black History Month (October)* | Week 6 | | Science and Technology | Safer Internet Day (11th) International Day of Women and Girls in Science (11th) Red Hand Day for Child Soldiers (12th) Valentine's Day (14th) *LGBT History Month Heart Month - February* | Week 6 | | Environment & Climate Change | Volunteer Week World Environment Day (5th June) World Ocean Day (8th June) *Pride Month – June Gypsy, Roma and Traveller History Month - June* |
| Week 7 | | Health and Wellbeing | World Food Day and Anti-Slavery Day (both 18th) *Black History Month (October)* | Week 7 * | **Alcohol: The Consequences** *To explore the physical and psychological consequences of alcohol consumption, including binge drinking and to consider how your level of risk increases with increased consumption.* | Global Issues and Politics | International Mother Language Day (21st) *LGBT History Month Heart Month - February* | Week 7 * | **Developing Sexuality – The risks of sexual behaviour** *To understand the consequences of unprotected sex including STIs and pregnancy and to know the law around the legal age of consent.* | Culture, Media and the Arts | World Day Against Child Labour (12th) *Pride Month – June Gypsy, Roma and Traveller History Month - June* |
| Week 8 * | **Living in the Wider World - What is the impact of fake news on democracy?** *Understanding the dangers fake news has and how to spot it. (Riots 2024)* | Global Issues and Politics | UN Day (24th) *Black History Month (October)* | Week 8 | | Jobs, Economy and Education | National Careers Week World Book Day (6th) Intenational Women's Day (8th) *Women's History Month - March* | Week 8 | | Global Issues and Politics | 16-20 June Refugee Week Juneteenth (19th) World Refugee Day (20th) *Pride Month – June Gypsy, Roma and Traveller History Month - June* |
| Week 9 | | Community and Charity | Diwali (1st) International Day Against Violence and Bullying at School (2nd) *Islamophobia Awareness Month - Nov* | Week 9 * | **Drugs: Effects and Misconceptions** *To understand how legal and illegal drugs affect your physical and mental health, including cannabis and 'one-off' use.* | Community and Charity | Young Carers Action Day (16th) *Women's History Month - March* | Week 9 * | **Media Influences – How does the media influence my relationships?** *To understand how the representation of romantic and intimate relationships in the media can affect our expectations in real life including through image and video sharing.* LO: R7, R8 | Equalities and Identity | Windrush Day (22nd) *Pride Month – June Gypsy, Roma and Traveller History Month - June* |
| Week 10 * | **Living in the Wider World - What is the difference between bullying and banter?** *To understand what the difference is between banter and bullying,* | Equalities and Identity | Armistice Day Anti Bullying Week World Kindness Day (13th) Children in Need (15th) *Islamophobia Awareness Month - Nov* | Week 10 | | Equalities and Identity | St Patrick's Day (17th) Global Recycling Day (18th) International Day of Happiness (20th) World Poetry Day (21st) | Week 10 | | Community and Charity | Plastic Bag Free Day (3rd) *Plastic Free July Samaritans Awareness Raising Month* |

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| | *particularly with protected characteristics.* Anti-Bullying Week 2024: Choose Respect | | | | | | International Day for the Elimination of Racial Discrimination (21st) *Women's History Month - March* | | | | |
| Week 11 | | Global Issues and Politics | Road Safety Week UK Parliament Week International Men's Day (19th) *Islamophobia Awareness Month - Nov* | Week 11 * | **Active Citizenship Project** *To present the termly Active Citizenship Project and to reflect on its effectiveness.* | Crime, Justice and Extremism | World Water Day (23rd) *Women's History Month - March* | Week 11 * | **Active Citizenship Project** *To present the termly Active Citizenship Project and to reflect on its effectiveness.* | Crime, Justice and Extremism | *Plastic Free July Samaritans Awareness Raising Month* |
| Week 12 * | **Living in the Wider World - Why are stereotypes dangerous?** *To consider the link between stereotypes and prejudice.* | Environment & Climate Change | National Tree Week International Day for the Elimination of Violence Against Women (25th) *Islamophobia Awareness Month - Nov* | Week 12 | | Culture, Media and the Arts | International Transgender Day of Visibility (31st) *Women's History Month - March* | Week 12 | | Voters' Choice | *Plastic Free July Samaritans Awareness Raising Month* South Asian Heritage Month (18th July – 15th August) |
| Week 13 | | Science and Technology | International Day of Persons with Disabilities (3rd) International Volunteer Day (5th) Day of Hope (7th) | *** = Week of PHSE & RSE (one lesson French, one lesson PSHE & RSE)** **No * = Two lessons of French only** | | | | | | | |
| Week 14 * | **Living in the Wider World - Active Citizenship Project** *To present the termly Active Citizenship Project and to reflect on its effectiveness.* | Voters' Choice | Human Rights Day (10th) | | | | | | | | |
| Week 15 | | Community and Charity | International Human Solidarity Day (20th) | | | | | | | | |

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| Assessment/Homework | Throughout the term, students complete their Active Citizenship Project designed to address or improve an issue they feel strongly about in our society. Students are given a grade between 1-4 based on both their group contribution and individual personal reflection. The success criteria can be found in the PSHE & RSE Curriculum Guide and is visible to all students in lessons.<br>The project is broken down into stages to support with student planning:<br><br>Stage 1: Identify an issue, form a team and carry out initial research.<br>Stage 2: Undertake primary research.<br>Stage 3: Represent their own and different points of view.<br>Stage 4: Plan the action.<br>Stage 5: Apply skills of collaboration, negotiation and influence whilst delivering the activity.<br>Stage 6: Critically evaluate the learning and impact of the action.<br><br>As well as aiming to develop teamwork, communication and reflection skills, the Active Citizenship Project is designed to support students' understanding and delivery of the required project in GCSE Citizenship.<br><br>In class white board checks<br>Messy mark book data used for Do Nows and assessment for CtG.<br>Circulation and live marking under the visualiser used to CtG live in lesson and inform messy mark books.　　　　**\* = week of PHSE & RSE therefore one French lesson instead of two** |