

Barnsley Academy – Year 8 Character and PSHE Curriculum Overview 2023-24

Autumn Term			Spring Term			Summer Term		
	Class Focus	Homework		Class Focus	Homework		Class Focus	Homework
Week 1			Week 1		<i>Active Citizenship Project</i>	Week 1		
Week 2	Understanding Myself and Others: Looking Ahead <i>Looking back at the successes of Year 7 and looking forward to Y8 by setting goals, targets and motivations.</i>	To write a letter to Mr Khan explaining your successes in Year 7 and what you want to achieve in Year 8.	Week 2	Making Healthy Choices: Being an Adolescent. <i>To explore why some people want to be different and some want to conform during adolescence and to appreciate that we are all different.</i>	Choose your issue and Research your actions.	Week 2	Minding Myself and Others: Relationships <i>To explore the different types of family relationships and how to manage relationships.</i>	To write a reflection piece on how to manage different relationships.
Week 3			Week 3			Week 3		
Week 4	Understanding Myself and Others: Self-Management <i>Understanding what factors to consider when making a decision and how to develop study-skills.</i>	To devise a homework and study schedule for this term.	Week 4	Making Healthy Choices: Being Healthy – Diet and Obesity <i>To know what a balanced healthy diet is and isn't, to reflect on the influences on our diet and to understand the dangers of being over or under weight.</i>	Choose your actions, decide how to measure success and plan your actions.	Week 4	Minding Myself and Others: Respecting Myself and Others <i>To know what personal boundaries are and to understand why it is important to know yours and other people's.</i>	To create a resource to be used to highlight the importance of having personal boundaries: a tweet, a speech or an essay.
Week 5			Week 5			Week 5		
Week 6	Understanding Myself and Others: Being Independent - Safety <i>To understand and spot potential hazards and how to mitigate risk both online and in real life.</i>	To write an email to Mrs Astley asking about what her job entails and how Health and Safety affects what she can do.	Week 6	Making Healthy Choices: Being Healthy - Body Image and Self-Esteem. <i>To understand the danger of concentrating on body image, the unreality of social media imaging and the role self-esteem plays.</i>	Put your plan into action: complete your project.	Week 6	Minding Myself and Others: Identity <i>To understand how relationships and sexuality are represented in all media forms, to know the facts around sexual identity and the age of consent.</i>	To complete a quiz on the facts around sexual identity and the age of consent.
Week 7			Week 7			Week 7		
Week 8	Understanding Myself and Others: Being Independent - Money <i>To know what credit and debit is and the dangers of debt.</i>	To write a letter to an MP explaining your opinion on credit, debit and debt.	Week 8	Making Healthy Choices: Understanding Mental Health <i>To explore strategies to stay positive, examine attitudes towards mental health and understand common mental health issues (depression, anxiety).</i>	Put your plan into action: complete your project.	Week 8	Minding Myself and Others: Managing Influences <i>To understand what exploitation is, how gangs operate and the dangers of being in a gang.</i>	To create a speech to deliver to Year 7 about the dangers of exploitation and gangs.
Week 9			Week 9			Week 9		
Week 10	Understanding Myself and Others: Citizenship <i>To understand what the difference is between banter and bullying, particularly with protected characteristics. Anti-Bullying Week 2023 (Make a Noise)</i>	To create an Anti-Bullying week resource that could be used in school: a tweet, a campaign slogan, a speech etc.	Week 10	Making Healthy Choices: Understanding Mental Health To understand how to demonstrate resilience in difficult situations and to know how to get extra support.	Reflect, evaluate and report. <i>All students who successfully complete their active citizenship project will be recognised and rewarded for their commitment and participation.</i>	Week 10	Minding Myself and Others: Negative Choices <i>To know the reasons why some people smoke and take cannabis and the physical, emotional and social consequences.</i>	To complete a quiz on the facts around nicotine and cannabis use.
Week 11						Week 11		

Week 12	Understanding Myself and Others: Democracy <i>To consider the harms caused by fake news and reflect on the role of (social) media on the democratic process.</i>	To write an email to a Social Media company explaining why it is important to invest more resources into combating fake news.		Week 12	Minding Myself and Others: Substance Use <i>To understand the dangers behind alcohol, addiction and to know the laws around alcohol use.</i>	To write a letter to the Department of Health on what the government should be doing to prevent substance misuse by young people.
Week 13				Week 13		
Week 14	Understanding Myself and Others: Active Citizenship <i>How to participate positively in society through community work and volunteering.</i> An introduction to the Y8 Active Citizenship Project.	To research one community or volunteering project in your local area and create a report of what they do.		Week 14	Reflection: Looking Back, Looking Forward <i>To celebrate the success and achievements of the last year and set goals for Year 9.</i>	To create an action plan for Year 9.
Week 15						
Assessment				Assessment		