

Fareham Academy (Personal Development Learning) Overview – Year 8



Unlocking Potential
Creating Opportunity

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic(s)	Healthy Lifestyles	Alcohol, Tobacco and Other Drugs	Risk and Safety	Emotional Wellbeing and Mental Health	Identity and Relationships	Communities
Topic Objectives	Recap and expand healthy lifestyles including hygiene, diet and exercise. Recap and expand growth and development including puberty.	Introduction to the effects of alcohol, tobacco and other drugs. Introduction to alcohol, tobacco and other drugs and the law.	Recap and expand staying safe including peer pressure, online safety. Introduction to the risks linked to knife crime and gangs.	Recap, expand and develop ideas and support for positive mental health. Introduction to a range of strategies for boosting emotional resilience.	Introduction to identity and relationships including gender, stereotyping and prejudice. Introduction to faith and values.	Introduction to the role and impact of positive citizens within communities. Introduction to discrimination and hate crimes.
Acquired Knowledge/Skills	Students will be able to: <ul style="list-style-type: none"> Identify the importance of personal hygiene Explore how feelings change as we grow and mature Investigate the impact of relationships Explore the benefits of a healthy diet and exercise Investigate support for both world health and personal health including inoculations 	Students will be able to: <ul style="list-style-type: none"> Identify situations where people may be breaking the law Identify the recommended health advice of alcohol consumption Investigate the effects of alcohol, tobacco and drugs Identify the links between tobacco to disease and the positive benefits of quitting smoking 	Students will be able to: <ul style="list-style-type: none"> Explore how good communication skills help reduce risks Identify strategies to prevent risks for example peer pressure, cyberbullying Investigate the impact of knife crime and gangs on society Explore the laws relating to FGM 	Students will be able to: <ul style="list-style-type: none"> Explore the effects of negative relationships on emotional wellbeing Investigate the impact of body-image on emotional wellbeing Identify the meaning of loss and bereavement and ways people may cope Explore some recognisable signs of common mental health problems 	Students will be able to: <ul style="list-style-type: none"> Identify different types of families Explore the roles and responsibilities within a family Identify gender identity Investigate negative consequences of stereotyping and prejudice Describe faith and values Identify healthy relationships including committed relationships 	Students will be able to: <ul style="list-style-type: none"> Explore communities and their different groups identifying similarities and differences Explore what qualities improve community life Investigate examples of hate crimes and radicalisation Explore the role of active citizenship Identify examples of prejudice and discrimination
Assessments	End of topic summative assessment: Healthy Lifestyles	End of topic summative assessment: Alcohol, Tobacco and Other Drugs	End of topic summative assessment: Risk and Safety	End of topic summative assessment: Emotional Wellbeing and Mental Health	End of topic summative assessment: Identity and Relationships	End of topic summative assessment: Communities