

## Level 1:



### Queen Ethelburga's Collegiate

#### Personal Development Department Year 8 Overview 2024-25

This is an overview of the different topics taught in Personal Development. Personal Development encompasses Social, Moral, Spiritual and Cultural (SMSC) and careers. The Department works closely with all other school teams to provide a bespoke programme for all students in KS3 and 4. All students receive 1 hour each week.

Term	Week	w/c	SMSC	Lesson themes/titles
Autumn (1)	1	02 Sep 24	ALL	<b>Induction</b> Reflections of summer/Learning contracts resilience/teamwork/ expectations in PD
	2	09 Sep 24	ALL	<b>Induction</b> Expectations in PD- Targets, skills/teamwork/target setting School support networks/ SMSC -mindfulness/stress relief
	3	16 Sep 24	SMC	Puberty recap-personal hygiene sleep/ exercise
	4	23 Sep 24	All	<b>Digital Wellbeing Awareness Week - screen time focus</b>
	5	30 Sep 24	SMC	Grooming and child exploitation
	6	07 Oct 24	SMC	Sexting law nudes and consent
	7	14 Oct 24	SC	Restart a Heart Day-first Aid Week
				<b>2 week half term</b>
	8	04 Nov 24	S	Allergens/sepsis/eczema

<b>Autumn (2)</b>	9	11 Nov 24	SMC	<b>Anti-bullying Awareness Week- inclusion</b>
	10	18 Nov 24	SM	The British Government/politics
	11	25 Nov 24	SMC	Prevent extreme views
	12	02 Dec24	SMC	Knife crime
	13	09 Dec 24	ALL	Religion and beliefs
		16/23/30 Dec		Christmas Holidays
<b>Spring (1)</b>	14	06 Jan 25	SMC	Friendships being kind/ conflict management and effects of change
	15	13 Jan 25	SMC	Humanitarian focus – children as refugees
	16	20 Jan 25	ALL	Illustrated Mum 1
	17	27 Jan 25	ALL	<b>Wellbeing Awareness week – Healthy Habits focus Illustrated Mum 2</b>
	18	03 Feb 25	ALL	Mental Health follow up and resilience
	19	10 Feb 25	ALL	Body Image
		17 Feb 25		Half Term
<b>Spring (2)</b>	20	24 Feb 25	SMC	Drugs
	21	03 March 25	SMC	Smoking/vaping
	22	10 March 25	SMC	Alcohol
	23	17 March 25	SMC	Prejudice based language/one punch -to develop.
<b>Summer (1)</b>	24	24 March 25	SMC	Equality/Disability/Age
	25	31 March 25	SMC	<b>Equality Awareness Week- Gender roles focus</b>
	26	7 April 25	SMC	Careers
		14/21 April		Easter holidays

	27	28 April 25	SC	Financial Choices
	28	05 May 25	SMC	Environmental awareness
	29	12 May 25	SMS	<b>Cultural Awareness Week</b>
	30	19 May 25	ALL	Cancer awareness
		26 May 25		Half term
<b>Summer (2)</b>	31	2 June 25	SMC	Careers -session 2
	32	9 June 25	ALL	<b>Spirituality Week Holistic and therapeutic activities</b>
	33	16 June 25	ALL	Year 8 overview and targets for year 9

Please note that lesson themes and dates are subject to change.

### Social, Moral, Spiritual and Cultural (SMSC)

This is embedded into the topics we deliver as indicated on the overview.

<p><b>Social</b></p> <p>Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.</p>	<p><b>Moral</b></p> <p>Recognise right and wrong; understand consequences; investigate moral and ethical issues; offer reasoned views.</p>
<p><b>Spiritual</b></p> <p>Explore beliefs and experience; respect values; discover oneself and the surrounding world; use imagination and creativity; reflect.</p>	<p><b>Cultural</b></p> <p>Appreciate cultural influences; participate in cultural opportunities; understand, accept, respect and celebrate diversity.</p>