



Year 8 Learning for Life - Curriculum Overview and KS3 Progress Descriptors

Curriculum Content: Core Themes

5 Themes are covered each academic year, ensuring that they cover the content students require in relation to their developmental and social stage. The themes are:

Careers and Finance

Healthy Body

Healthy Mind

Politics, Law and Order

Relationships, Sex and Identity

Curriculum Overview / Topics

Role of the Police, Criminal Courts and Justice, LGBTQ+, Saying No in Relationships, Sexting and Image Sharing, Resolving Conflict, Family and Relationships, Mental Wellbeing, Body Image, Social Media & Self-esteem, Resilience, Anger Management, Finances (National Insurance & Tax), Alcohol, Drugs, Smoking and Vaping, Healthy Lifestyle, Energy Drinks.

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	<i>Developing</i>	<i>Secure</i>
Term 1:	<ul style="list-style-type: none"> • I have a basic understanding of what a police officer does and some awareness of how they should treat suspects. I might not fully understand the rights suspects and police officers have. • I have a limited understanding of the difference between criminal and civil law, and some awareness of the roles of people present in a courtroom. • I have some awareness of when someone is being treated fairly or unfairly, but might struggle to explain how laws in the UK work to achieve justice. • I have a basic understanding of how alcohol can harm the body. • I have a developing understanding of different types of drugs and their effects on the body, but I know that it is important to keep myself safe and only take medicine prescribed to me by a Dr. • I have a developing understanding of the health risks surrounding smoking tobacco, cannabis and vaping. I might need some support to fully understand how chemicals such as nicotine cause addiction and long-term health issues. • I have a basic understanding that energy drinks contain a lot of sugar and are not healthy. I might need support to understand the long-term health impact energy drinks could have when consumed regularly. I know they are banned in school. 	<ul style="list-style-type: none"> • I can identify the duties and responsibilities of a police officer. I understand that police officers and suspects have certain rights and powers and can form my own views and thoughts on this. • I can understand the difference between criminal and civil law. I can explain the roles of various people present in a courtroom. • I understand the concepts of justice and injustice, and that the UK Justice System tries to ensure that justice is served in all cases. • I can explain the risks associated with alcohol consumption, and how excessive alcohol consumption can damage the body. • I understand what drugs are and why people may or may not use them. I understand that not all drugs are illegal and harmful, but that there are different types of drugs, some of which can be extremely harmful to the body. I know I should not take any substances which have not been prescribed to me by a Dr. • I can explain the health issues caused by smoking tobacco, cannabis and vaping. I understand the risk of nicotine addiction and why any kind of smoking, including vaping or smoking e-cigarettes, is not good for a person's health. • I can identify various ways energy drinks affect the human body, including changes to behaviour, heart palpitations and the dangers of caffeine and sugar addiction. I understand why they are banned in school.

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Term 2:	<ul style="list-style-type: none"> • I have a basic understanding that my emotional health is as important as my physical health. I might need support to identify ways of looking after my mental health. • I have a basic understanding that not everything on the internet is real but might struggle to understand why social media can have a negative impact on people's mental health. • I have a limited understanding of the term 'body image' and what can positively or negatively impact our body image. • I have a limited understanding of the concept of resilience and might need some support to understand how to show resilience when faced with setbacks. 	<ul style="list-style-type: none"> • I understand the importance of emotional wellbeing and looking after my mental health. I can identify ways of doing this. • I understand that people create 'online personas' which may not reflect reality, and that this can have a negative impact on people's self-esteem. I can explain why people might get addicted to social media, and that using social media excessively could have a negative impact on my mental health. • I understand the term 'body image' and what can affect our body image. I can reflect on the impact of the media on people's body image and understand that the media often depicts unrealistic beauty standards. • I understand what resilience is and why it is important to remain resilient in the face of challenges.
Term 3:	<ul style="list-style-type: none"> • I have some awareness of what stereotypes are and how they can be harmful. I have a basic understanding of what the term LGBTQ+ means and that it is important to be kind to everyone. • I have a basic understanding of what sexting is and that it is against the law. I know I should not talk to strangers online but I might need some help from a trusted adult to keep myself safe online. I know the support is there if I need it. • I understand that conflict happens and what it is, but I might need some support to understand that conflict can be a healthy part of relationships if handled appropriately. • I can partly explain what makes a good friend or supportive relative. I am aware that people have different family backgrounds and am starting to reflect on ways of maintaining healthy relationships with others. • I am starting to identify ways of saving money and, with support, can balance a budget. I have a developing understanding of what National Insurance and Tax are. 	<ul style="list-style-type: none"> • I can discuss stereotypes in relation to sexuality and gender, and understand that stereotypes can have a negative impact on others. I am aware of the challenges LGBTQ+ persons may face and understand the importance of standing up against all forms of prejudice and discrimination. • I understand what sexting is, including what the law says about sexting and how to get help or support if I, or someone I know, were being pressured to send inappropriate images. • I can explain how conflict can negatively and positively impact relationships. I can identify healthy ways of resolving conflict. • I can reflect on what makes a 'good friend' and 'healthy family relationship'. I understand that we all have unique family backgrounds and am able to explore ways of maintaining healthy relationships with loved ones. • I can reflect on my own spending habits and how to save money when dealing with a monthly budget. I understand what National Insurance and Tax are and can explain why the government needs this money.