



Queen Ethelburga's Collegiate
Personal Development Department Year 8 Overview 2023-24

This is an overview of the different topics in Personal Development which are subject to change in response to current issues. Personal Development encompasses SMSC, careers and works closely with all other school teams to provide a bespoke programme for all students in KS3 and 4. It is delivered by specialist subject teachers in dedicated lessons located in the Personal Development Department. All students receive 1 hour each week.

Term	Week	w/c	Unit title	Lesson themes	SMSC
Autumn (1)	1	04.09.2023	Reflections of summer/Learning contracts /teamwork/expectations in PD/ target setting/interests		All
	2	11.09.2023	Expectations in PD - skills/teamwork/target setting		All
	3	18.09.2023	School support networks/SMSC?		SM
	4	25.09.2023	Puberty recap		SM
	5	02.10.2023	Digital Wellbeing Week		SM
	6	09.10.2023	Mindfulness/ stress relief		SSC
	7	16.10.2023	The British Government/politics		SM
Autumn (2)	8	06.11.2023	Restart a Heart Day/First Aid		SC
	9	13.11.2023	Prevent extreme views		SMC
	10	20.11.2023	Anti-bullying Awareness Week		SMC
	11	27.11.2023	Knife Crime		SMC
	12	04.12.2023	Grooming and Child Exploitation		SMC
	13	11.12.2023	Sexting/nudes/law/consent		SMC
Spring (1)	14	08.01.2024	Religion & Beliefs – Global perspectives		ALL
	15	15.01.2024	Friendships/conflict management		SMC
	16	22.01.2024	Humanitarian Lesson – Children as Refugees		SMC
	17	29.01.2024	Drugs		SMC
	18	05.02.2024	Wellbeing Awareness Week		SSC
Spring (2)	19	19.02.2024	Wellbeing and Healthy Lifestyles		SMC
	20	26.02.2024	Equality/Disability/Age		SMC
	21	04.03.2024	Prejudice based language and inclusion		SMC
	22	11.03.2024	Equality Awareness Week LGBTQIA+		SMC
	23	18.03.2024	Mental Health-Resilience		ALL
Summer (1)	24	08.04.2024	Body Image		ALL
	25	15.04.2024	Careers		SMC
	26	22.04.2024	Financial Choices		SC
	27	29.04.2024	Alcohol		SMC
	28	06.05.2024	Vaping and Smoking		SMC
	29	13.05.2024	Environmental Awareness		SMC
	30	20.05.2024	Spirituality Awareness Week		All
Summer (2)	31	03.06.2024	Cancer Awareness		SMC
	32	10.06.2024	Holistic & Therapeutic activities		SSC
	33	17.06.2024	Year 8 Overview/Targets for Year 9		S
			Cultural Awareness Week		SSC

Level 1

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

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

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