

## Level 1:



### Queen Ethelburga's Collegiate

#### Personal Development Department Year 8 Overview 2021-22

This is an overview of the different topics in Personal Development which are subject to change in response to current issues. Personal Development includes Relationships and Sex Education (RSE) and encompasses Social, Moral, Spiritual and Cultural (SMSC) education, 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                             | SMSC | Lesson themes   |
|------------|------|----------|--|------|---|
| Autumn (1) | 1    | 06/09/21 | Values and culture at QEC              | ALL  | Ground rules / teamwork   |
|            | 2    | 13/09/21 |  | ALL  | Ground rules / teamwork   |
|            | 3    | 20/09/21 |  | ALL  | Friendships   |
|            | 4    | 27/09/21 |  | SMS  | <b>E-safety-Digital Wellbeing Week - misuse of social media- consequences</b> |
|            | 5    | 04/10/21 |  | SMC  | Mindfulness- stress relief  |
|            | 6    | 11/10/21 |  | SC   | Restart a heart/first aid technique   |
|            | 7    | 18/10/21 |  | S    | Sexting/nudes and the law - Consent   |
| Autumn (2) | 8    | 01/11/21 | Values/RE                              | SM   | Drugs and alcohol   |
|            | 9    | 08/11/21 |  | SMS  | PREVENT- extreme views  |
|            | 10   | 15/11/21 |  | ALL  | Knife crime   |
|            | 11   | 22/11/21 |  | SMC  | <b>Anti-Bullying Week</b>   |
|            | 12   | 29/11/21 |  | SMC  | The British government/politics   |
|            | 13   | 06/12/21 |  | SMC  | Religion and beliefs  |
|            | 14   | 13/12/21 |  | ALL  | Christmas / festivals RS  |
| Spring (1) | 15   | 10/01/22 | Healthy living and wellbeing/careers   | ALL  | Mental health   |
|            | 16   | 17/01/22 |  | ALL  | <b>Wellbeing Week/healthy lifestyles (start Illustrated mum)</b>              |
|            | 17   | 24/01/22 |  | SMC  | Illustrated mum follow up   |
|            | 18   | 31/01/22 |  | SM   | <b>Cultural Awareness Week</b>  |
|            | 19   | 07/02/22 |  | SM   | Revision and exam techniques  |
|            | 20   | 14/02/22 |  | SM   | Revision and exam techniques  |
| Spring (2) | 21   | 28/02/22 | Keeping safe/self-preservation/careers | SMC  | Careers   |
|            | 22   | 07/03/22 |  | SMC  | Confidence and assertiveness/resilience                                       |
|            | 23   | 14/03/22 |  | SM   | Vapes and smoking   |
|            | 24   | 21/03/22 |  | S    | Grooming and child exploitation   |
|            | 25   | 28/03/22 |  | S    | <b>Spiritual Awareness Week</b>   |
|            | 26   | 04/04/22 |  | ALL  | Humanitarian lesson   |

|                   |    |          |                               |     |   |
|-------------------|----|----------|-------------------------------|-----|---|
| <b>Summer (1)</b> | 27 | 25/04/22 | <b>Equality and diversity</b> | ALL | Making Healthy Snacks   |
|                   | 28 | 02/05/22 |                               | ALL | Equality/diversity - age/ sexuality   |
|                   | 29 | 09/05/22 |                               | ALL | <b>Equality Week - LGBTQ</b>  |
|                   | 30 | 16/05/22 |                               | SM  | Equality-disability   |
|                   | 31 | 23/05/22 |                               | SM  | Cancer Awareness  |
| <b>Summer (2)</b> | 32 | 06/06/22 | <b>Reflections</b>            | SM  | Environmental awareness issues on environment/climate change  |
|                   | 33 | 13/06/22 |                               | ALL | Holistic and therapeutic activities outdoor   |
|                   | 34 | 20/06/22 |                               | ALL | Holistic and therapeutic activities. Year overview - reflection and achievements in Year 8. Targets for Year 9. |

### Whole school awareness weeks

## SMSC meanings

|   |   |
|---|---|
| <p style="text-align: center;"><b>Social</b></p> <p>Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.</p>                     | <p style="text-align: center;"><b>Moral</b></p> <p>Recognise right and wrong; understand consequences; investigate moral and ethical issues; offer reasoned views.</p>                |
| <p style="text-align: center;"><b>Spiritual</b></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;"><b>Cultural</b></p> <p>Appreciate cultural influences; participate in cultural opportunities; understand, accept, respect and celebrate diversity.</p> |

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