



The Sutton Academy

Knowledge Rich Curriculum Plan

Year 8 PSHCE Curriculum

Theme	Topic	Intended Knowledge: <i>Students will know that...</i>	Tiered Vocabulary	Prior Knowledge: <i>To know this, students, need to already know that...</i>
N/A	1-Introduction /Expectations/Baseline & How do we ensure our relationships are positive and avoid hurting others?	<ul style="list-style-type: none"> Students will understand what PSHE stands for, why it is important and how it supports them Students will understand how PSHE links to the academy's standards and expectations Students will understand what hurtful behaviour is. Students will understand how to identify the difference between respectful and disrespectful behaviour. Students will understand that some disrespectful behaviour is illegal. 	Hurtful Respectful	<i>Students have studied PSHE and in year 7 and KS2.</i>
Bullying and Control	2-How do I show respect and tolerance to others? What is the difference between banter and bullying?	<ul style="list-style-type: none"> Students will understand how to identify bullying and when to seek help Students will understand how to report bullying and what will be done about it Students will learn about how respect and tolerance links to British Values Students will learn how to report incidents of hate crime 	Bullying Tolerance	<i>Building Positive Relationships-Year 7 What is Bullying?-Year 7</i>
Building Equality in Relationships: Misogyny	3-What is Gender Based Violence and how can we put a stop to it?	<ul style="list-style-type: none"> Students will understand what 'VAWG' and 'Gender Based Violence' mean Students will be able to comment on why the statistics around VAWG are problematic Students will understand how men can play a central role in highlighting misogyny 	Disproportionately VAWG	<i>Building Positive Relationships-Year 7 What is Bullying?-Year 7 Racism and Inappropriate-Language-Year 7 Consent and Safe Behaviour-Year 7</i>
The Human Body	4 What is vaccination and how can it benefit me? -	<ul style="list-style-type: none"> Students will learn what vaccinations are and how they are used Students will learn why people are anti-vaccination and how to approach this issue Students will learn how vaccinations protect people even if some people are not vaccinated 	Vaccination Immunity	<i>In KS1/2 pupils may have looked at different illnesses.</i>
My Relationship With Myself	5-How do I maintain good health?	<ul style="list-style-type: none"> Students will learn about why it is important to be healthy Students will learn the potential consequences of being unhealthy Students will learn about how a healthy diet and lifestyle can be maintained 	Healthy Sustainable	<i>Smoking and Vaping-Year 7 Disordered Eating-Year 7</i>
Consent	6-How do I recognise when someone is giving consent?	<ul style="list-style-type: none"> Students will understand that consent is important in all types of relationships Students will understand how consent can be identified in verbal and non-verbal ways Students will learn about the law around consent and that consent can always be revoked 	Ambiguous Non-Verbal Cues	<i>Building Positive Relationships Consent and Safe Behaviour-Year 7</i>
Looking After Me	7-What is self harm and why does it happen?	<ul style="list-style-type: none"> Students will know what self-harm is Students will understand why people self-harm Students will understand where to get help 	Self-Harm CBT	<i>Mindfulness and Well-Being-Year 7</i>
Harmful Behaviours	8-Avoiding Gambling	<ul style="list-style-type: none"> Students will understand what gambling is and the legal restrictions Students will understand why people might gamble and the factors that encourage them Students will understand the negative outcomes of gambling Students will know where they can access local services and support 	Gambling Addiction	<i>Smoking and Vaping-Year 7 Assessing Risky Behaviour-Year 7</i>

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Well-Being	9-How can I navigate change, loss and grief?	<ul style="list-style-type: none"> Students will be able to explain a range of ways that loss, bereavement and feelings of grief might affect someone Students will learn to describe self-help strategies for managing change, loss or bereavement Students will learn to identify ways to support someone who is grieving 	Grief Bereavement	<i>Grief studied in KS2.</i>
Staying Safe 1	10-Internet Safety KS3-How do I stay safe online?	<ul style="list-style-type: none"> Students will learn about having a healthy approach to screen time and the benefits of this. Students will learn how not everything online is healthy or beneficial and the effects this can have. Students will learn about the motivations for, and consequences of, creating and sharing deepfake images. 	Screen Time Misogynistic	<i>Building Positive Relationships-Year 7 Citizenship: Baseline Assessment-Year 7 Pride-Year 7</i>
Careers Week	11-Careers	<ul style="list-style-type: none"> Learn about careers in public service Consider your own skills and abilities and how they apply to careers in public service Apply our knowledge and understanding to a 'real world' scenario 	Transferable Skills A University Degree	<i>Careers Session 1-Year 7 Careers Session 2-Year 7</i>
Understanding Myself	12- How do I ensure my spending and financial decisions are positive?	<ul style="list-style-type: none"> Students will understand the risks related to finance, debt and investments. Students will be able to identify when there are risks in financial decisions and how they evaluate the reliability of sources. Students will know to make positive decisions related to finance. 	Debt Reliability	<i>Covered in KS2.</i>
Looking After Those Around Me	13-Healthy Living KS3	<ul style="list-style-type: none"> Students will learn about the importance of sufficient good-quality sleep for good health Students will understand how germs are spread, including bacteria and viruses, treatment and prevention of infection Students will be able to decide when to self-care for minor ailments, and the role of pharmacists as knowledgeable healthcare professionals 	Prevention Bacteria	<i>Covered in KS2</i>
Staying Safe 2	14-Is Vaping Dangerous	<ul style="list-style-type: none"> Students will explore the consequences of vaping and the influences that might impact young people's behaviour relating to vaping. Students will assess the potential impact of influences and marketing on young people's behaviour related to vaping Students will analyse ways to challenge influences and misconceptions about vaping 	Vape Nicotine	<i>Introduction to harmful substances</i>
Community Values	15-Black Lives Matter	<ul style="list-style-type: none"> Students will understand BLM and what the movement stands for Students will understand how anti-black racism impacts the lives of black people Students will understand how BLM links to community values 	Equality Intimidate	<i>Building Positive Relationships Year 7 Racism and Inappropriate Language-Year 7</i>
Looking After Myself 2	16-Self-Esteem and Social Media	<ul style="list-style-type: none"> Student will learn to develop an understanding of the concepts of respect and tolerance Students will be able to identify respectful behaviours and how they link to TSA values Students will learn about the impact of these behaviours 	Self Esteem	<i>Building Positive Relationships-Year 7</i>
Pride Month	17-Pride	<ul style="list-style-type: none"> Students will understand what Pride is and why it is celebrated Students will understand a history of LGBTQ+ Students will understand how to be inclusive and how this links to community values 	Pride Homophobic	<i>Racism and Inappropriate Behaviour-Year 7 Pride-Year 7</i>

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Making Positive Choices	18-Careers	<ul style="list-style-type: none"> Students will learn how to use LMI to inform their choices Students will learn about the local and national LMI Students will look at growth industries and the careers available in them 	Labour market information Region	<i>Students have already started their careers education journey. They are familiar with different job roles and salaries.</i>
Staying Safe 2	19-Safe Behaviour	<ul style="list-style-type: none"> describe the responsibilities of being a pedestrian, passenger or driver identify different types of behavior that could increase the chances of having an accident on the road assess the impact of taking risks and explain the different strategies that can be used to manage risks 	Responsibilities Pedestrian	<i>Assessing Risky Behaviour-Year 7</i>