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| **SUBJECT:** | **PSHCE** | **YEAR GROUP:** | **8** |

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| **Term** | **Topic** | **Content Outline** | **Learning Outcomes** |
| **Term 1** | **Introduction PSHCE Education**  **Growing up**  **Relationship**  Emotional wellbeing and mental health  Healthy Lifestyle | What is PSHCE?  Why are friends important?  Positive relationship  Abuse in relationships.  Prejudice and Discrimination    What is a healthy relationship?  Wellbeing and social media  Physical and Mental wellbeing  The impact alcohol can have on the health, wellbeing and overall lifestyle.  “Flag Day” National attributes.    Victory Day of Azerbaijan in The Patriotic War  The importance of sleep and strategies to maintain good quality sleep  Managing exam stress  How social media can influence and affect perceptions of body image and cause stress.  Anniversary death of Haydar Aliyev  Solidarity day of world Azerbaijanis | To say what PSHE education is all about  Identify which skills and qualities are important in PSHE lessons.  Understand that relationships affect everything they do  To know that positive friendships are important in their lives  Understand that friendships can cause strong feelings and emotions  Identify the qualities of healthy and unhealthy friendships  Describe strategies for dealing with challenges in friendship  Explain how friends can support each other effectively  Identify the tipes and the sighns of the abusive relationships  To think about strategies for getting out of an unhealthy relationship  Understand what discrimination is.  Investigate various forms of discrimination  Consider ways of combating discrimination    Be able to say what makes a healthy relationship  Identify the warning signs of an unhealthy relationship.  Define the terms wellbeing and social media  Outline a range of strategies to improve wellbeing (including how to use social media responsibly)  Explain the importance of balance in online and offline activities  Identify the link between physical and mental wellbeing  Describe strategies for improving physical and mental wellbeing  Explain ways to help those who need support with their physical or mental wellbeing  Describe the reasons why people drink alcohol and the impact it can have  Identify and assess the risks of underage drinking  Suggest strategies to manage peer pressure around alcohol misuse, and identify sources of guidance and support  Learn about the symbols depicted on flags and discuss their meaning  Identify what happens when we sleep  Describe the benefits of good quality sleep  Know strategies to promote good quality sleep and where to seek support if sleep is difficult  Identify signs of exam stress in themselves and others  Know who to ask for advice and where to look for guidance on exam stress  Select and use strategies to help them manage exam stress, including revision techniques  Recognise the difference between online and real friends and understand that social media sometimes does not reflect real life  Know from whom to get help and advice about online stress  Identify helpful strategies to manage online stres  Know name,date and place of birth  Discuss what impact he had on people  Recount some of the main events and things Heydar Aliyev did in his life  Recognize the importance of solidarity |
| Term 2 | Healthy Lifestyle  Risky Safety | How dangerous are drugs and what are the different types?  Alcohol  ‘20 January’  The impact of smoking has on a person’s health.  The impact of drug taking  How do I manage situations involving drugs?  Being assertive and dealing with pressure  How do manage risky situations?  February 26 is Kojaly genocide. What does “Genocide” mean and in which occasions do we use this word?  International Women’s Day. “8th of March”  Novruz Holiday, discussions on the topic “National values and the roles of our traditions in our life” | Explain the word ‘drug’  Name different types of drugs  Discuss what influences their perception of drug use and how this can differ from reality.  Know the recommended health advice regarding alcohol consumption for adults  Explain the effects of drinking too much alcohol.    Explain what Black January is.  Realise people’s will in this situation  Discuss causes and consequences of this tragedy  Understand the effects of nicotine, tar and carbon monoxide on the b  Understand how the components of cigarettes lead to disease  Identify the benefits of quitting and how to access support to do so.  Explain the impact drugs have on society  Understand how drugs affect an individual’s physical, mental and emotional health  Be able to say what addiction and dependency are  Identify the impact of ‘risk’ taking with drugs  Know how to assess and manage risky situations involving drugs  Know that there is help and support available for people who have problems with drugs.  Know how to use good communication skills to help reduce risks  Demonstrate strategies to deal with pressure from others  Understand what ‘risk’ can mean  Understand what is meant by ‘risking on purpose’  Be aware of online risks.  Know what genocide is.  Provide actual list of genocide that have accured in Azerbaijan  Understand why we mark 8th of March International Women's Day.   Explain what are some of the ways in which the lives of women and men, or boys and girls are unequal?    Identify what is the ancient traditions of celebration of the new year with the arrival of spring.  Discussing the   Celebration rituals Defining the importance of the National Holidays  in Azerbaijan- Novruz-Bayram belongs to the category of Spring celebrations. |
| Term 3 | Goals,behaviour,emotions  Planning for future | 31 March-Genocide of worldwide Azerbaijanis day What is bullying?The impact of bullying and cyberbullying Personal development and target setting  Managing my behaviour  Emotional Literacy: Self Awareness  What do I need to plan for?  How do I improve my prospects?  June 1-International Defence Day of Children  June 5-International Protection Day of Environment  Personality and Career paths  How do I plan for my future? | Identify strategies for the prevention of bullying, including cyberbullying  Understand the importance of speaking out against bullying  Describe the meaning of bullying and cyberbullying, and the impact this can have on an individual  Explain where to seek support and advice on bullying and cyberbullying  Identify different skills and behaviours we can develop and categorise them correctly. Set a SMART target.  Describe how different people can develop their skills and behaviours and begin the plan to develop your own through use of a SMART target.  Explain why it is important we develop certain skills and behaviours in order to be successful and check the SMART targets of others.  Identify how different people can develop their skills and behaviours and begin the plan to develop your own by studying a successful case study.  Apply your ideas to your future profile page, detailing the steps you took to become a successful self manager.  Identify ways we can work on our sensitivity and self-awareness and apply our learning to a case study.  Describe in detail how we can improve our self-awareness and sensitivity and how this can help us improve relationships.  Explain in detail how we can sensitively handle strong emotions and which tips are most useful for particular people.  Analyze skills and abilities and how these will suppor in their future working life.  Explain the importance of thinking about the future today.  Know about the types of jobs and careers that are available to them  Understand what motivates people to work  Identify what factors will motivate them.  Distinguish between rights, needs and wants.  Empathise with some of the issues facing children around the world and be prepared to speak up or take action on behalf of all children.  To describe different ways to protect Earth’s resources and environment  Name three actions you can take to help the environment  Identify different career and career paths  To show links between personality and career  choice  Describe the difference between a ‘job’ and a ‘career’  Know what careers might suit them in the future  know how they might begin to plan a career. |