

# Scheme of Work for Year 8 PSHE for 2025-26

Lesson	Year 8 PSHE
1	What is PSHE? Introduction and classroom expectations
2	Emotional literacy – Self-awareness and sensitivity
3	Confidence and achievement
4	The importance of sleep and routines
5	Growth Mindset
6	Body Image
7	Jesy Nelson – Odd one out part 1
8	Jesy Nelson – Odd one out part 2
9	Evaluate my strengths and weaknesses
10	Vaccinate or not to vaccinate? That is the question
11	Infection control
12	Living without harm- vaping
13	Personal safety – basic first aid and CPR
14	Assessment
15	Christmas Quiz
16	Leadership styles
17	Micro leadership
18	Gang life and the consequences
19	Social media
20	Introduction to debating
21	Human rights
22	Religious Discrimination
23	British values – The criminal justice system
24	British values – Tolerance
25	The value of money
26	Problem solving
27	Reducing our carbon footprint
28	Revision/Assessment/Reflection
29	Relationships and sex education
30	Boys Puberty
31	Relationships – Same sex couples
32	Friendships and online relationships
33	Grooming
34	<b>Sex education – Harassment and the law</b>
35	<b>Sex education – A basic guide to contraception</b>
36	Sexting
37	Consent and boundaries
38	Pressure, influence and friendships?
39	Revision/Assessment/Reflection

Colour	Key
	Health and Wellbeing
	Living in the wider world
	Relationships and Sex Education
	Assessment