

National curriculum or specification coverage

The Year 8 PSHCE curriculum builds on learning from Year 7 and is designed to meet the statutory requirements of the Department for Education's Relationships, Sex and Health Education (RSHE) guidance while reflecting the PSHE Association Programme of Study (2026–27). The curriculum is structured around the three core themes of Health and Wellbeing, Relationships, and Living in the Wider World, enabling pupils to develop the knowledge, skills and attributes needed to lead safe, healthy and responsible lives.

Across the year, students explore topics including physical and mental wellbeing, healthy relationships, consent, online safety, financial capability, careers education, equality, diversity and inclusion, safeguarding, and personal identity. Lessons promote resilience, critical thinking and informed decision-making, while encouraging pupils to challenge discrimination, recognise risk, and understand their rights and responsibilities within school and wider society. Careers education is delivered through Unifrog and National Careers Week, supporting the Gatsby Benchmarks, while financial education develops practical money management skills appropriate for Key Stage 3. Through a range of discussion, reflection and enquiry-based activities, the curriculum prepares students to become respectful, resilient and informed citizens who are equipped for the opportunities and challenges of modern life.

Date	Exams/ Assessments	Learning Intentions	Core Task/Assessments
31/08/26		Tolerance - To understand the importance of tolerance and respecting people with different beliefs, values and backgrounds.	Core Task 1 – Oracy: <i>Respect in Our Community</i> Topics: Tolerance, Disability Discrimination, Bullying or Banter Students work in groups to discuss real-life scenarios involving prejudice, bullying and discrimination before presenting strategies for creating an inclusive school environment. Assessment Focus: Oracy, empathy, respectful discussion, problem-solving.
07/09/26		Form Identity - To explore personal identity and understand how individuals contribute positively to their school community.	
14/09/26		Financial Capability – Opening a Bank Account - To understand how bank accounts work and why they are an important part of managing money.	
21/09/26		Bullying or Banter - To recognise the difference between harmless banter and bullying and know how to respond appropriately.	
28/09/26		Careers – Unifrog (Computers) - To use Unifrog to explore career pathways and identify future opportunities.	
05/10/26		Firework Safety - To recognise the risks associated with fireworks and understand how to stay safe.	
12/10/26		Financial Capability – Bank Statements - To understand how to read and interpret a bank statement and monitor personal finances.	
19/10/26		Disability Discrimination - To understand disability discrimination and promote inclusion, equality and respect.	Core Task 2 – Written: <i>Managing My Money</i>

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			Topics: Opening a Bank Account, Bank Statements Students complete a written case study showing how to open a bank account, interpret a bank statement and explain why financial organisation is important. Assessment Focus: Financial literacy, application of knowledge.
26/10/26	HALF TERM		
02/11/26		Homophobia - To recognise the impact of homophobia and promote respect and inclusion for all.	Core Task 1 – Debate: Technology – Helpful or Harmful? Topics: AI, Sexting, Online Safety Students debate whether advances in technology create more opportunities or more risks for young people, using evidence from lessons. Assessment Focus: Critical thinking, communication, evaluation. Core Task 2 – Health Campaign Leaflet Topics: Drugs, Tobacco Students design a public health leaflet explaining the physical, emotional and social consequences of substance misuse and how support can be accessed. Assessment Focus: Knowledge recall, communication, health education.
09/11/26		Sexting and the Law - To understand the legal, emotional and safeguarding risks associated with sharing sexual images.	
16/11/26		International Men’s Day – Positive Masculinity - To explore positive masculinity and the importance of healthy role models and respectful behaviour.	
23/11/26		E-Safety – AI - To understand the opportunities and risks of artificial intelligence and how to use it responsibly.	
30/11/26		Physical, Emotional and Social Impact of Drugs - To understand the short- and long-term effects of drugs on health and wellbeing.	
07/12/26		Tobacco - To understand the health risks associated with smoking and tobacco use.	
14/12/26		Financial Capability – How to Save Money - To explore different ways of saving money and understand the benefits of financial planning.	
21/12/26	CHRISTMAS HOLIDAY		

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28/12/26			
04/01/27		Vaping 1 - To understand what vaping is and explore common myths and facts.	Core Task 1 – Healthy Relationships Advice Guide Topics: Consent, Contraception, Healthy Relationships Students produce an advice booklet for young people outlining the key features of respectful relationships and the importance of consent. Assessment Focus: Written communication, safeguarding knowledge. Core Task 2 – Oracy: Relationship Scenarios Students analyse relationship scenarios and explain appropriate responses through paired discussions and class presentations. Assessment Focus: Communication, reasoning, empathy.
11/01/27	Y8	Vaping 2 - To evaluate the health, social and legal risks associated with vaping.	
18/01/27	Y8	Conception - To understand how conception occurs and the basic principles of human reproduction.	
25/01/27		Contraception - To understand the different methods of contraception and how they help prevent pregnancy.	
01/02/27		Consent - To understand what consent means and why it is essential in healthy relationships.	
08/02/27		Healthy and Unhealthy Relationships - To recognise the characteristics of healthy and unhealthy relationships.	
15/02/27		HALF TERM	
22/02/27		Break-ups - To explore healthy ways of managing relationship endings and emotional wellbeing.	Core Task 1 – Reflection: Knowing Myself Topics: Self-Awareness, Body Image Students write a reflective piece identifying their strengths, influences on self-esteem and strategies for maintaining positive wellbeing. Assessment Focus: Self-reflection, resilience, written communication. Core Task 2 – Equality Presentation
01/03/27		International Women's Day - To celebrate the achievements of women and understand the importance of gender equality.	
08/03/27		National Careers Week (Computers) - To investigate career pathways and develop future aspirations using Unifrog.	
15/03/27		Self-Awareness - To recognise personal strengths, areas for development and strategies for self-improvement.	
22/03/27		Body Image 1 - To understand the factors that influence body image and develop positive self-esteem.	

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			Topics: Privilege, International Women's Day Students prepare a short presentation exploring equality, privilege and how individuals can challenge discrimination. Assessment Focus: Research, presentation skills, social awareness.
29/03/27	SPRING BREAK		
05/04/27			
12/04/27		Body Image 2 - To challenge unrealistic body ideals and promote positive body confidence.	Core Task 1 – Wellbeing Action Plan Topics: Sleep, Body Image, Water Safety Students create a personalised wellbeing plan incorporating healthy sleep habits, positive body image strategies and personal safety advice. Assessment Focus: Application of learning, self-management.
19/04/27		Privilege - To understand the concept of privilege and how experiences can differ between individuals and groups.	
26/04/27		Genocide - To understand the causes and consequences of genocide and the importance of human rights.	
03/05/27		Sleep 1 - To understand why sleep is important for physical and mental health.	
10/05/27		Sleep 2 - To identify healthy sleep habits and strategies for improving sleep quality.	
17/05/27		Water Safety - To recognise hazards associated with water and know how to stay safe.	
24/05/27		Careers – Unifrog (Computers) - To reflect on career interests and plan future pathways using Unifrog.	Core Task 2 – Human Rights Discussion Topics: Genocide, Privilege Students participate in a structured discussion considering why human rights matter and how prejudice can escalate when left unchallenged. Assessment Focus: Oracy, critical thinking, respectful discussion.
31/05/27	HALF TERM		
07/06/27	Y8	Environmental Issues - To understand environmental challenges and identify ways individuals can make a positive impact.	Core Task 1 – Environmental Action Project

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14/06/27	Y8	Financial Capability – How to Use a Bank Card - To understand how bank cards work safely and responsibly.	Topics: Environmental Issues Students research a local or global environmental issue and produce a poster or presentation recommending practical actions individuals can take. Assessment Focus: Research, problem-solving, communication. Core Task 2 – Financial Independence Challenge Topics: Bank Cards, Careers Students complete a budgeting and spending scenario, demonstrating how to use a bank card responsibly while making informed financial decisions as a young adult. Assessment Focus: Financial capability, decision-making, application of knowledge.
21/06/27		Right-Wing Extremism - To recognise the dangers of extremist ideologies and understand how to challenge harmful narratives safely.	
28/06/27		Railway Safety - To understand the dangers associated with railways and how to stay safe around them.	
05/07/27		End of Year Quiz - To reflect on and consolidate the knowledge and skills developed throughout Year 8 PSHCE.	
12/07/27			