Year 8 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

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: *Respect in Our Community*** **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. **Core Task 2 – Written: *Managing My Money***
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.	

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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 05/04/27	SPRING BREAK		
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. **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.
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.	
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			

HELSBY High School

Achieving Success Valuing Others

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Achieving Success Valuing Others

Year 8 PSHCE – British Values Mapping

British values used: Democracy; Rule of Law; Individual Liberty; Mutual Respect; Tolerance of Different Faiths and Beliefs.

Date	Lesson	British Value(s)	How it is met
31/08/26	Tolerance	Tolerance of Different Faiths and Beliefs; Mutual Respect	Respect people with different beliefs, values and backgrounds and promote an inclusive community.
07/09/26	Form Identity	Individual Liberty; Mutual Respect	Express personal identity while recognising and respecting the identities of others.
14/09/26	Financial Capability – Opening a Bank Account	Individual Liberty	Make informed and responsible choices when managing personal finances.
21/09/26	Bullying or Banter	Mutual Respect; Individual Liberty	Respect others' boundaries and recognise everyone's right to feel safe and respected.
28/09/26	Careers – Unifrog (Computers)	Individual Liberty	Explore different pathways and make informed choices about future opportunities.
05/10/26	Firework Safety	Rule of Law; Individual Liberty	Follow safety rules and make responsible choices to protect yourself and others.
12/10/26	Financial Capability – Bank Statements	Individual Liberty	Use financial information to make informed choices and take responsibility for personal money.
19/10/26	Disability Discrimination	Mutual Respect; Rule of Law	Challenge discrimination and promote equal treatment and inclusion.
02/11/26	Homophobia	Mutual Respect; Individual Liberty	Respect different identities and challenge prejudice and exclusion.
09/11/26	Sexting and the Law	Rule of Law; Individual Liberty	Understand legal boundaries and make responsible choices about sharing images.
16/11/26	International Men's Day – Positive Masculinity	Mutual Respect; Individual Liberty	Respect different experiences and choose positive, respectful ways to behave.
23/11/26	E-Safety – AI	Individual Liberty; Rule of Law	Use technology responsibly and make informed choices within legal and ethical boundaries.
30/11/26	Physical, Emotional and Social Impact of Drugs	Individual Liberty	Make informed choices about health and understand the consequences of those choices.
07/12/26	Tobacco	Individual Liberty; Rule of Law	Make informed health choices and understand relevant legal restrictions.

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14/12/26	Financial Capability – How to Save Money	Individual Liberty	Plan ahead and make responsible choices about saving and spending.
04/01/27	Vaping 1	Individual Liberty	Evaluate information and make informed choices about personal health.
11/01/27	Vaping 2	Rule of Law; Individual Liberty	Understand legal and health risks and make responsible decisions.
18/01/27	Conception	Individual Liberty; Mutual Respect	Understand personal choices and the importance of respectful relationships.
25/01/27	Contraception	Individual Liberty; Mutual Respect	Make informed choices about reproductive health and respect personal decisions.
01/02/27	Consent	Individual Liberty; Mutual Respect	Recognise the right to choose freely and respect others' boundaries.
08/02/27	Healthy and Unhealthy Relationships	Mutual Respect; Individual Liberty	Recognise respectful relationships and the importance of personal boundaries.
22/02/27	Break-ups	Individual Liberty; Mutual Respect	Make healthy choices after relationship endings and respect others' feelings.
01/03/27	International Women's Day	Mutual Respect; Individual Liberty	Celebrate achievement and promote equality and respect for all.
08/03/27	National Careers Week (Computers)	Individual Liberty	Explore opportunities and make informed choices about future pathways.
15/03/27	Self-Awareness	Individual Liberty	Reflect on personal strengths and make choices that support self-improvement.
22/03/27	Body Image 1	Individual Liberty; Mutual Respect	Develop positive self-esteem and respect different appearances and experiences.
12/04/27	Body Image 2	Individual Liberty; Mutual Respect	Challenge unrealistic expectations and respect individual differences.
19/04/27	Privilege	Democracy; Mutual Respect	Consider different experiences and listen respectfully to the perspectives of others.
26/04/27	Genocide	Tolerance of Different Faiths and Beliefs; Mutual Respect; Rule of Law	Recognise the consequences of prejudice and the importance of human rights and respect.
03/05/27	Sleep 1	Individual Liberty	Make informed choices that support personal health and wellbeing.

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10/05/27	Sleep 2	Individual Liberty	Take responsibility for wellbeing by choosing healthy sleep habits.
17/05/27	Water Safety	Rule of Law; Individual Liberty	Follow safety guidance and make responsible choices around water.
24/05/27	Careers – Unifrog (Computers)	Individual Liberty	Reflect on interests and make informed choices about future pathways.
07/06/27	Environmental Issues	Democracy; Individual Liberty	Consider how individual actions can contribute to positive change in the wider community.
14/06/27	Financial Capability – How to Use a Bank Card	Rule of Law; Individual Liberty	Use financial services safely and responsibly within agreed rules.
21/06/27	Right-Wing Extremism	Democracy; Tolerance of Different Faiths and Beliefs; Mutual Respect	Challenge harmful narratives and respect diverse views without accepting prejudice or hatred.
28/06/27	Railway Safety	Rule of Law; Individual Liberty	Follow railway safety rules and make responsible choices around risk.
05/07/27	End of Year Quiz	Democracy; Mutual Respect	Listen to others' views and participate fairly and respectfully in shared activities.