



PSHE AT PLECKGATE YEAR 8 LEARNING JOURNEY



YEAR
9



End of 8 year Evaluation

Lesson 20: First Aid common injuries



Lesson 18: Personal Safety



Lesson 19: First Aid: Basic life support



Lesson 17: Prejudicial bullying 'Sophie Lancaster Story'



Lesson 13: Team work skills



Lesson 14: Bullying: That's discrimination

H&W Term 3



Lesson 12: Communication skills



Lesson 15: Challenging bullying: Hate crimes

Lesson 16: Peer pressure: Dilemmas

Lesson 10: Healthy Eating



Lesson 9: Fitness Part 1

- Understand what we mean by 'fitness'
- Identify ways to keep fit
- Set fitness targets

Lesson 11: Employability and work skills



Lesson 9: Fitness Part 2

- Understand the principles of training
- Understand different methods of training
- Plan out your own fitness session



Lesson 6: introduction to contraception



Lesson 7: Being Active

- Know the importance of being active and following daily guidelines
- Understand the different types of physical activity
- Plan your own weekly physical activity habits



Lesson 8: Body Health Part 2

- Understand why our physical health is so important
- Explore & present why physical health has certain safety implications

Term 2

Lesson 7: Introduction to My Health

- Understand what being healthy means
- Understand why being healthy is important for your physical health, your life and your mind.



Lesson 8: Body Health Part 1

- Understand what health indicators are and why they are important in maintaining good health
- Review your own physical health and create some healthy habits

Lesson 5: Consent: Avoiding assumptions

CONSENT

Lesson 3: Influences on relationship expectations



Welcome to Year 8 PSHE: What will I learn?



H&W Term 1

Lesson 4: Sexual orientation and gender identity



Lesson 2: Relationship Values

YOUR JOURNEY STARTS HERE

