



PLUME ACADEMY - LEARNING OVERVIEW

Year	Eight
Subject	Personal Development

Prior Learning

The Year 8 programme of study in Personal Development builds on our student's Yr7 experience of the range of curriculum topics as highlighted in the curriculum intent.

Curriculum Intent – What are the curriculum aims?

Students will explore what makes a relationship in a range of contexts as part of the new RSE and Health Education statutory regulation from September 2020. Students will also begin to learn about their own safety when around others and consider what is acceptable behaviour or unacceptable behaviour both legally and morally.

Pupils will develop their personal wellbeing by studying with wellbeing and mental health. This is designed to be implemented at a time when students of this age are beginning to develop more independence both in terms of personal choices affecting wellbeing and being more independent when being out without a responsible adult.

Students will understand that there are different categories of law, broadly defined as criminal and civil and that there are different court systems to support the upholding of such laws. Students will learn about what constitutes a crime and consider specific examples of crime that they are most likely to be a victim of. In timetabled lessons, this includes knife crime.

Students will understand and appreciate the importance of the diversity of the UK population. This will include understanding the history of immigration to the UK and how the UK (like most high-income countries) has developed into a multicultural society. Students will also become more aware of the issues and tensions that such a diverse society must overcome and how to deal with different points of view on controversial issues. We want students to be challenged that this is a complex issue and that arguments on all sides should be engaged with. This will be challenging to many students with strongly held views on the specific examples/case studies used in this unit. Pupils should also be aware of the difference between multiculturalism as a realistic description of the modern UK and as a philosophy that has been actively pursued by governments. This unit also explores how to develop resilience to extreme views and recognise extreme views when they occur. This unit also therefore support the School's teaching of the fundamental British values.



Curriculum Implementation – What my child will be learning?

Week	Date	Module	Lesson Title	Lesson objectives
1	02/09/2024	Personal Wellness	Dealing with change	Identify changes and transitions that can take place during adolescence Describe the impact that change can have explain different ways of managing change and where to seek support
2	09/09/2024	Personal Wellness	Forming positive relationships	Identify the qualities of healthy and unhealthy friendships Describe strategies for dealing with challenges in friendship Explain how friends can support each other effectively
3	16/09/2024	Personal Wellness	Bullying and cyberbullying	Describe the meaning of bullying and cyberbullying and the impact it can have on an individual Explore challenging scenarios and their appropriate responses Explain where to seek support and advice on bullying/cyberbullying.
4	23/09/2024	Personal Wellness	Online stress	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, including the Rise Above website Identify helpful strategies to manage online stress.
5	30/09/2024	Personal Wellness	Exam stress	Identify signs of exam stress in yourself and spot the signs of it in others Know who to ask for advice and where to look for guidance on exam stress, including on the Rise Above website Select and use strategies to help them manage exam stress, including revision techniques.
6	07/10/2024	Personal Wellness	Healthy sleeping habits	Explain the impact of sleep on health and wellbeing Describe healthy sleep patterns and identify factors which can reduce sleep quality Describe a range of strategies for ensuring appropriate sleep patterns



7	14/10/2024	Personal Wellness	Teenage pregnancy – what issues do young parents face?	Identify the challenges teen parents face as well as any positives about becoming a parent at a young age. Describe options available to young people who find themselves in this situation, where help can be found and what help is available. Analyse why it is harder to be financially stable when you are a young parent and explain the statistics behind teen pregnancy in the UK.
8	21/10/2024	Relationship and Sex education	Male body image	Correctly identify the different concerns that males have about their body image. Describe the reasons why males face these concerns what the statistics are telling us through creation of infographics. Explain the differences between male and female concerns and whether eating disorders are a significant issue for males as well as females.
	28/10/2024	Half Term		
9	04/11/2024	Relationship and Sex education	Safe sex - consent	Correctly identify cases where consent has or has not been given. Describe the 'cup of tea' analogy and how it can be used to explain consent accurately. Explain whether consent has been given in particular situations and how you know this.
10	11/11/2024	Relationship and Sex education	Contraception	Describe some ways we can protect ourselves against unsafe sex. Explain the pros and cons of particular forms of contraceptives and where the best place would be for a teenager to get advice and contraception. Analyse where the incorrect myths about sex might come from and evaluate which type of contraception is best depending on a person's circumstances.
11	18/11/2024	Relationship and Sex education	Pornography, porn and relationships	Correctly identify ways pornography can be harmful, both to viewers and people involved in the industry. Describe some of the structural changes to the brain which can happen from continuous viewing of pornography and the devastating way it can impact on lives. Explain how desensitization can ruin healthy sex lives and the long term impact a growing porn industry has on our society.



12	25/11/2024	Relationship and Sex education	Sexting and porn image sharing	Identify the dangers of sexting and image sharing and whether the case studies are committing criminal offenses or not. Describe the consequences of sexting, image sharing and the legal consequences for those breaking the law. Explain both long and short term consequences of sexting and image sharing and analyse why the age of consent for sex differs from consent to sexting.
13	02/12/2024	Relationship and Sex education	STIs & Sexual health	Identify the most common STIs and the best ways of preventing them. Describe the symptoms of the most common STIs and how we can protect ourselves from ever getting these diseases. Explain why using protection is so important and which method of protection best prevents each of the most common STIs
14	09/12/2024	Relationship and Sex education	Domestic conflict - running away from home	Correctly identify the dangers and risks of leaving home and living on the streets. Identify places we can get help with domestic conflict. Describe solutions (or starting points to help) for a variety of domestic conflict case studies. Explain why running away from home with nowhere to go is a bad idea, explaining the possible long and short-term consequences.
15	16/12/2024	Wellbeing	Discrimination Teens and media	Describe how young people have been portrayed in the media, including when portrayal has been positive Explain why people may have negative ideas about young people Begin to analyse the effect that this is having on young people themselves
	23/12/2024 30/12/2024	Christmas		
16	06/01/2025	Wellbeing	LGBT rights across the world	Correctly identify countries where far more needs to be done to improve LGBT rights. Describe what is currently being done by activists and organisations and the progress they've made. Explain the everyday issues the LGBT global community face and how they overcome them.



17	13/01/2025	Wellbeing	Internet safety - online grooming	<p>Correctly identify the different ways an online groomer will try to exploit someone.</p> <p>Describe what the warning signs are and how an online groomer might act to persuade you he/she is someone else.</p> <p>Explain why online groomers may use these particular methods and what the consequences for the vulnerable person could be.</p>
18	20/01/2025	Wellbeing	Smoking and vaping	<p>Identify and categorise the different health problems caused by smoking tobacco and cannabis and describe problems caused by nicotine.</p> <p>Describe the different health problems caused by smoking tobacco and cannabis and the link between addiction, nicotine and dopamine.</p> <p>Explain why the NHS have endorsed vaping as a stop smoking aid and whether or not this makes vaping a safe long term activity using new terminology.</p>
19	27/01/2025	Wellbeing	Cancer awareness	<p>Challenge: Describe how the lifestyle choices we make can put us more at risk of certain cancers and preventative changes we can make.</p> <p>More challenging: Explain how cancer develops in the body, how it's treated and why it can be hard to treat. Explain the best ways we can amend our lifestyles to help lower our risks of certain cancers.</p> <p>Mega challenge: Explain how genetic factors can affect our levels of risk and how changes to DNA contribute to the development of cancer.</p>
20	03/02/2025	Wellbeing	Personal safety and first aid	<p>Correctly identify ways we improve our levels of personal safety and what to do in different types of medical emergency.</p> <p>Describe in detail ways we can help in medical emergencies and different methods of improving personal safety.</p> <p>Demonstrate accurately new first aid skills as well as analysing the best way of minimising risk to ourselves in dangerous situations.</p>



21	10/02/2025	Careers	Teamwork skills	<p>Identify the challenges we face but also the benefits we reap by working as part of a team. Complete a task as a team successfully.</p> <p>Describe how teamwork is a valuable life skill, especially when it comes to future employment. Effectively work as a team. Analyse why some find it hard to work as a team, focusing on consideration of others and diplomacy. Make an excellent contribution to your team by using new teamwork skills.</p>
	17/02/2025	Half Term		
22	24/02/2025	Careers	Careers focus – entrepreneurs	<p>Identify what makes a person an entrepreneur. Pick out the times the business people from our case studies have used enterprising skills.</p> <p>Describe the different ways the business people in our case studies have become entrepreneurs. Describe what made them so successful and any particular qualities they share.</p> <p>Explain any obstacles that the business people in our case studies overcame to become successful entrepreneurs.</p>
23	03/03/2025	Careers	Communication skills	<p>Describe visually new communication skills and demonstrate these skills through communicating with a partner in front of the class.</p> <p>Explain the importance of particular communication skills and demonstrate new skills through communicating with a partner in front of the class.</p> <p>Analyse the short and long term benefits of mastering communication skills and demonstrate new devices through communicating with a partner in front of the class.</p>
24	10/03/2025	Careers	Work skills, enterprise skills and the work environment	<p>Correctly identify enterprise skills in the workplace from examples.</p> <p>Describe the different ways enterprise skills can be put to use in different work environments, giving visual or written examples.</p> <p>Explain why particular skills are useful in certain work place environments and how you could develop your enterprise skills in future.</p>



25	17/03/2025	Careers	Aiming High	Identify opportunities to aim high in their everyday lives Understand the difference between being proactive and reactive Recognise how being proactive can help them aim high and achieve their goals
26	24/03/2025	Careers	Problem solving	Identify problems of different scales and what is needed to solve them Illustrate the use of an adaptable approach to solving problems Understand that problem solving is a core transferable skill and identify its usefulness in a work setting Work in a team to solve a problem
27	31/03/2025	Rights and responsibilities	British values tolerance	Describe the meaning of xenophobia, extreme nationalism and racism. Explain why these three things are so dangerous to a peaceful society. Analyse where xenophobia, extreme nationalism and racism originate from and why they are still causing problems in Britain to this day.
	07/04/2025 14/04/2025	Easter		
28	21/04/2025	Rights and responsibilities	Extremist groups	Identify the different religious and right-wing extremist groups. Describe what these groups want and their beliefs. Explain why it's important to think critically and be aware of radicalisation.
29	28/04/2025	Rights and responsibilities	where does extremism come from	Identify differences between religions and cult. Identify leadership qualities and rank in order of importance. Judge the qualities of different religious leaders against your cult/religion criteria and explain your judgements. Create your own criteria to add to your group's cards evaluate which qualities would be most beneficial or dangerous depending on the motives of the leader.
30	05/05/2025	Rights and responsibilities	How do extreme leaders attract converts	Describe how religious ideas are spread today. Explain why some religious leaders are so successful in gaining new converts and followers. Predict the outcome of two potentially life changing situations as promised by two examples of powerful religious leaders.



31	12/05/2025	Rights and responsibilities	Extremism Sharia law in the UK	Describe what capital punishment and Sharia Law is and your own views about them. Explain at least one Islamic view on capital punishment and whether you agree. Explain how you know this is an Islamic view using quotes from holy texts.
32	19/05/2025	Rights and responsibilities	How can we prevent extremism	Identify the most common methods used to radicalise people and what extreme ideas sound like. Describe what radicalisation of an individual might look like. Explain why certain people are vulnerable to radicalisation and what you should do if you suspect it's happening to someone you know.
	26/05/2025	Half Term		
33	02/06/2025	Rights and responsibilities	Prejudice and discrimination - religion	Identify whether situations show religious prejudice or not. Describe your own opinions about freedom of speech and religious prejudice. Complete explanation task without using ideas sheet. Explain whether situations show religious prejudice, religious discrimination or religious ignorance. Analyse why such incidents still happen today.
34	09/06/2025	Rights and responsibilities	Prejudice and stereotypes - disability	To explain how what the Equality Act of 2010 is, how the media can influence public views about disabled people and why disabled people feel they are stereotyped. To describe how the Equality Act helps disabled people and present a balanced argument about how the media influences public opinion To be able to assess the impact of the Equality Act and how media portrayal affects disabled people.
35	16/06/2025	Living in the wider world	Budgeting and saving	Correctly identify situations where a person spending over their budget and where they could be saving. Describe ways we can sensibly manage our personal and household budgets and how we can save money. Explain the meaning of complex financial terms and create budgets to challenge your partner to save and borrow responsibly.



36	23/06/2025	Living in the wider world	Income and expenditure	<p>Correctly identify situations where a person is likely to be refused or accepted for credit.</p> <p>Describe possible ways for us to avoid getting into debt and to ensure we keep our finances in credit and the dangers of high interest debits.</p> <p>Explain why certain people are refused credit, how debits aren't necessarily bad and the definition of interest free credit.</p>
37	30/06/2025	Living in the wider world	Tax and NI	<p>Correctly identify the different items on a person's payslip and calculate some tax and national insurance contributions.</p> <p>Describe what NI and tax is spent on and explain whether or not you think the tax system is fair. Correctly match up the financial terms used so far.</p> <p>Explain why certain people have to pay more tax and calculate their additional contributions and student loans rates.</p>
38	07/07/2025	Living in the wider world	How is tax spent	<p>Correctly identify public and private sector institutions and how they are funded.</p> <p>Describe how public money is divided into funding for essential services and how decisions are made about the allocation of funding.</p> <p>Explain how budgets are managed to make provision for welfare, health, the elderly and education.</p>
39	14/07/2025	Living in the wider world	How can we care for the environment	<p>Identify the main environmental issues the world faces, what causes them and what you can do to help prevent further damage.</p> <p>Describe in detail the main environmental issues the world is facing, why some people are ignoring this and the different solutions that have been proposed.</p> <p>Explain the statistics behind environmental damage, analyse whether you are doing enough to help and if we all have a duty as global citizens to do more</p>



Curriculum Impact – How will progress be assessed?

Students will be assessed in a variety of ways.

- End of unit personal reflection
- Contributes to class-based discussions
- Completes all extension tasks
- Uses relevant examples in class and throughout assessments
- Can form a balance argument giving more than one point of view
- Refer to source content where needed throughout assessments
- Keeps up to date with current affairs and uses relevant examples where appropriate.

Super-Curricular Opportunities – Extending Learning

Useful supporting resources:	If a student is really passionate about this subject, they could:	As a parent/carer, I can assist my child in this subject by:
There are a huge amount of supportive websites for each of the topics we cover in Personal Development which are shared with the students for each lesson.	Read around the subject via books, magazines and websites, watch documentaries or listen to podcasts on various themes.	Facilitating your child in accessing the resources mentioned. Speak to them about the resources or about the news and ask questions. Encourage your child to ask their own questions; then go and research the answers.