

Scheme of Learning: Year 8 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview: Pupils will learn the knowledge and strategies to make positive choices that keep them healthy. Areas covered include how to maintain a healthy balanced lifestyle through food choices and physical activity, as well as potential barriers people might face.

PSHCE Themes

Health & Wellbeing 

British Values addressed

1. Mutual Respect
2. Individual Liberty

SMSC addressed

Spiritual
Moral
Social

Lesson Sequence:

Making Choices about diet & Exercise

This is the Health Education lesson for Year 8 pupils, exploring food choices, physical activity, and balanced lifestyles. In this lesson, students explore what influences diet and exercise choices and how to discern between reliable and less reliable health information.

Maintaining Physical Health

This lesson is spent exploring food choices, physical activity, and balanced lifestyles. In this lesson pupils learn why health-related decisions might vary from person to person, and about barriers to making healthier choices and strategies for overcoming these.

Dental Health

Building Oral Hygiene Routines

A lesson focussing on the need for good oral hygiene routines and dental health, including considerations for braces, and strategies for gaining access to NHS dental services

The Sleep Factor

Exploring the importance of healthy sleep. The lessons aim to raise awareness of the impact of quality sleep, and to equip young people with the skills and strategies they need to get better sleep.

Basic First Aid

Introduction for pupils to learn how to deal with first aid emergencies

Sequence of Lessons:		Topic Resources:	
1	Making Choices about diet & Exercise	Knowledge Map: Health & Well Being	Prescribed Sources:
2	Maintaining Physical Health	Assessment:	
3	Dental Health Building Oral Hygiene Routines	Knowledge:	10 Question Assessment
4	The Sleep Factor	Application of Knowledge:	Class Debates
5	Basic First Aid	Supportive Reading:	
6	Assessment & Class debate	Health For Teens Everything you wanted to know about health St John Ambulance: First Aid Training in School (pshe-association.org.uk) Physical health (pshe-association.org.uk)	