



Year 8 Personal Development Map

Areas of focus:

- PSHE framework
- SMSCV
- Citizenship & BV
- Catholic Life
- Mental Health & Wellbeing
- RSE Framework (see separate map)
- Careers (see separate map)
- KCSIE

Our Personal Development programme continues into Year 9

Healthy Body

- > Burns and scalds
- > Bone, muscle and joint injuries
- > Chest pain and choking
- > Drugs and alcohol
- > Teeth
- > Balanced diet

Healthy Mind

- > Dealing with stress
- > Talking about emotions
- > Resilience and looking after your mental health
- > Social media, cyberbullying and body image

Lifeskills

- > Political parties
- > Mock elections
- > How laws are made
- > Punishment
- > Weekly finance planning
- > Protected Characteristics

Lifestyle lessons

Trips & Visits

- > Botanical Gardens
- > France Trip
- > Alton Castle
- > Black Country Museum
- > House trip
- > Community service

Extra-curricular opportunities

- > STEM club
- > Geog soc
- > Allotment
- > Keyboard and guitar lessons
- > Steel pans, Dhol and drum lessons
- > One World Group

- > Football and netball club
- > Code Club
- > Art and Drama Club
- > Choir
- > Sports fixtures

Enrichment

Summer Term

- > Circle Time
- > Mental Health Awareness Week
- > Saints League 3
- > Pupil Voice 3
- > Mission Week

- > Sports Day and Sports Awards
- > Sandwell Valley Walk
- > Values@Day 4
- > Pathways
- > County Lines Week
- > Internet Safety

Spring Term

- > Letters to self
- > Safer Internet Day
- > Lent Appeal
- > Saints League 2
- > National Careers Week
- > Pupil Voice 2

Values@Day 2 (RSE):

- > Marriage
- > Relationships
- > Safe, Just, Wise
- > Bait
- > Media workshop

Values@Day 3 (Careers):

- > Careers
- > Vocations Office

Autumn Term

- > Online Safety Week
- > Circle Time
- > Peer on Peer booklet
- > Pupil Voice 1
- > Black History Month and Cultural Heritage Day

- > Saints League 1
- > Advent Appeal
- > Christmas House
- > Competition and card delivery
- > Remembrance Week

Values@Day 1:

- > Knife Awareness
- > Going too far
- > Online Safety
- > Mindfulness
- > Med Minds

Year 8

Curriculum Overview