



PSHE	Year 8
Term	Curriculum Outline
Autumn 1	<p><b><u>Life skills through horticulture</u></b></p> <ul style="list-style-type: none"> <li>• Establishing rules and Safe conduct.</li> <li>• Planning and goal setting</li> <li>• Team co-operation</li> <li>• Physical health and fitness</li> <li>• Relaxation – combating stress/anxiety</li> <li>• Social and Moral conduct in public</li> </ul>
Autumn 2	<p><b><u>Emotional Intelligence</u></b></p> <ul style="list-style-type: none"> <li>• What is emotional intelligence?</li> <li>• Improving optimism</li> <li>• Improving willpower</li> <li>• Recognising stress and personal stress triggers</li> <li>• How to combat stress</li> <li>• Goal setting</li> </ul>
Spring 1	<p><b><u>Eating Behaviour</u></b></p> <ul style="list-style-type: none"> <li>• Upbringing and eating behaviour</li> <li>• Culture and eating</li> <li>• Eating in public/table manners</li> <li>• Over eating and obesity</li> <li>• Anorexia</li> <li>• Difficulty at meal times</li> </ul>
Spring 2	<p><b><u>Managing conflict</u></b></p> <ul style="list-style-type: none"> <li>• Attitudes and reactions to conflict</li> <li>• Personal, local and Global conflict</li> <li>• Escalation/de-escalation of conflict</li> <li>• Successful negotiation</li> <li>• Avoiding conflict in the first place</li> </ul>
Summer 1	<p><b><u>Animal Rights</u></b></p> <ul style="list-style-type: none"> <li>• Animal rights and the law</li> <li>• Animal rights/human rights</li> <li>• Animal testing</li> <li>• Uses of animals</li> <li>• Animal rights groups</li> <li>• Endangered species</li> </ul>
Summer 2	<p><b><u>E-Safety</u></b></p> <ul style="list-style-type: none"> <li>• Safe use of social media</li> <li>• Creating a positive digital footprint</li> <li>• Combatting cyberbullying</li> <li>• Being a good cyber citizen</li> <li>• Safe online gaming</li> <li>• Safe use of webcams</li> </ul>



Northeast Manor School