



SPHE– Year 8 Long Term Mapping

Subject Intent/ Aims:

“I have come that they may have life and have it to the full.” John 10:10

The SPHE programme at St Philip Howard reflects the core teachings of the Church that emphasise love as the foundation of human existence. It nurtures students to live life to the fullest by fostering an understanding that we are created to love and be loved. SPHE lessons in Year 8 are crucial for equipping Students with essential life skills and knowledge. These lessons help young people understand the dangers of alcohol and drugs, promoting informed decisions and healthy lifestyles. They foster an appreciation for equality of opportunities in careers, combating discrimination in all its forms, and encouraging a fair and inclusive society. Additionally, these lessons address mental health and emotional well-being, providing strategies for managing stress and building resilience. They also emphasize the importance of staying safe online and developing digital literacy, crucial in navigating the digital world responsibly and safely. SPHE lessons provide students with vital knowledge and skills to make informed decisions, promote well-being and develop the students emotionally and socially.

Advent 1: Health and Wellbeing Advent 2: Experiencing and valuing the wider world	Lent 1: Relationships Lent 2: Health and Wellbeing	Pentecost 1: Relationships Pentecost 2: Experiencing and valuing the wider world
<u>Key learning</u> Drugs and Alcohol Community and Careers	<u>Key learning</u> Equality Emotional wellbeing	<u>Key learning</u> Exploring relationships Digital literacy online



<u>Key Content/knowledge</u>	<u>Key Content/ Knowledge)</u>	<u>Key Content/ Knowledge)</u>
Advent 1: Health and Wellbeing	Lent 1: Relationships	Pentecost 1: Relationships
How do drugs and alcohol affect us?	What is the equality act?	What is a positive relationship?
<ul style="list-style-type: none"> To understand the difference between recreational and medicinal drugs. To know what affects drugs and alcohol have on us mentally and physically To recognise the signs of drug and alcohol use 	<ul style="list-style-type: none"> To understand the 9 protected characteristics To know how the equality act protects people To know how to treat people 	<ul style="list-style-type: none"> To understand the different types of relationships To consider how relationship can be good and bad To be able to identify the positive relationships in our own lives
How does a habit lead to addiction?	What is the impact of feminism and women's rights?	How do I make friends?
<ul style="list-style-type: none"> To understand what habit and dependance mean To know how a habit can become an addiction. To be able to recognise habits and addictions. 	<ul style="list-style-type: none"> To understand what feminism and women's rights are To know how feminism and women's rights have brought about positive changes in society To understand our own role in upholding women's rights 	<ul style="list-style-type: none"> To understand different relationships To be able to recognise when a friendship/relationship is over To know how to forge new friendships
What are the dangers of smoking and vaping?	What does the Church teach about LGBTQIA+ and relationships?	What are the consequences of sharing sexual images online
<ul style="list-style-type: none"> To understand the difference between smoking and vaping To recognise the harmful effects of smoking and vaping 	<ul style="list-style-type: none"> To know what is meant by the acronym LGBTQIA+ To understand what the Catholic Churches 	<ul style="list-style-type: none"> To understand what sexting is To consider reasons why people share images To be aware of the social, emotional and legal consequences of sharing online





<ul style="list-style-type: none"> To know how to say no. <p>What are the harmful effects of alcohol and energy drinks?</p>	<p>teaches about LGBTQIA+ and relationships</p> <ul style="list-style-type: none"> To recognise and know the harmful effects prejudice towards the LGBTQIA+ communities 	<p>Pentecost 2: Experiencing and valuing the wider world</p>
<ul style="list-style-type: none"> To understand the laws around energy drinks and alcohol To be able to recognise the effects of drinking alcohol and energy drinks To know what is a legal and healthy regarding drinking alcohol and energy drinks 	<p>Lent 2: Health and Wellbeing</p>	<p>How do I stay safe online?</p>
<p>Advent 2: Experiencing and valuing the wider world</p>	<p>What is mental health?</p> <ul style="list-style-type: none"> To understand the links between physical and mental health To know the misconceptions about mental health To know how to support people with their mental health 	<ul style="list-style-type: none"> To know what online grooming is To recognise how digital communication can impact us To know how to act and stay safe online
<p>What is equality of opportunity?</p>	<p>What is positive wellbeing?</p> <ul style="list-style-type: none"> To understand our own emotions To know why it is important to manage our emotions To know some strategies to promote our own positive wellbeing 	<p>What are the dangers of fake news?</p> <ul style="list-style-type: none"> To understand what fake news is To recognise the different types of fake news To be aware of the harm fake news can cause
<ul style="list-style-type: none"> To understand the different types of discrimination To know what is meant by equality of opportunity To be able to recognise when somebody is being discriminated against and understand their rights 	<p>What is a coping strategy?</p>	<p>What is radicalisation and extremism?</p> <ul style="list-style-type: none"> To know what radicalisation and extremism are To know how social media can facilitate radicalisation and extremism To know that radicalisation and extremism go against British values
		<p>How can I stay financially secure online?</p> <ul style="list-style-type: none"> To understand what online scams are



What are the effects of gender stereotypes?

- To know what the gender pay gap is
- To recognise gender stereotypes at work
- To be able to identify the harmful effects of gender stereotypes at work

What are the different types of employment?

- To know what employment, self-employment and voluntary work are
- To recognise the advantages of each type of employment
- To consider our own attitudes towards the different types of employment and how they could benefit us.

How do I learn?

- To understand our own personal strengths and weaknesses
- To be able to explain how our memory works
- To consider the best way for me to learn

- To understand what a coping strategy is
- To be able to identify healthy and unhealthy coping strategies
- To know how to promote healthy coping strategies

- To be aware of the financial risks of online scams
- To know how to stay financially secure online



<p><u>POS refs</u></p> <p>H23, H24, H25, H26, H27, H29, H31, H5, R42, R44 R39, R41, L3, L8, L9, L10, L11, L12</p>	<p><u>POS refs</u></p> <p>R39, R40, R41, R3, R4, R42, R43 H3, H4, H6, H7, H8, H9, H10, H11, H12, L24</p>	<p><u>POS refs</u></p> <p>H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27</p>
<p><u>Advent</u></p> <p><u>Key concepts:</u></p> <p>Recreational drugs</p> <p>Medicinal drugs</p> <p>Habit</p> <p>Addiction</p> <p>Equality of opportunity</p> <p>Gender stereotype</p> <p>Employment</p> <p>Self-employment</p> <p>Voluntary work</p>	<p><u>Lent</u></p> <p><u>Key Concepts</u></p> <p>Equality act</p> <p>Protected characteristic</p> <p>Feminism</p> <p>LGBTQIA+</p> <p>Mental health</p> <p>Positive wellbeing</p> <p>Coping strategies</p>	<p><u>Pentecost</u></p> <p><u>Key Concepts</u></p> <p>Sexting</p> <p>Online grooming</p> <p>Fake news</p> <p>Radicalisation</p> <p>Extremism</p> <p>Online scams</p>



HO Knowledge

Students will engage in critical thinking and analysis, to deepen their understanding of complex issues such as relationships, consent, digital safety, and emotional wellbeing. This level of knowledge encourages students to move beyond basic comprehension and memorization, prompting them to evaluate different perspectives, make informed decisions, and apply their learning to real-life scenarios. Students will develop a more mature approach to personal and social challenges, preparing them for responsible and informed participation in society.

<u>HO Composites</u>	<u>HO Composites</u>	• <u>HO Composites</u>
<ul style="list-style-type: none"> • What are the short-term and long-term effects of alcohol and drug misuse on an individual's physical and mental health? • How do social pressures and environmental factors contribute to the initiation and continuation of drug use among teenagers? • How can support systems effectively address alcohol and drug misuse? • What are the short-term and long-term effects of alcohol and drug misuse on an individual's physical and mental health • In what ways do different types and patterns of work affect individuals' career opportunities and work-life balance? 	<ul style="list-style-type: none"> • How does the Equalities Act protect individuals from various forms of discrimination? • How do different forms of discrimination, such as racism, religious discrimination, disability discrimination, sexism, homophobia, biphobia, and transphobia, impact individuals' lives and opportunities? • What are the social and psychological impacts of discrimination on individuals and communities? • How do media representations of body image affect the mental health and emotional wellbeing of young people? • What are the key factors that contribute to mental health issues among teenagers? 	<ul style="list-style-type: none"> • What are the key components of informed consent, and how can they be effectively communicated in various contexts? • What are the psychological and social risks associated with sexting? • In what ways does digital literacy influence an individual's ability to participate in modern society, and what are the consequences of digital illiteracy? • How does media bias shape public opinion, and what steps can be taken to foster critical media consumption among audiences? • What psychological principles do gambling companies exploit to attract and retain customers?



- How does promoting diversity and inclusion within the workplace contribute to greater equality of opportunity?

Composite Skills

- Understanding and sharing the feelings of others to build stronger relationships.
- Using verbal and non-verbal communication effectively to express thoughts and feelings clearly and respectfully.
- Identifying conflicts and employing strategies to resolve them peacefully.
- Working cooperatively with others to achieve common goals.
- Recognising one's own emotions, strengths, and weaknesses.
- Identifying sources of stress and employing techniques to manage and reduce stress.
- Recognising the importance of consent in various contexts and knowing how to give and receive it appropriately.
- Establishing and respecting personal boundaries in relationships.
- Identifying risks online and employing strategies to stay safe on the internet.



Assessment/s (Formative and Summative):

- Key Concept tasks
- RRR tasks at the start of each lesson
- Discussion tasks/Think Pair Share
- Tiered questioning
- Synoptic quizzes to be completed regularly

Literacy/Numeracy/Cross Curricular links

Literacy

- Use articles, stories, and case studies related to PSHE topics
- Teach students to structure arguments and express their thoughts clearly through persuasive writing exercises on PSHE-related issues.

Numeracy

- Use real-life scenarios to teach concepts like interest rates, loans, and investments, helping students make informed financial decisions.

Science:

- Human anatomy, puberty, and reproductive health.
- Mental health topics through a scientific approach, discussing the physiological effects of stress and strategies for well-being.

History:

- Historical events and figures in the context of social justice, human rights, and ethical decision-making.

ICT

- Digital literacy and online safety, focusing on responsible internet use and the impact of social media.



SMSC/BV

- **Reflection Activities:** Pupils are encouraged to reflect on their personal beliefs, values, and experiences.
- **Ethical Dilemmas:** Pupils will consider different moral dilemmas related to real-life situations
- **Celebration of Diversity:** Pupils will understand the 9 protected characteristics and learn to value the diversity in our society
- **Democracy Rule of Law:** Pupils will have sound understanding of these concepts as well as the different types of law
- **Mutual Respect** All lessons will promote mutual respect and those in our local and wider communities
- **Conflict Resolution:** Pupils will learn different ways of resolving conflicts respectfully and understanding different viewpoints

Adaptive strategies

- Differentiated Instruction
- Use of Technology
- Scaffolded Learning
- Regular Check-ins
- Flexible Grouping
- Parental and Community Involvement
- Role-Play Scenarios



St Philip Howard Catholic Voluntary Academy



Department Planning 2024



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CATHOLIC VOLUNTARY ACADEMY