

Year 8 PSHE

Learning Programme 5

The LORIC skill focus for his LP is: COMMUNICATION. The Moral Virtues focus for this LP are: COURAGE and HUMILITY. Courage - Acting with bravery and overcoming fears. Humility - Having a modest view of oneself.		Literacy: <ul style="list-style-type: none">• Capital letters must be used at the start of sentences and for the first letter of proper nouns• Full stops must be used at the end of a sentence• Question marks must be used at the end of a question• Apostrophes should only be used for possession or omission• Days of the week and months must be spelled correctly• Key words must be spelled correctly
What will I be learning about in this Learning Programme? Health and Well Being, Relationships and Living in the Wider World. Politics / Citizenship.		
Where have I seen this learning before? KS2, Year 7, and LP1, 2, 3 and 4 knowledge of PSHE: health education, relationships / RSE, economics and careers. Politics and citizenship.		
What could I use it for? Knowledge is sequenced and builds within each year of each Key Stage in an age appropriate manner which will help guide me in life and manage better issues covered in PSHE.		

<p>In LP5.1, I will know: 12/05/25 - (WK 1)</p> <p>about alcohol: the physical risks; in AR Citizenship and politics, how to discuss whether plastic is damaging to the environment.</p>		<p>Key Vocabulary</p> <p>mood changes</p>	<p>Homework</p>
<p>In LP5.2, I will know: 19/05/25 - (WK 2)</p> <p>about the harmful effects of tobacco; in AR Citizenship and politics, why some people reject climate change.</p>		<p>Key Vocabulary</p> <p>tobacco / vaping / e cigarettes</p>	<p>Homework</p>
<p>In LP5.3, I will know: 02/06/25 - (WK 1)</p> <p>about the benefits of stopping smoking; in AR Citizenship and politics, why fracking is controversial.</p> <p>Extended Task.</p>		<p>Key Vocabulary</p> <p>quitting</p>	<p>Homework</p>
<p>In LP5.4, I will know: 09/06/25 - (WK 2)</p> <p>what good quality sleep means; in AR Citizenship and politics, what human rights abuses are.</p>		<p>Key Vocabulary</p> <p>human rights</p>	<p>Homework</p>
<p>In LP5.5, I will know: 16/06/25 - (WK 1)</p> <p>the impact of device usage on sleep; in AR Citizenship and politics, how we can take action on global issues.</p>		<p>Key Vocabulary</p> <p>mobile phones / gaming / iPad</p>	<p>Homework</p>
<p>In LP5.6, I will know: 23/06/25 - (WK 2)</p> <p>about assessing a casualty and the recovery position; in AR Citizenship and politics, how we can take responsible action.</p> <p>Extended Task.</p>		<p>Key Vocabulary</p> <p>airways / breathing / circulation</p>	<p>Homework</p>
<p>In LP5.7, I will know: 30/06/25 - (WK 1)</p> <p>about CPR and about defibrillators; in AR Citizenship and politics, how to review my learning.</p>		<p>Key Vocabulary</p> <p>chest compressions</p>	<p>Homework</p>
<p>In LP5.8, I will know: 07/07/25 - (WK 2)</p> <p>in Careers, what T levels are; in AR Citizenship and politics, how to review my learning.</p>		<p>Key Vocabulary</p> <p>competencies</p>	<p>Homework</p>

Resources to support learning:

www.youngminds.org.uk <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> <https://www.cheshirewestandchester.gov.uk/residents/health-and-social-care/health-and-wellbeing/mental-health> www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/ <https://papyrus-uk.org/> www.internetmatters.org/

FFET Award Challenge for this Learning Programme:

To create an information leaflet in any subject I have covered in PSHE or Citizenship / Politics.

PRT Task 1

PRT Task 2