



Year 8 Personal Development Curriculum 2025-26

Strands – Relationship and Sex Education (RSE), Health Education (HE), Spiritual Moral Social Cultural Education (SMSC), Careers (CAR), Religious Studies (RS).

Autumn term 1 2025

Date	Topic	Strand	Additional notes
1 st September	Introduction to PD	PD	Introduction to Personal Development Exploring the 5 Strands of PD.
8 th September	Strengths and Targets	SMSC	To become more informed about their strengths and targets for the year. Complete a SWOT analysis to help set short- and long-term targets. Explore how to cope with revision and exam pressures in year 8.
15 th September	Distractions	SMSC	To become more aware of distractions outside of school. Recognise the impact that distractions have on you. Discuss strategies that we can use to avoid distractions.
22 nd September	Good Manners in the community	SMSC	Identify good manners that we should demonstrate to show our responsibility in the community. Discuss how behaviours can be perceived by others and discuss ways to change people's perceptions.
29 th September	Positive Mindset	HE	Review our understanding of positive mindsets. Recognise our triggers and how we can deal with them appropriately to de-escalate a situation. Discuss strategies to aid a positive mindset.
6 th October	Gambling	HE	Identify responsible and irresponsible gambling behaviours.
13 th October	Health Education Personal Hygiene	HE	About personal hygiene, germs (including microbes), the spread, treatment and prevention of infection, and about antibiotics
20 th October	Mental Health and Wellbeing	HE	Identify what mental health is and to recognise the support networks available

Autumn term 2 2025

Date	Topic	Strand	Additional notes
3 rd November	Domestic Abuse	RSE/HE	What is Domestic Abuse Where to get help and support
10 th November	Physical Health	HE	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health
17 th November	Bullying and Cyberbullying	RSE	Define bullying and cyber bullying. Identify examples of bullying and cyber bullying Explain how bullying can be prevented.
24 th November	Knife Crime	SMSC	Why do youngsters carry a knife? What is the impact of carrying a knife? What are the penalties of carrying a knife? Advice and support
1 st December	Talking about emotions	HE	Identify positive and negative emotions. Explain how we can develop emotional awareness. Understand how to cope with your emotions
8 th December	Positive Friendships	HE	identify the four levels of friendship. Describe the relationships you have with others
15 th December	Hygiene and Microorganisms	HE	Define hygiene and explain why it is important for us to know about it. Identify and describe the different microbes that cause illness. Discuss our natural defence against microbes and the different ways we can stop them spreading.

Spring term 1 2026

Date	Topic	Strand	Additional notes
5 th January	Equality	RSE	Understand what equality means and why it is important.

			Understand the Equality Act 2010 and how it can be applied in different cases.
12 th January	Healthy lifestyle	HE	What is a Healthy Lifestyle? The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health including cancer and cardiovascular ill-health.
19 th January	Volunteering	SMSC	Describe what volunteering is. Explain the benefits of volunteering.
26 th January	Positive and negative behaviours	HE	Identify positive and negative behaviour within or outside school. Understand and identify the term 'Peer pressure'. To critically evaluate when something people do or are involved in has a positive or negative effect on their own or others' mental health
2 nd February	Online vs reality	HE	Identify positive and negative behaviour within or outside school. Understand and identify the term 'Peer pressure'. To critically evaluate when something people do or are involved in has a positive or negative effect on their own or others' mental health
9 th February	Young Carers	SMSC	Explore the term "young carer". Review possible effects of being on a young carer. Identify help and support for young carers

Spring term 2 2026

Date	Topic	Strand	Additional notes
23 rd February	Your Beliefs	CAR	By the end of this lesson, you will be able to explain what a belief is within the context of careers. By the end of the lesson, you will be able to identify your own beliefs and how they relate to your future.
2 nd March	The Labour Market	CAR	By the end of the lesson, you will be able to identify jobs within our local sector. By the end of the lesson, you will be able to discuss the skills and qualifications needed for roles within a sector.
9 th March	What do you want from work?	CAR	By the end of this lesson, you will identify some of the motivators people have for going to work.

			By the end of this lesson, you will be able to identify a variety of different roles within a job sector.
16 th March	The Future of Careers	CAR	By the end of this lesson, you will see some of the ways the world is changing. By the end of the lesson, you will know what skills and knowledge is required for future careers.
23 rd March	Good Career Behaviour	CAR	By the end of this lesson, you will be able to identify good workplace behaviour.

Summer term 1 2026

Date	Topic	Strand	Additional notes
13 th April	Career Equality	CAR	By the end of this lesson, you will be aware of equal opportunities. By the end of this lesson, you will see how diversity is celebrated in the workplace.
20 th April	Budgeting	CAR	By the end of this lesson, you will be able to explain how budgeting is important. By the end of this lesson, you will understand how to budget.
27 th April	Action planning	CAR	By the end of this lesson, you will understand the importance of action planning.
4 th May	Shahadah	RS	Explore the importance of Shahadah in Islam
11 th May	Zakat	RS	Explore the importance of Shahadah in Islam
18 th May	Sawm and Eid-ul-Fitr	RS	Examine the practice of Sawm and how it links to Eid-ul-Fitr

Summer term 2 2025

Date	Topic	Strand	Additional notes
1 st June	The Quran	RS	Explore the importance of the Qur'an in Islam.
8 th June	Sunni & Shia	RS	Explore the similarities and differences between Sunni and Shia Muslim's
15 th June	FGM	HE	Recap on what FGM is. Investigation of the impact of FGM on survivors.
22 nd June	The positive associations between physical activity and	HE	To look at the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress

	promotion of mental wellbeing, including as an approach to combat stress.		the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health
29 th June	Low Self Esteem	HE	Enable students to develop their self-esteem and self-conscious
6 th July	Managing Stress	HE	To become more informed about the facts relating to stress management. Explore who/where you can get support from Participate in activities to de-stress
13 th July	Revi	SMSC	Enable students to develop their self-esteem and self-conscious. Encourage students to accept responsibility for their behaviour, show initiative and to understand how they can contribute positively to their lives of those living and working in the locality of the school and to society more widely.