

SCA Personal Development Framework

Year Group 8	Session	Topic	Curriculum Strand	Lesson objectives and outcomes	Focus day links	Assembly links
	1	Introduction to PD	PD	Introduction to Personal Development Exploring the 5 Strands of PD.		
	2	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.		
	3	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.		
	4	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.		
	5	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	Gambling	HE	Identify responsible and irresponsible gambling behaviours.		
	7	Health Education Personal Hygiene	HE	About personal hygiene, germs (including microbes), the spread, treatment and prevention of infection, and about antibiotics		
	8	Mental Health and Wellbeing	HE	Identify what mental health is and to recognise the support networks available		
	9	Domestic Abuse	RSE/HE	What is Domestic Abuse Where to get help and support		
	10	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		
	11	Bullying and Cyberbullying	RSE	Define bullying and cyber bullying. Identify examples of bullying and cyber bullying Explain how bullying can be prevented.		
	12	Impact of 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		
	13	Talking about emotions	HE	Identify positive and negative emotions. Explain how we can develop emotional awareness. Understand how to cope with your emotions		
	14	Positive Friendships	HE	Identify the four levels of friendship. Describe the relationships you have with others		
	15	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.		

16	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.		
17	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.		
18	Volunteering	SMSC	Describe what volunteering is. Explain the benefits of volunteering.		
19	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		
20	Online vs reality	HE	Identify similarities and differences between online vs reality Explore the effects of online setting in creating unhealthy comparisons with others Explain how social media can create an unrealistic expectation of body image		
21	Young Carers	SMSC	Explore the term 'young carer'. Review possible effects of being on a young carer. Identify help and support for young carers		
22	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.		
23	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.		
24	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.		
25	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.		
26	Good Career Behaviour	CAR	By the end of this lesson, you will be able to identify good workplace behaviour.		
27	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.		
28	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.		
29	Action planning	CAR	By the end of this lesson, you will understand the importance of action planning.		
30	Shahadah	RS	Explore the importance of Shahadah in Islam		
31	Zakat	RS	Explore the importance of Shahadah in Islam		

32	Sawm and Eid-ul-Fitr	RS	Examine the practice of Sawm and how it links to Eid-ul-Fitr		
33	The Quran	RS	Explore the importance of the Qur'an in Islam.		
34	Sunni & Shia	RS	Explore the similarities and differences between Sunni and Shia Muslims		
35	Staying safe for the Summer	HE	Identify different risks and hazards in our local environment and unfamiliar places as well as how we can stay safe. Describe how hazards can present risks and potentially harm us. Describe how we can stay safe. Explain the different measures we can take to stay safe in a variety of contexts and why we should avoid places of high risk.		Summer safety / road safety assemblies (Summer Term)
36	Physical Activity & Wellbeing	HE	To look at 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		
37	Low Self Esteem	HE	Enable students to develop their self-esteem and self-conscious		
38	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		
39	Review of the Year	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.		