# Fareham Academy (Personal Development Learning) Overview – Year 8

Fareham Academy | Unlocking Potential Creating Opportunity

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Topic(s) | Healthy Lifestyles | Risk and Safety | Risk and Safety | Identity | Identity | Money and Me |
| Topic Objectives | Introduce healthy lifestyles including hygiene, diet and exercise.<br>Recap and expand growth and development including puberty. | Recap and expand staying safe including peer pressure, online safety and bullying | Introduction to the risks linked to knife crime and gangs.<br>Introduction to basic first aid and how to administer CPR | Introduction to identity and relationships including thing that make up our identity and the role and responsibilities of family | Introduction to gender, stereotyping and prejudice.<br>Introduction to faith and values. | Introduction to money and the importance of saving. Use of action planning and problem solving |
| Acquired Knowledge/Skills | Students will be able to:<br>• Define different types of disorders<br>• Understand the links between mental health and eating disorders<br>• Explain ways to maintain physical hygiene including teeth and mentruation<br>• Rationalise the importance and benefits of sleep<br>• Explain strategies to promote good sleep | Students will be able to:<br>• Define the meaning of 'risk' and understand what a 'risk' can mean<br>• Identify ways to keep themselves safe online and offline<br>• Define and identify the difference between bullying and peer pressure<br>• Demonstrate and identify strategies to deal with peer pressure and different types of | Students will be able to:<br>• Define 'gambling' and name different types of gambling<br>• Evaluate the risks attached to gambling<br>• Evaluate reasons why someone may choose to carry a knife<br>• Analyse the impact of knife crime locally and nationally<br>• Understand the meaning of FGM and laws relating to it<br>• Demonstrate how to put someone in the | Students will be able to:<br>• Define 'identity'<br>• Analyse the things that make up our identity<br>• Identify different types of families<br>• Describe how family relationships affect wellbeing<br>• Understand that both adults and children have roles and responsibilities within families<br>• Rationalise the role of appreciation within families | Students will be able to:<br>• Define 'gender identity' and use a range of terms to describe gender identity<br>• Analyse negative consequences of stereotypes and prejudice<br>• Define 'faith' and 'values'<br>• Evaluate the values they hold<br>• Understand that people have rights regardless of race, gender, religion, | Students will be able to:<br>• Understand how managing money can help to save<br>• Evaluate the benefits of setting up a budget in order to cope with the unexpected<br>• Identify reasons why we spend money<br>• Explain why we choose to support different types of shops<br>• Understand how price and competition affect consumer decisions<br>• Demonstrate where |
| Assessments | Beginning of topic self-reflection. End of topic summative reflection. Formative tasks in each lesson to show understanding | Beginning of topic self-reflection. End of topic summative reflection. Formative tasks in each lesson to show understanding | Beginning of topic self-reflection. End of topic summative reflection. Formative tasks in each lesson to show understanding | Beginning of topic self-reflection. End of topic summative reflection. Formative tasks in each lesson to show understanding | Beginning of topic self-reflection. End of topic summative reflection. Formative tasks in each lesson to show understanding | Beginning of topic self-reflection. End of topic summative reflection. Formative tasks in each lesson to show understanding |