



PSHEE and Citizenship Scheme of Work
Year 8
 Spring Term 2018

Visiting Speakers

Safer Internet Day – 6th February

Childnet Internet Safety Talk – TBC in assembly (PCS)

Content (Suggested number of sessions in brackets)	Learning Focus	Resources
General welcome back & Target setting	Establish targets for the spring term Please ensure that all targets are SMART (specific, manageable, attainable, relevant and time related) and ideally 1 academic, 1 personal 1 extracurricular (sport/music/drama etc...).	Tutor Book. Tutor board displays
Internet Safety <i>Safer Internet Day – 6th February</i> Childnet Internet Safety Talk	In future years Year 8 will study the issues surrounding posting or sending various forms of personal information, including sexting. Pupils will see an excellent film that cover, not only the issues, but how to cope if a mistake is made. This is not necessary this year as the issue has already been covered with this year group in detail. See PCS for details and any follow on discussions should be based around the workshops.	Remind pupils of safety issues raised in their trip on trips day. You could show this film as a reminder that internet friends are essentially strangers and stimulus for discussion: Consequences
Exam Preparation (3+)	To help the pupils prepare for their mocks in week 3 To help pupils develop strategies for learning to use and develop in preparation for their exams in the summer	<ol style="list-style-type: none"> 1. Study booklets, issued by ELEVATE. The pupils should all have kept this from the workshop. Work through these; are they using the strategies learnt? If not, why? There is also a document from a previous group called 'The art of Learning' that might be helpful: Exam Confidence Booklet 2. Boardworks (Under My Computer,) PSHE "Learning to Learn" Units 1, 2 and 3. You could spread these units out throughout the term (<i>work through all the slides and activities as</i>

		<i>appropriate)</i> 3.
Current Affairs - ongoing Please discuss daily news, its relevance, history and background as it arises.	To develop the pupils knowledge of the world in which they live and debate issues arising	See details in Autumn Scheme of Work. First News in staff room next to sofas- please don't take more than 5. Online First News App on trial on ipads in Link.
Managing Stress (2) To help pupils recognise stress and learn how to cope especially at exam time	Pupils discuss what stress is, things that cause stress, how it affects the body and ways to reduce stress.	<ol style="list-style-type: none"> 1. Introduction: Boardworks PSHEE Emotional Health Unit 3 slides 25 – 27(<i>this should be loaded onto your computer, if not go to my computer X: drive, Boardworks PSHEE, Emotional Health Unit 3</i>) 2. Slide 28 gives weblinks, try the first and third (don't listen to podcast – it is not appropriate!) 3. Introduce the children to the MIND website 4. How to cope with exam stress 5. DVD available: Strategies for Coping with Stress. On Z Drive. 6. There are lots of PSHEE books in the library on Stress and Anxiety – Ask LPK. 7.
Relaxation and Mindfulness	Introduce pupils to the idea and benefits of mindfulness	Show the 10 minute clip on my computer – photos for sharing - videos – PSHE – mindfulness in one session and if they seem to be receptive, try it out in the next session – just doing nothing and observing our thoughts. Try to encourage them to try it out at home for 10 minutes each day. It really will calm the mind, put things in perspective and help reduce stress. Mindfulness Website Ten minute Meditations
Fundamental British Values (2+)	What are British Values? What are the fundamental British Values: Democracy, rule of law, individual liberty, mutual respect & tolerance of those of different faiths and beliefs.	What are British Values? – Good lesson starter and source of discussion which should lead you well into the next body of work.... What are British Values British Values PPT covering all of the headings in some depth. You can tackle them 1 per lesson over a week or two. Great British Bake off was won by a British Muslim. Here is an article that relates well to the subject.
Radicalisation	To understand the meaning of the word especially in the current climate. Show the trailer for star wars 3 and discuss	Star wars 3 – revenge of the sith. Movie trailer

	<p>how Anakin was once a jedi who became vulnerable because of the loss of his mum, among other things, and how the evil lord was able to manipulate his situation to make him turn to the dark side. Tongue in cheek I know, but the children should be able to relate to this.</p>	
<p>The Significance of Media in Society (2-3)</p>	<p>Consider the media, can we believe everything we hear?</p>	<p>Consider the following questions about the media using Boardworks Citizenship (<i>this should be on your computer, if not contact "help"</i>)</p> <ul style="list-style-type: none"> • What types of story make the news locally, nationally and globally? • How the media affect public opinion? • How is the media used to promote good causes? • Is the media's treatment of celebrities acceptable? • What is the relationship between sport and the media? <p>You could choose one of these issues and have a tutor group debate, possibly link with your tutor pair and each debate one side of the argument giving each tutee a role.</p>
<p>Relationships (3)</p>	<p>Discussing healthy and unhealthy relationships so pupils can recognise the difference. Raises issues of friendship, relationships with family members, divorce, romantic relationships, conflicts with friends, 'looked after' children and coping with bereavement.</p>	<p>Boardworks PSHEE Relationships Units 1 and 2 – work through slowly and discuss issues raised.</p>
<p>Bullying (1)</p>	<p>To look at why people bully and what can be done about it.</p>	<p>Newsround has articles about people who have been bullied such as: Cheryl Cole Lady Gaga Children in sport</p>
<p>Managing Your Money (8-10) Helping Pupils to learn about money, its value and how to manage it</p> <p>There will be a talk and workshow from Santander in the Summer Term – the Summer SOW will include follow-up activities.</p>	<ol style="list-style-type: none"> 1. Money Quiz – Your attitudes to money management 2. Looking at the outcomes of money decisions 3. Life choices and their financial implications 	<ol style="list-style-type: none"> 1. As an introduction to spending and saving, print out then pupils complete Money Quiz 2. Watch the case study of Joe, (NB username is pcawley@daneshill.surrey.sch.uk password is Ravens) pupils can decide what he should do at each stage then can watch what the outcomes of his decisions are. 3. Listen to the life choices (NB username is pcawley@daneshill.surrey.sch.uk password is Ravens) of a range of teenagers and consider their financial implications. Discuss what YOU will be doing in 10 years and what the financial implications might be. Consider what different professions earn and why some are paid more

	<p>4. Great activity on average salaries and what people can afford</p> <p>5. Why do we pay taxes?</p> <p>6. Charity</p>	<p>than others, discuss whether this is right!</p> <p>4. Activity about how to live on an average UK salary: Go to <i>My Computer, R Drive: Year 8, Living expenses, Monthly "salary calculator"</i>. Find out and put in the average salary, it will calculate gross salary, tax and NI. Add a pension contribution eg 7%, it will calculate your take home pay. Then use the "monthly money planner" talk through averages of rent, food etc., include travel (eg by train Oxshott to London per month) and it will give your disposable income – OK, so how can we reduce these expenses to increase our disposable income...great discussion activity.</p> <p>5. Look at Why do we pay taxes and discuss</p> <p>,Imagine you were Pudsey use worksheet to decide where you would send the Children in Need money and why?</p>
Worried? Need to Talk?	To provide pupils with the information they need if there are problems at home or at school	Worried? Need to Talk Booklet Booklet to be printed off as required – ask Denise
Target Review	Review Targets set at the beginning of term – What Went Well and Even Better If	Tutor Booklets