



PSHEEE and Citizenship Scheme of Work  
**Year 8**  
 Spring Term 2019

**Visiting Speakers**

*Safer Internet Day – 5<sup>th</sup> February*

**Childnet Internet Safety Talk – 15 January - Ark**

| Content (Suggested number of sessions in brackets)   | Learning Focus   | Resources  |
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| <b>General welcome back &amp; Target setting</b>   | Establish targets for the spring term<br><br>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.<br><br>Tutor board displays  |
| <b>Internet Safety</b><br><br><i>Safer Internet Day – 5<sup>th</sup> February</i><br><br><b>Childnet Internet Safety Talk 15 January</b> | Year 8 will discuss 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. Other topics covered will be social media, privacy etc.<br><br>Please attend the talk if you can and use it as a springboard for discussion in tutor. | You could show this film as a reminder that internet friends are essentially strangers and stimulus for discussion:<br><a href="#">Consequences</a><br><br><a href="http://www.childnet.com">http://www.childnet.com</a>   |
| <b>Exam Preparation (3+)</b>   | To help the pupils prepare for their mock CE exams.<br><br>To help pupils develop strategies for learning to use and develop in preparation for their exams in the summer.<br><br>If you would like copies of the booklet provided by Elevate Education, please ask LPK.   | <ol style="list-style-type: none"> <li>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: <a href="#">Exam Confidence Booklet</a></li> <li>2. <b>Boardworks (Under My Computer,)</b> PSHEE "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 appropriate</i>)</li> </ol> |

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|  |  | <ol style="list-style-type: none"> <li>3. <a href="#">Elevate Education Exam Skills booklet</a></li> <li>4. <a href="#">Elevate Education Time Management booklet</a></li> </ol>  |
| <p><b>Current Affairs - ongoing</b><br/>Please discuss daily news, its relevance, history and background as it arises.</p> | To develop the pupils knowledge of the world in which they live and debate issues arising  | See details in Autumn Scheme of Work.<br>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.  |
| <p><b>Managing Stress (2)</b><br/>To help pupils recognise stress and learn how to cope especially at exam time</p>        | <p>Pupils discuss what stress is, things that cause stress, how it affects the body and ways to reduce stress.</p> <p>Share techniques and good practice.</p>  | <ol style="list-style-type: none"> <li>1. Introduction: <b>Boardworks</b> PSHEEE Emotional Health Unit 3 slides 25 – 27(<i>this should be loaded onto your computer, if not go to my computer X: drive, Boardworks PSHEEE, Emotional Health Unit 3</i>)</li> <li>2. Slide 28 gives weblinks, try the first and third (don't listen to podcast – it is not appropriate!)</li> <li>3. Introduce the children to the <a href="#">MIND</a> website</li> <li>4. How to <a href="#">cope with exam stress</a></li> <li>5. DVD available: Strategies for Coping with Stress. On Z Drive.</li> <li>6. There are lots of PSHEEE books in the library on Stress and Anxiety – Ask LPK.</li> </ol> |
| <p><b>Relaxation and Mindfulness</b></p>   | Introduce pupils to the idea and benefits of mindfulness   | <p>Show the 10 minute clip on my computer – photos for sharing - videos – PSHEE – 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.</p> <p>Mindfulness Website <a href="#">Ten minute Meditations</a></p> <p><a href="http://www.franticwrold.com">www.franticwrold.com</a> offers some fantastic free guided meditations. <b>If tutor groups would like an introduction to mindfulness, please see LPK.</b></p>                        |
| <p><b>Fundamental British Values (2+)</b></p>  | <p>What are British Values?</p> <p>What are the fundamental British Values: Democracy, rule of law, individual liberty, mutual respect &amp; tolerance of those of different faiths and beliefs.</p> | <p><a href="#">What are British Values?</a> – Good lesson starter and source of discussion which should lead you well into the next body of work....</p> <p>What are British Values</p> <p><a href="#">British Values PPt</a> covering all of the headings in some depth. You can tackle them 1 per lesson over a week or two.</p> <p><a href="#">Great British Bake</a> off was won by a British Muslim. Here is an article that relates well to the subject.</p>  |

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| <p><b>Radicalisation</b></p>  | <p>To understand the meaning of the word especially in the current climate.</p> <p>Show the trailer for star wars 3 and discuss 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><a href="#">Star wars 3 – revenge of the sith. Movie trailer</a></p>  |
| <p><b>The Significance of Media in Society (2-3)</b></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"> <li>• What types of story make the news locally, nationally and globally?</li> <li>• How the media affect public opinion?</li> <li>• How is the media used to promote good causes?</li> <li>• Is the media’s treatment of celebrities acceptable?</li> <li>• What is the relationship between sport and the media?</li> </ul> <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><b>Relationships (3)</b></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><b>Boardworks</b> PSHEEE Relationships Units 1 and 2 – work through slowly and discuss issues raised.</p>   |
| <p><b>Bullying (1)</b></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:</p> <p><a href="#">Cheryl Cole</a><br/> <a href="#">Lady Gaga</a><br/> <a href="#">Children in sport</a></p>   |
| <p><b>Managing Your Money</b><br/> Helping Pupils to learn about money, its value and how to manage it</p> <p><b>There will be a talk and workshow in the Summer Term – the Summer SOW will include follow-up activities.</b></p> | <ol style="list-style-type: none"> <li>1. Money Quiz – Your attitudes to money management</li> <li>2. Looking at the outcomes of money decisions</li> <li>3. Life choices and their financial implications</li> </ol>   | <ol style="list-style-type: none"> <li>1. As an introduction to spending and saving, print out then pupils complete <a href="#">Money Quiz</a></li> <li>2. <a href="#">Natwest Money sense website</a></li> <li>3. Explore the resources on this site. There are plenty of games to play.</li> <li>4. <a href="#">More Barclays resources</a></li> <li>5. Look at <a href="#">Why do we pay taxes</a> and</li> </ol>   |

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|                               | <p>4. A range of lesson plans and activities on all aspects of money, finance and budgeting</p> <p>5. Why do we pay taxes?</p> <p>6. Charity</p> | <p>discuss</p> <p>6. <a href="#">,Imagine you were Pudsey</a> use worksheet to decide where you would send the Children in Need money and why?</p> |
| <b>Worried? Need to Talk?</b> | To provide pupils with the information they need if there are problems at home or at school  | <a href="#">Worried? Need to Talk Booklet</a> Booklet to be printed off as required  |
| <b>Target Review</b>          | Review Targets set at the beginning of term<br>– What Went Well and Even Better If   | Tutor Booklets   |