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# PSHCE / RE COURSE FOR YEAR 8 2025-26 SOW

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| **Week beginning** | **Content Broadly**  **PSHCE/RE lessons**  Dates are for guidance only, some topics may take longer so please feel free to go with what works for your group. Gaps in the plan allow for visitors/responding to contextual issues / extending work and assessments | **Content Broadly**  **PSHCE/RE Lesson 1 / Tutor Time**  If work is finished early etc please continue with Sutton Reads or use the debate generator in the staff shared drive Tutor Curriculum folder (please ensure the topic selected is age appropriate.)  Other appropriate websites : Form Time Ideas & Free Rice  All dates are approximate and for guidance only, some topics may take longer so please feel free to go with what works for your group. (There is no expectation for everyone to start a new booklet / topic on the date indicted apart) |
| **NB: British Values should be referred to throughout all lessons** | | |
| 1.9.25 | 8.1 The benefits of exercise for physical and mental health | HT1 Islam – what’s it all about? |
| 8.9.25 | What do we need to know about eating disorders? | What does the Qur’an actually say? |
| 15.9.25 | Self-harm – what is it and why do people do it? | 5 Pillars of Islam |
| 22.9.25 | Social media – it’s supposed to be fun, so why is it so stressful? | What is the significance of the Hajj for Muslims? |
| 29.9.25 | Group messaging – what’s appropriate and what’s the law? | Islamic dress – why is this so varied and why is there so much controversy? |
| 6.10.25 | Exploring my personal identity and being the best possible me | What do Christianity, Islam and Judaism have in common? |
| 13.10.25 |  |  |
| **20.10.25 & 27.10.25 Half Term School closes Friday 17thth October, school opens Monday 3rd November** | | |
| 3.11.25 | 8.2 What do we need to know about knife crime? | HT2 What do we already know about Judaism? |
| 10.11.25 | What are gender stereotypes and how can they be harmful? | What do the Torak and Tanakh teach us about Judaism? |
| 17.11.25 | Masculinity in focus. What does it mean to be a great man? | Who were Abraham and Isaac? Why are they important? |
| 24.11.25 | What are incels, “alpha males,” misogyny and the “ Manosphere?” | Why is Jerusalem so important to Jews? |
| 1.12.25 | Sexism in society – what issues do we still face today? | What are the origins of the Israeli and Palestine conflict and how is the area affected today? |
| 8.12.25 | British Values: Tolerance and mutual respect | How did one man smash Orthodox Jewish stereotypes? |
| 15.12.25 |  |  |
| 22.12.25 & 29.12.25 Christmas Holiday School closes Friday 19th October, school opens Monday 5th January | | |
| 5.1.26 | 8.3 Gender, gender roles and transgender in focus | HT3 A introduction to Hinduism |
| 12.1.26 | An introduction to STI’s and sexual health | What is the Rig Veda and what can we learn from it? |
| 19.1.26 | What is consent and why is it so important? | What is polytheism and is Hinduism a polytheistic religion? |
| 26.1.26 | Contraceptives – what are these and how do we use them? | What do Buddhists believe and how do they try to live? |
| 2.2.26 | How and why do we correctly use condoms? | What is the Tripitaka and what can we learn from it? |
| 9.2.26 |  |  |
| Half Term School closes Friday 13th February, school opens Monday 23.2.26 | | |
| 23.2.26 | 8.4 Careers and personal development focus: Why is teamwork an essential life skill? | HT4 Islam, peace and conflict: What do Muslims believe? |
| 2.3.26 | What are employability and work skills? | Christianity, peace and conflict: What do Christians believe? |
| 9.3.26 | Why are attendance and punctuality so important? | The Crusades: How long has there been conflict in the Middle East? |
| 16.3.26 | Ambition, aspiration and setting realistic career goals | What is the history of antisemitism, and does it still exist today? |
| 23.3.26 | Why are communication skills so important? | Religion and conflict – who is responsible for religious conflict? |
| **Easter School closes Friday 27th March, school opens Monday 13th April** | | |
| 13.4.26 | What does it mean to be an entrepreneur? | HT4 & 5 Step On careers booklet (several weeks of work) |
| 20.4.26 | 8.5 Health and well being: What are the consequences of living unhealthily? |  |
| 27.4.26 | County Lines, Gangs, weapons, drugs and risks |  |
| 4.5.26 | Prejudice and discrimination: what is ableism? |  |
| 11.5.26 | Mental health in work and the wider world |  |
| 18.5.26 |  |  |
| **Half Term School closes Friday 22nd May, school opens Monday 1st June** | | |
| 1.6.26 | 8.6 Alcohol – risks, dangers and its affects on relationships |  |
| 8.6.26 | Online safety – trolling and cyberbullying |  |
| 15.6.26 | Saving and managing money well – for life |  |
| 22.6.26 | How can we get help and perform first aid in emergencies? |  |
| 29.6.26 | First aid and personal safety |  |
| 6.7.26 | First Aid practicals: bandaging / recovery position/ CPR / choking etc (create posters / booklets etc) |  |
| 13.7.26 |  |  |
| 20.7.26 |  |  |
| 27.7.27 Last day |  |  |
| School closes Monday 27th July | | |

\*All visitors need confirming

Possible Extras : Elections / Make your Mark (Youth Parliament), Road Safety (VIA) etc

The PSHCE department will respond and react to any school / community issues that arise and adapt lessons accordingly.

PSHCE/Year 8 overall plan 2025-26