Year 8 Annual Plan 2025-2026 – Finding my Voice

Term	Lesson Outlines	Theme	Notes
Autumn Term 1 (8 week) 2/9-24/10.	L1 – Introduction Lesson L2 – Attending to your well-being L3 – Building resilience L4 – Managing Emotions L5 – Dealing with Stress and Jealousy L6 – Regrets and saying sorry L7 – Recognising Peer Pressure ***L8 – Knowledge Check and catch up***	Health and Well Being	
Autumn Term 2 (7 week) 4/11-19/12 **.**	L1 – British Values L2 – Human Rights L3 – Protected Characteristics L4 – Unicef and the Rights of Children L5 – United Nations L6 – Contribute to Society - Volunteering ***L7- Knowledge Check and catch up***	Living in Wider World	Assembly PD
Spring Term 1 (6 weeks) 6/1-13/2.	L1 Stereotypes, prejudice and discrimination L2 Tackling Racism in Work L3 tackling Racism in Society L4 Tackling Ageism L5 LGBTQ + Rights L6 Gender Identity	Living in Wider World RSE	Assembly PD
Spring Term 2 (6 week) 23/02-27/3	**L1 Knowledge Check and catch up** L2 Different Types of Families L3 What makes a healthy and unhealthy relationship L4 Assumptions about Consent	RSE Living in Wider World Health and Well Being	Assembly PD

	L5 Recognise online grooming and radicalisation L6 Catch up and Knowledge Check		
Summer term 1 (7 weeks) 13/4-22/5	L1 Me and my opinions L2 – How am I doing? L3 – My skills and work L4 – Healthy Lifestyle – Diet and exercise L5 – Healthy Lifestyle – Diet and Exercise L6 - Bank Accounts, Savings and Borrowing **L7 – Knowledge Check and catch up**	Health & Well Being	PD
Summer Term 2 (6 week Term) 1/6 – 17/7.	L1 – Social networks safely and age restrictions. L2Well-being and Social media Pro's and Cons of social media L3 As above L4 - How enterprising am I? L5 – How enterprising am I? **L6 - Knowledge Check and Catch up**	Health & Well Being Living in the Wider World	PD