

AUTUMN TERM YEAR 8 – HEALTHY LIFESTYLES

Mental Wellbeing

<u>Learning Objectives</u>	<u>Key Words</u>
<p>To be able to recognise and identify different emotions in themselves and others.</p> <p>To be able to identify things that can contribute to a positive emotion or mood.</p> <p>To be able to identify how unhelpful thoughts can contribute to a negative emotion or mood and how we can reframe these thoughts.</p> <p>To identify what 'self-care' means and explore self-care activities.</p> <p>To identify strategies to manage strong emotions such as sadness, anger, anxiety and stress.</p>	<ul style="list-style-type: none">• Emotions• Wellbeing• Mental• Physical• Health• Activity• Positive• Feelings• Self-care• Negative• Thoughts• Affirmations• Connect• Situation

SPRING TERM YEAR 8 – SELF-CARE, SUPPORT & SAFETY

First Aid

<u>Learning Objectives</u>	<u>Key Words</u>
<p>Identify when someone might need first aid because they are hurt/injured and understand the difference between major and minor injuries.</p> <p>To understand how to treat some common injuries.</p> <p>To identify how to administer emergency first aid including use of the recovery position, CPR & defibrillators.</p> <p>To understand how to manage allergic reactions and asthma attacks.</p>	<ul style="list-style-type: none">• Danger• Hazard• First aid• Safe• Emergency• Environment• Minor• Major• Injury• Bandage• Burn• Bleeding• Recovery• CPR• Defibrillator• Trigger• Allergen• Reaction• Symptom

SUMMER TERM YEAR 8 – THE WORLD I LIVE IN

Diversity, Rights & Responsibilities

<u>Learning Objectives</u>	<u>Key Words</u>
<p>To identify similarities and differences between people and celebrate diversity.</p> <p>To understand about the unacceptability of sexist, homophobic, biphobia, transphobic, racist and disablist language and behaviour.</p> <p>To learn strategies for safely challenging stereotyping, prejudice, bigotry, bullying, and discrimination.</p> <p>To understand how to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.</p> <p>To be able to identify how negative stereotypes can influence behaviours and attitudes towards different groups of people.</p> <p>To understand how attitudes and opinions can sometimes be influenced by being exposed to prejudiced or extremist views and how to resist and challenge these viewpoints.</p>	<ul style="list-style-type: none">• Diversity• Celebrate• Discrimination• Racism• Sexism• Xenophobia• Ageism• Disablist• LGBT phobia• Stereotype• Prejudice• Bullying• Respect• Behaviour• Extremism• Hate• Influence