

Personal Development Curriculum Year 8 2026/27

Sessions	Week Beginning	Theme	Lesson Focus
	WB 31.08	Bank Holiday/ INSET	
1	WB 07.09	Citizenship <i>'Laws and the Justice System'</i>	• The British Values (Recall) • Adult Courts- Civil Courts vs Criminal Courts • Juries in Criminal Courts • Understanding punishment for adult criminals • Restorative Justice
2	WB 14.09	Citizenship <i>'Democracy and Freedom'</i>	• Exploring what sort of country do you want to live in • Understanding Democracy and Freedom • The freedom to protest • The understanding of a free press • The right to education
3	WB 21.09	Citizenship <i>'Parliament Democracy'</i>	• The origin of parliament • The role of the monarchy in the UK • Exploration of different viewpoints on democracy, power and the Monarchy • The role and how to become a Member of Parliament (MP)
4	WB 28.09	Citizenship Careers <i>'Managing Money'</i>	• Financial Careers • Currency • Financial responsibility • Exploration of different bank accounts • Ethical banking
	WB 05.10	SKERN LODGE	
5	WB 12.10	Citizenship <i>'Managing Money'</i>	• How we pay for things • Credit and Budgeting
6	WB 19.10	Citizenship <i>'Managing Money'</i>	• Budgeting Deep Dive • The Barclays Budget Game

			Consolidation of learning
	WB 26.10	HALF TERM	
7	WB 02.11	Health and Wellbeing Careers <i>'Emotional Wellbeing'</i>	• Attitudes towards mental health • How to manage emotions • Healthy and unhealthy coping strategies (including eating disorders and self-harm) • How to manage influences on body image • Careers in Mental Health and Wellbeing
8	WB 09.11	Health and Wellbeing <i>'Physical Wellbeing'</i>	• Identify the benefits of, and barriers to, making healthier food choices • Analyse different influences on someone's food choices • Analyse strategies for making independent, healthier choices about food
9	WB 16.11	Relationships <i>'Identity and Relationships'</i>	• Forming new partnerships and developing relationships • The law in relation to consent • How to effectively communicate about consent in relationships
10	WB 23.11	Relationships <i>'Identity and Relationships and Discrimination'</i>	• Gender identity, sexual orientation, transphobia and gender-based discrimination • How to recognise and challenge homophobia and biphobia • How to recognise and challenge racism and religious discrimination
11	WB 30.11	Relationships <i>'Identity and Relationships'</i>	• The risks of 'sexting' and how to manage requests or pressure to send an image
12	WB 07.12	Relationships <i>'Discrimination'</i>	• Exploration of groupthink and persuasion • How to develop self-worth and confidence
13	WB 14.12	Citizenship	• Giving back to our community at Christmas • Consolidation of learning

		<i>‘Communities and Identities’</i>	
	WB 21.12 WB 28.12	CHRISTMAS BREAK CHRISTMAS BREAK	
	WB 04.01	INSET	
14	WB 11.01	Year 8 Exam Week Drugs and Alcohol <i>‘Health and Wellbeing’</i>	• Medicinal and reactional drugs • About the over-consumption of energy drinks • About the relationship between habit and dependence • How to use over the counter and prescription medications safely
15	WB 18.01	Drugs and Alcohol <i>‘Health and Wellbeing’</i>	• How to manage influences in relation to substance use • How to recognise and promote positive social norms and attitudes
16	WB 25.01	Living in the Wider World <i>‘Digital Literacy’</i>	• About online communication • How to use social networking sites safely • How to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation • How to respond and seek support in cases of online grooming
17	WB 01.02	Living in the Wider World <i>‘Digital Literacy’</i>	• How to recognise biased or misleading information online • How to critically assess different media sources • How to distinguish between content which is publicly and privately shared • Age restrictions when accessing different forms of media and how to make responsible decisions
18	WB 08.02	Living in the Wider World <i>‘Digital Literacy’</i>	• How to protect financial security online • How to assess and manage risks in relation to gambling and chance-based transactions

	WB 15.02	HALF TERM	
19	WB 22.02	Health and Wellbeing	• HPV Education
20	WB 01.03	Citizenship <i>'What is Europe'</i>	• Exploration of what it means to be a member of the European Union • The Council of Europe • The European Union • The Single Market • Life after Brexit • Exploration of how people and organisations in the UK are affected by EU regulations
21	WB 08.03	Citizenship- Power and Influence <i>'The Commonwealth'</i> <i>'The United Nations'</i> <i>'The UN at Work'</i>	• About how the Commonwealth has changed from its origins, and the type of work it does today. • Exploration of the work of the United Nations and consideration of its role in the world • Investigate the ways the United Nations carries out its peacekeeping and humanitarian work • The UN Game- Crisis at the border
22	WB 15.03	Citizenship- Power and Influence <i>'NATO'</i> <i>'The World Trade Organisation'</i>	• Exploration of NATO and the benefits and obligations that come with the UK's membership • The role of the World Trade Organisation and the UK's commitments and benefits
23	WB 22.03	Citizenship- Power and Influence <i>'International Justice'</i> <i>'World Conflict'</i>	• How people who commit humanitarian crimes are dealt with • Exploration of how non-governmental organisations can give relief and help development • The role of the UK in international disagreements and conflict
	WB 29.03	EASTER BREAK	

	WB 05.04		
24	WB 12.04	Citizenship- Power and Influence <i>‘Choosing your action’</i>	- Identifying an issue, problem or social need for your action - Identifying what needs to be done and when - Planning your action
25	WB 19.04	Citizenship- <i>‘Belonging and Community’</i>	- How to challenge stereotypes and discrimination in relation to work and pay - How to set aspirational goals for future careers and challenge expectations that limit choices
26	WB 26.04	Living in the Wider World Careers	- Sustainability- Exploration of the Alcester Academy Climate Action Plan - Sustainability- The SDG’s and Careers in Sustainability
	WB 03.05	BANK HOLIDAY	
27	WB 10.05	Living in the Wider World Careers	Sustainability- Conservation and Biodiversity
28	WB 17.05	Living in the Wider World Careers	Climate Change and Wellbeing
29	WB 24.05	Personal Safety and Managing Risk	Summer Safety
	WB 31.05	HALF TERM	
30	WB 07.06	Citizenship <i>‘Parliamentary Democracy’</i>	- Political Parties - General Elections
31	WB 14.06	Citizenship <i>‘Parliamentary Democracy’</i>	- Political Parties General Election Campaign - Planning in groups for the creation of a new political party

32	WB 21.06	Citizenship <i>'Parliamentary Democracy'</i>	Continuation of Planning in groups for the creation of a new political party
33	WB 28.06	Citizenship <i>'Parliamentary Democracy'</i>	- Presentation of political parties' manifestos - Class General Election presentations and class Vote
34	WB 05.07	Citizenship <i>'Power and Influence'</i>	- Each Year 7 PD Group winning political party will present their manifestos in the main school hall. Political Guest in attendance (TBC) - Local elections to choose the overall winning political party (All Year 8 Classes in The Main School Hall)
35	WB 12.07	Citizenship <i>'Power and Influence'</i>	- Playing your part in democracy - Democracy and the barriers - Elections and making your voice heard
	19.07	REWARDS TRIPS	