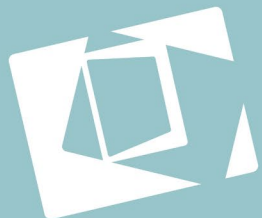
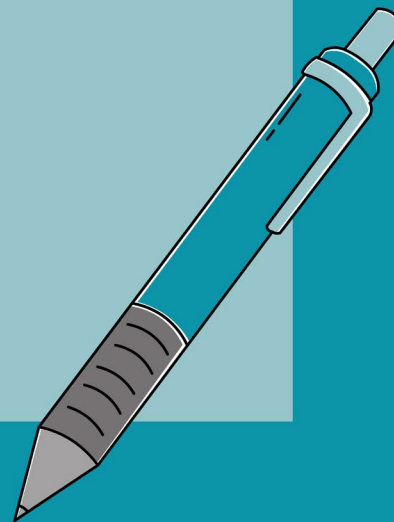


# SUBJECT CURRICULUM OVERVIEW

Aspire Year 8 Overview



Manchester  
Communication  
Academy



# Autumn Overview

Year 8	Autumn 1	Autumn 2
<b>Topic name</b>	Life Beyond School – Proud to Be Me	Health and Wellbeing – Physical Health and Mental Wellbeing
<b>Declarative Knowledge</b>	<p><b>Enterprise/Employability Skills:</b> To know what makes good teamwork and leadership.</p> <p><b>Proud to be Me:</b> To know what my aspirations are. To know what self-love is.</p> <p><b>Careers and Aspirations:</b> To know the range of job sectors.</p> <p><b>Boosting Self Esteem:</b> To know the importance of being body confident.</p> <p><b>Importance of Happiness</b> To know what happiness might mean to different people. To know why its ok for us to explore our feelings and emotions. To determine if complete happiness truly exists.</p> <p><b>What makes me angry?</b> Understand why someone gets angry.</p> <p><b>Exploring Different Careers:</b> To know the range of different UK job sectors. To know the starting salaries of a range of different jobs. To explore what my dream career or job could be.</p>	<p><b>Health and Wellbeing:</b> To know what the various definitions are for Health and Wellbeing. To know what healthy and unhealthy habits people have.</p> <p><b>Mental Health:</b> To know what mental health is. To know the range of mental health symptoms.</p> <p><b>Positive Body Image:</b> To know what the term ‘body image’ is. To know what pressures social media places on body image.</p> <p><b>Child Abuse:</b> To know the different forms of child abuse. To know importance of consent and boundaries.</p> <p><b>Types of Bullying:</b> To know what the impact of bullying and banter has on a person. To know what different types of bullying are.</p> <p><b>Healthy Eating and Cholesterol:</b> To know what a balanced diet consists of. To know what the difference is between good and bad cholesterol.</p> <p><b>Stress Management:</b> To know what causes stress. To know what long term impacts of stress on the body and mind.</p>

<p><b>Procedural knowledge</b></p>	<p><b>Enterprise/Employability Skills:</b>          To know how to work effectively as part of a team.          To know how to confidently pitch my ideas to an audience.</p> <p><b>Proud to be Me:</b>          To know how to describe my own self esteem.</p> <p><b>Careers and Aspirations:</b>          To know how each job sector in society contains different career opportunities.          To know how to plan for my future career.</p> <p><b>Boosting Self Esteem:</b>          To know how to boost self-esteem.          To know how the media and peers may impact my self-esteem.</p> <p><b>What makes me angry?</b>          To know how our thoughts and feelings can impact what we do and say.          To know how to deal with and manager anger.</p>	<p><b>Health and Wellbeing:</b>          To know how to improve my own wellbeing.</p> <p><b>Mental Health:</b>          To know how to look after my own mental health and wellbeing.</p> <p><b>Body Image:</b>          To know how to raise my own self-esteem and that of others.</p> <p><b>Child Abuse:</b>          To know how to access support and help regarding abuse.</p> <p><b>Types of Bullying:</b>          To know how I should treat other people.</p> <p><b>Healthy Eating and Cholesterol:</b>          To know how to substitute unhealthy snacks with healthy snacks.</p> <p><b>Stress Management:</b>          To know how to try to relieve stress in a range of ways.</p>
<p><b>Assessment/Outcomes</b></p>	<p>Confidence Checkers to measure progress weekly in lessons.          Scenario Application weekly- Written responses.</p>	<p>Confidence Checkers to measure progress weekly in lessons.          Scenario Application weekly- Written responses.</p>

<p><b>Prior knowledge</b></p>	<p><b>Year 7 Life Beyond School – Managing Change:</b>  <b>Trust -</b> Definition of trust and understanding of why trust is important for society to flourish.  How to build trust in our own lives (e.g. being honest, being fair, following through with actions)</p> <p><b>Transitions -</b> Definition of transition. Examples of key transition points in our lives. Examples of typical feelings experienced during transition and why they occur. Definition of resilience.  How to identify feelings during transitions. How to manage and cope with difficult feelings during transitions.</p> <p><b>Community -</b> Definition of community. Qualities of a cohesive community. Definition of multicultural society. Benefits of multicultural societies. Examples of cohesive communities living harmoniously together.  How to use knowledge of other cultures to build cohesion.</p> <p><b>Sleep -</b> Qualities of effective sleep Techniques to achieve effective sleep.</p>	<p><b>Year 7 – Health and Wellbeing – Puberty, Body and Development</b></p> <p><b>Puberty-</b>  Definition of puberty, hormones, adolescence, and examples of emotional and physical changes that take place during puberty. How to access support if I am worried about adolescence and puberty.</p> <p>Understand the changes that take place during puberty in boys and girls.  Understand the physical, social and emotional changes during puberty.</p> <p>The elements male reproductive system, wet dreams and erections.</p> <p>Ovulation. The symptoms of premenstrual syndrome. The female reproductive system. Feminine protection products available. How to use feminine period products. How to monitor a menstrual cycle. How to recognise puberty develops in boys and girls and respond to this.</p> <p>Personal Hygiene - Define body odour. Examples of personal hygiene and their regularity. Examples of how hygiene and sleep contribute to being healthy and how to achieve this. How to maintain regular hygiene routines. How to protect from infection due to poor hygiene. How to maintain a positive wellbeing.</p> <p>FGM - Describe what is meant by the term FGM, breast flattening/ironing. Examples of cultural practises in the world that do not respect 'your body, your rules' principles - illegal and dangers How to access help if I am worried or concerned about abuse.</p> <p>Consent - Define Hormones. Define Consent. Examples of ways to demonstrate personal boundaries and understanding the rights of touching others.</p> <p>Self Esteem - Definition of self-esteem and behaviours linked too high and low self-esteem. Examples of strategies to help and understand. How to cope with the changes and manage the way I feel. How to access help if I am worried about my body image or self-esteem.</p> <p>Know sources of help and support.</p>
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<p><b>Future learning</b></p>	<p><b>Year 9 – Essential Life Skills</b></p> <p><b>Failure to Success –</b>  To know what links there are between success and failure. To know what motivates people to achieve incredible things.  To know the importance of resilience and learning from mistakes and failures.</p> <p><b>First Aid-</b>  To know what an emergency is.  To know what first aid and equipment is available and where.  To know how to perform CPR, the use of defibrillators, choking and basic treatment for common injuries.  To know how to put someone in the recovery positions and when to contact the emergency services.</p> <p><b>Happiness –</b>  To know what happiness might mean to different people.  To know how to explore our own feelings and emotions. How to identify if happiness truly exists</p> <p><b>Anger –</b>  To know what the science behind why someone gets angry.  To know how our thoughts and feelings can impact what we do and day.</p>	<p><b>Year 9 – Body Confidence</b></p> <p><b>Self Esteem:</b>  To know what the difference is between high and low self-esteem  To know what range of ways to manage my own self-esteem are.  To know how things influence someone’s self-esteem</p> <p><b>Body Confidence – Penis:</b>  To know what the parts are of the male reproductive system.  To know what the make-up of a sperm cell is.  To know how testosterone impacts the body.</p> <p><b>Body Confidence – Vulva:</b>  To know what the difference is between a vulva and a vagina.  To know what the parts of a female reproductive system are.  To know what cervical screening is.</p> <p><b>Bullying:</b>  To know what HBT bullying is.  To know what the devastating impact HBT bullying has on society.  To know how schools and charities are helping to tackle HBT bullying.</p> <p><b>Grief:</b>  To know what grief is.  To know what the range of emotions people may feel when grieving.  To know how I could try and help support someone who is grieving</p>

	<p>To know how to deal with and manage anger.</p> <p><b>Money:</b>  To know what ATMs, Safe Deposit Boxes, Online Banking, Debit Cards, Vaults and branches are.  To know what the importance is on saving money and the methods of storing this is.  To know what are essential and non-essential expenditures.</p> <p><b>Employment and Financial Management:</b>  To know what financial capacity and financial competence means.  To know how important budgeting throughout life can be.  To know how to calculate personal income tax.</p> <p><b>Social Media and Stress:</b>  To know what the link is between mental health and social media usage.  To know how to use coping strategies to manage online stress.  To know how social media sometimes does not reflect real life.</p>	<p><b>Body Images, Media and Airbrushing:</b>  To know what it means to be body positive and body neutral.  To know how unrealistic the images I see in the media are.</p> <p><b>Evaluating Implemented Security Measures</b>  To know what the links between airbrushing and photo editing and self-esteem.</p> <p><b>Cancer Prevention:</b>  To know what some of the latest research on cancer prevention.  To know how to make healthy choices in my lifestyle.  To know how diet, stress and life situations impact on physical health.</p>
<p><b>Why is this being studied?</b></p>	<p>Statutory Guidance  Keeping Children Safe in Education  Demographic knowledge support.</p>	<p>Statutory Guidance  Keeping Children Safe in Education  Relationship and Sex Education  Demographic knowledge support.</p>

# Spring Overview

Year 8	Spring 1	Spring 2
<b>Topic name</b>	Rights, Responsibilities and British Values - Law, Crime and Society	Staying Safe Online and Offline - Dangerous Society On and Offline

**Declarative Knowledge**

**Desert Island Law and Rules:**

To know what qualities are needed to be a leader.

**Building a Community:**

To know what makes a good community.

To know what prejudice and discrimination mean.

**Criminal Law and Society:**

To know the age of criminal responsibility in the UK and other countries.

To know legal rights and the rule of law.

**Law Making in Society:**

To know the changes in law in the UK.

**Prison Reform and Punishment:**

To know a wide range of punishments used in the UK Criminal Justice System.

To know what theories are behind punishments.

To know the arguments for and against the use of prisons.

**County Lines:**

To know what county lines is.

**County Lines – Who at Risk?**

To know what the signs are when someone is involved with County lines.

To know what groups of people County lines gangs target and why.

**Substance Misuse:**

To know what substance misuse and substance dependency is.

To know the range of factors leading to someone engaging in drugs abuse.

**Cyber Bullying and Trolling:**

To know what trolling, cyber bullying and harassment are.

**Grooming:**

To know what online grooming is and how people may try to gain my trust in order to abuse it.

**Drugs and Alcohol – Staying Safe:**

To know what binge drinking.

To know the consequences of consuming alcohol are.

**Child Exploitation and Online Protection:**

To know what child sexual exploitation is.

To know what to do to reduce the risks associated with being online.



<p><b>Procedural knowledge</b></p>	<p><b>Law and Rules:</b> To know how to make difficult decisions. To know how to work well in a team.</p> <p><b>Building a Community:</b> To know how not to stereotype and pre-judge people.</p> <p><b>Desert Island – Making Decisions:</b> To know how to be a good team player. To know how birth is celebrated by different religions.</p> <p><b>Criminal Law and Society:</b> To know how the criminal justice system treats young offenders.</p> <p><b>Law Making in Society:</b> To know how society needs laws. To know how a bill becomes a law in the UK.</p>	<p><b>County Lines:</b> To know how to reach out for help if I feel threatened by County lines gangs. To know how county line gangs operate and the dangers of getting involved.</p> <p><b>County Lines – Who at Risk?</b> To know how gangs make people feel trapped.</p> <p><b>Substance Misuse:</b> To know how drugs impact the body.</p> <p><b>Cyber Bullying and Trolling:</b> To know how online behaviours can impact my mental health and wellbeing. To know how to prevent and respond to cyber bullying.</p> <p><b>Grooming:</b> To know how to spoke a fake profile online. To know how to report online issues and to seek further advise and support.</p> <p><b>Drugs and Alcohol – Staying Safe:</b> To know how alcohol strength is measured.</p> <p><b>Child Exploitation and Online Protection:</b> To know how to offer good advice to a friend having trouble online.</p>
<p><b>Assessment/Out comes</b></p>	<p>Confidence Checkers to measure progress weekly in lessons. Scenario Application weekly- Written responses.</p>	<p>Confidence Checkers to measure progress weekly in lessons. Scenario Application weekly- Written responses.</p>

<p><b>Prior knowledge</b></p>	<p><b>Year 7 – Politics, Parliament and Me</b></p> <p><b>Politics:</b>          To know what the role of parliament is.          To know what the different between living in a democracy and a dictatorship is.          To know how politics impacts my life.</p> <p><b>Parliament:</b>          To know what the difference is between two houses of Parliament.          To know what the role of a Local MP is.          To know what the features are of a democratic country.</p> <p><b>Political Party:</b>          To know what the five political parties are.          To know what the difference is between Labour and Conservatives.          To know who can and cannot stand for political office.</p> <p><b>Elections and Campaigns:</b>          To know what different types of elections are held in the UK.          To know why voting is important.          To know how the government is formed.</p> <p><b>Political Debates and Parliament:</b>          To know what the term advocate and devil’s advocate means.          To know how to recognise a wide range of views on a single topic.          To know how arguments are formed for and against lowering the voting age.</p> <p><b>Exploring Inside Parliament:</b>          To know what the difference is between Parliament and Government.          To know what the inside of the Houses of Parliament looks like.          To know how parliament is opened.</p> <p><b>Prime Minister:</b>          To know what the job responsibilities of the Prime Minister are.          To know what the skills and qualifies needed are to be a Prime Minister.</p>	<p><b>Year 7 – Staying Safe On and Offline</b></p> <p><b>Avoiding Gangs:</b>          To know what gang behaviour looks like          To know what the range of punishments are available for breaking the law.          To know how to avoid gang behaviour.          To know how some young people may end up joining a gang.</p> <p><b>Staying Safe Online:</b>          To know what a gut feeling is and how it links to my intuition.          To know what the risks are association with ‘being online’.          To know how to mitigate any risks associated with ‘being online’.          To know how to seek further help and support.</p> <p><b>Online Gaming, Grooming and Addiction:</b>          To know what a gaming addiction is and the symptoms of it.          To know what the benefits and risks associated with online gaming including grooms of players.          To know what support networks are available to help and support those in need.          To know how to reach support networks are available to help those in need</p> <p><b>Alcohol:</b>          To know how alcohol impacts the body.          To know what are the consequences of alcohol misuse.          To know what negative impacts alcohol use is having on wider society.</p> <p><b>Smoking:</b>          To know what harmful chemicals are contained within a cigarette.          To know what the impacts smoking has on the body.          To know how effective the government has been in helping people to quit smoking.</p> <p><b>E-Cigarettes and Vaping:</b>          To know what the science behind vaping and the health consequences of it.          To know what the difference is between smoking and vaping.          To know whether there should be a ban on High Street Vape shops.</p>
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	To know how our Prime Minister became in their role.	<b>Caffeine and Energy Drinks:</b> To know what are the health risks associated with energy drinks. To know how much sugar and caffeine are in a range of energy drinks. To know how important it is to make healthy life choices.
<b>Future learning</b>	Year 9 - Combating Extremism & Terrorism: <ul style="list-style-type: none"> <li>• Conspiracies and Extremist Narratives</li> <li>• Extremism</li> <li>• What is Terrorism?</li> <li>• Proud to be British</li> <li>• Radicalisation</li> <li>• Counter Terrorism</li> </ul>	Year 9 - Legal and Illegal Drugs <ul style="list-style-type: none"> <li>• Introduction to Drugs</li> <li>• Types of Addiction</li> <li>• Cannabis Products</li> <li>• Drugs Classification and the Effects</li> <li>• Volatile Substance Abuse.</li> </ul>
<b>Why is this being studied?</b>	Statutory Guidance Keeping Children Safe in Education Demographic knowledge support.	Statutory Guidance Keeping Children Safe in Education Demographic knowledge support.

# Summer Overview

Year 8	Summer 1	Summer 2
<b>Topic name</b>	LGBTQ+ Explored	Identity Relationships & Sex Education
<b>Declarative Knowledge</b>	<p><b>Equality Act 2010</b>            To know what equality means and why it is important.            To know challenges the Equality Act has faced.            To know what the Equality Act 2010 is and how it can be applied in different cases.</p> <p><b>LGBTQ+: What Is it?</b>            To know what the acronym stands for.            To know a variety of LGBT+ role models in British Society.</p> <p><b>LGBTQ+: Rights Across the World</b>            To know the responsibility is of the international community to help combat homophobia.            To know what the varying views and laws on homosexuality are across the world.            To know what areas of the world where homosexuality is still illegal.</p> <p><b>Gender Equality:</b>            To know what gender equality means.            To know what gender equality is in the workplace, family and politics.</p> <p><b>Disability Discrimination and Ableism:</b>            To know what ableism is and why it's a problem.            To know what language and behaviour that is ableist.</p> <p><b>Removing the Barriers:</b>            To know what is meant by 'barriers to employment'.</p> <p><b>Racism and Discrimination in Society:</b></p>	<p><b>Introduction to Relationship and Sex Education:</b>            To know what the core aims of RSE in secondary schools are.            To know what a healthy relationship might look like.</p> <p><b>Being Yourself and Self Love</b>            To know what self-love really is.            To know how self love is so important and good for you.</p> <p><b>Healthy Relationships:</b>            To know what characteristics are of healthy and unhealthy relationships.            To know what the potential impacts of power differences such as age, status or position within relationships.</p> <p><b>What is Love:</b>            To know what the term love is and understand that it comes in many different forms.            To know what the meaning of love between a couple and the expectation that form a positive romantic relationship.</p> <p><b>Dealing with Conflict:</b>            To know what the different areas of life where conflict may occur.            To know what the cause of conflict can be and learn a range of conflict resolution methods.</p> <p><b>Periods and Menstrual Cycle:</b>            To know what the menstrual cycle is and its role in human reproduction.            To know what the role of hormones in the regulation of the body has function.</p> <p><b>Introduction to Contraception:</b>            To know what the term abstinence means.            To know the three ways of reducing the risk of pregnancy are.            To know a wide range of contraceptive methods.</p>

	<p>To know what the word 'colonisation' and understand what the British Empire was. To know the link between statues and racism.</p>	<p><b>Sexual Orientation:</b> To know what the many different key terms and concepts that can be used. To know what damaging impact homophobic language has on people.</p>
<p><b>Procedural knowledge</b></p>	<p><b>LGBTQ+: What Is it?</b> To know how many different key terms and concepts used within this topic.</p> <p><b>Gender Equality:</b> To know how as a society, we can challenge gender stereotypes.</p> <p><b>Disability Discrimination and Ableism:</b> To know how to be anti ableist, and to be an ally for disabled people.</p> <p><b>Removing the Barriers:</b> To know how these barriers impact people living with a disability. To know what we can do to move towards equality.</p> <p><b>Racism and Discrimination in Society:</b> To know how an opinion on what the future of statues in Britain could be.</p>	<p><b>Introduction to Relationship and Sex Education:</b> To know how physical touch may be different in a sexual relationship to any other relationship.</p> <p><b>Being Yourself and Self Love</b> To know why self love is so important and good for you To know how society has evolved to minimise self-love.</p> <p><b>Dealing with Conflict:</b> To know how feeling may vary between people in the same situation.</p> <p><b>Periods and Menstrual Cycle:</b> To know how and why feminine protection is so absorbent and effective.</p> <p><b>Sexual Orientation:</b> To know how to challenge LGBTQ+ prejudices and stereotypes.</p>

<p><b>Assessment/Outcomes</b></p>	<p>Confidence Checkers to measure progress weekly in lessons. Scenario Application weekly- Written responses.</p>	<p>Confidence Checkers to measure progress weekly in lessons. Scenario Application weekly- Written responses.</p>
<p><b>Prior knowledge</b></p>	<p>Year 7 –Summer 1 - Celebrating Diversity: Multicultural Britain: To know what examples are of multicultural Britain. To know what are the positive impact migration has had on Britain. To know how different groups have migrated to the UK over the past 60 years.</p> <p>Identity: To know what influences affect my identity. To know how to describe my identity. To know how to express myself at home and at school.</p> <p>Breaking Down Stereotypes: To know how stereotypical views come about. To know how to not stereotype and the importance of this. To know how people judge before getting to know a person</p> <p>Nature v Nurture: To know what Nature v Nurture debate involves. To know what the different stages of socialisation are. To know what is socially acceptable and not socially acceptable.</p> <p>Equality Act:</p>	<p>Year 7 – Summer 2 – Friendships Respect and Relationships: Consent and Boundaries: To know what personal space is and why it is important. To know what consent is and when it is given. To know how to respond to people and situations in an assertive manner.</p> <p>Respect and Relationships: To know what a wide arrange of different relationships are. To know what the difference is between friendship and relationship. To know how to respect the rights of others and celebrate their differences.</p> <p>What makes a good friend: To know what “I’m looking for in a friend”. To know what the benefits of having friends but also the risks of toxic friendships. To know how to make new friends.</p> <p>Friendships and Managing them: To know what unhealthy friendships look like. To know what the dangers are of disclosing too much information to online friends. To know what makes a good friend most, if not all the time.</p> <p>Being Positive and Self Esteem:</p>

	<p>To know what anti-discrimination laws passed by the UK government.          To know six protected characteristics.          To know what the difference between direct and indirect discrimination.</p> <p><b>Prejudice and Discrimination:</b>          To know what the difference is between prejudice and discrimination.          To know what characteristics people are prejudiced by.          To know how I can help support equality for all.</p> <p><b>Challenging Islamophobia and Hate Crime:</b>          To know what the different forms hate crime can take.          To know what islamophobia is and the causes.          To know what the hierarchy of discriminatory acts.</p>	<p>To know what my strengths are and why it is important to be aware of my own emotions.          To know how to regularly give other people compliments and to try to be kind to others.          To know how to turn a problem into an opportunity.</p> <p><b>Pressure and Influence:</b>          To know what is the best way to deal with peer pressure          To know how peer pressure impacts people of all ages.          To know how I'm influenced and how my actions influence others</p> <p><b>What does it mean to be a 'Man':</b>          To know what it means to be a 'man'          To know what the difference is between a man's man and a good man.          To know how to be confident in showing my emotions.</p>
<p><b>Future learning</b></p>	<p><b>Year 9 – Summer 1 - Sex, Law, Consent and STI's:</b></p> <p><b>STI's and Contraception</b>  <b>Condoms</b>  <b>Sexual Harassment and Stalking</b>  <b>HIV and Aids.</b>  <b>Aids and Prejudice and Discrimination</b></p>	<p><b>Year 9 – Summer 2 - Sex, Law, Consent and STI's:</b></p> <p><b>Sexual Consent and the Law</b>  <b>FGM and the Law</b>  <b>Sex – Why to delay?</b>  <b>Sex – Why have Sex?</b>  <b>Relationships and Partners</b>  <b>Pleasure</b>  <b>What are STI's?</b></p>

<b>Why is this being studied?</b>	Statutory Guidance Keeping Children Safe in Education Demographic knowledge support.	Statutory Guidance Keeping Children Safe in Education Demographic knowledge support.
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