

AUTUMN TERM YEAR 8	
Core Theme 1 Health and Wellbeing	
LOOL LESSONS	Making informed choices – drugs and alcohol Coping with pressures of the media Self esteem – recognition of personal strengths
DEEP LEARNING DAYS	Heathy diet – understanding what might influence decisions about eating a balanced diet and taking part in exercise, managing the different choices
DISCIMUS/ASSEMBLY	Recognise the importance of Internet Safety Understand the dangers Halloween and Bonfire Night and how to keep safe Bullying – how do we deal with this in our colleges
Core Theme 2 Relationships	
LOOL LESSONS	Coping with peer pressure Learning to offer and receive constructive feedback Understand bullying by association
DEEP LEARNING DAYS	Recognising the differences between healthy and unhealthy relationship
DISCIMUS/ASSEMBLY	Playing your part in a team
Core Theme 3 Living in the wider world; economic wellbeing, careers and the world of work	
LOOL LESSONS	British Values – similarities and differences between different cultures and religions Living in a multi-cultural society – life outside Norfolk
DEEP LEARNING DAYS	The Real Game – aspirations and the skills needed to reach them
DISCIMUS/ASSEMBLY	Past/present/future – recognising what our families did for us and what impact we can have on the future Human Rights – what does this mean to us? How do our rights affect us as we grow up? Whole school Armistice Day memorial service – understand why we need to remember, forming opinions
EXTRA-CURRICULAR	Observation of Armistice Day – deep reflection and personal extended writing about first hand experiences of war. Followed by whole school parade including students who are involved in local associations such as cadets, St. Johns, guides, Trips to Spain – cultural experience

SPRING TERM YEAR 8	
Core Theme 1 Health and Wellbeing	
LOOL LESSONS	Understanding puberty and the impact of this on mental wellbeing Legal and illegal substance abuse
DISCIMUS/ASSEMBLY	Accepting responsibility Practising safe use of IT Understanding the dangers of excessive or secret use of mobile devices Courage and innocence – explore what is meant by this
Core Theme 2 Relationships	
LOOL LESSONS	Maintaining friendships Where to find support Who to trust
DEEP LEARNING DAYS	Considering different levels of intimacy in relationship LGBT – accepting and recognising different gender types Self reflection – how today has changed me
DISCIMUS/ASSEMBLY	Recognising the impact of my own behaviour on others' feelings of self-worth Anti-bullying – real life stories
Core Theme 3 Living in the wider world; economic wellbeing, careers and the world of work	
LOOL LESSONS	Career options – what is out there?
DEEP LEARNING DAYS	Understanding the possible results of sexting The dangers of sharing intimate images – who do I tell? What are the consequences?
DISCIMUS/ASSEMBLY	Understanding women's rights Rags to riches/riches to rags – understanding that appearances are not the sole method of judging others Understand the difference between Nationalism and Patriotism British Science week – understand that science doesn't just happen in our lessons Understand the meaning of 'radicalisation' – what does this mean to Norfolk students?

SUMMER TERM YEAR 8	
Core Theme 1 Health and Wellbeing	
LOOL LESSONS	Reflecting on how you safely use the internet Where to seek advice The effects of drugs and alcohol Making difficult decisions
DEEP LEARNING DAYS	Managing mental health – knowing where to seek advice Reflection – how healthy am I?
DISCIMUS/ASSEMBLY	Recognising the importance of Positive thought and how this affects self -esteem and confidence Exploring healthy lifestyles Knife and drug crime – why not to do it.
Core Theme 2 Relationships	
LOOL LESSONS	Looking at friendships – the power of groups and gangs
DEEP LEARNING DAYS	Keeping safe in sexual relationships Reducing risk and minimising harm Looking at sexual diversity
DISCIMUS/ASSEMBLY	Recognise the importance of Positive relationships in colleges and the wider community Understand the difference between healthy and unhealthy relationships for my age group
Core Theme 3 Living in the wider world; economic wellbeing, careers and the world of work	
LOOL LESSONS	The Real Game Looking to the future British Values – human rights, how to safely access sources of support if rights are undermined or ignored
DEEP LEARNING DAYS	Exploring moral dilemmas regarding finance
DISCIMUS/ASSEMBLY	Drugs – understand the difference between legal and illegal drugs Governments and the right to vote Olympics – the value of team work British Values – What makes us British? Maths in the real world – Social and moral dilemmas about the use of money