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| **Year 8 Unit 1**  | **Road Map** |
| In this unit you will investigate respect and understanding for yourself. The aims are as follows:**LG1**: Knowledge**LG2**: Application**LG3**: Skills | Assessment Grades |  |  |
| Pre topic assessment score |  |
| Post topic assessment score |  |
| **Themes** | **Learning Goals/Outcomes/Content** | R | A | G |
| Emotional Literacy – Why is self awareness and sensitivity important? | LG1: Identify ways we can work on our sensitivity and self awareness and apply our learning to a case study.LG2: Describe in detail how we can improve our self awareness and sensitivity and how this can help us improve relationships. LG3: Explain in detail how we can sensitively handle strong emotions and which tips are most useful for particular people. |  |  |  |
| Why do we need self esteem and how do we build it up? | LG1: Correctly identify ways students can help their self-esteem to improve and describe which piece of advice fits each case study.LG2: Explain how a person could directly apply your advice to their personal situation using detailed examples.LG3: Analyse the root cause of each persons self esteem and which piece of advice would be most and least useful to them explaining why you think this. |  |  |  |
| How can we keep good mental health and be resilient? | LG1: Correctly identify coping strategies that could aid our resilience in stressful situations.LG2: Describe what each of the different coping strategies for resilience means.LG3: Explain how we can apply the different coping strategies throughout life to enable us to be resilient |  |  |  |

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