

Year 8 Personal Development 2025-2026

Year week	Date	Theme	Topic/Lesson plan/Resources	Supplementary Resources
3	15-Sep-25	Diversity and anti-racism	Challenging gender stereotypes	TASK: Write a guide/ key points (differentiate) for young people on how we can challenge gender stereo types. You can do this as a guide for Year 8 girls/boys or in general. How will you in your life ensure that you are not held back by false notions on what a girl or boy should be?
5	29-Sep-25	Sexual health, sexuality and gender	Understanding marriage	
7	13-Oct-25	Sexual health, sexuality and gender	Spotting unhealthy and abusive relationships	
October Half Term				
9	3-Nov-25	Wellbeing and mental health	Sexuality and gender identity: an introduction	
11	17-Nov-25	Wellbeing and mental health	Consent: what is it and why is it essential?	
13	1-Dec-25	Relationships, family, and friends	Mental health: talking about our emotions	
15	15-Dec-25	Relationships, family, and friends	Self-esteem and confidence	
Christmas Holidays				
17	12-Jan-26	Relationships, family, and friends	Overcoming conflict and finding forgiveness	
19	26-Jan-26	Life skills	Managing risk: looking after your personal safety	Developing your leadership skills
21	9-Feb-26	Physical health	Gambling: the facts	
February Half Term				
23	2-Mar-26	National careers week		
25	16-Mar-26	Study skills	Revision strategies 1	Trigger words Memory journey
Easter Holidays				
27	13-Apr-26	Study skills	Revision strategies 2	Mind mapping TASK: Creating mind maps on a topic from exercise books Extension: Create an illustrated guide on How to revise in Year 8. Include a top ten tip guide
29	27-Apr-26	Study Skills	Reflecting on data capture	TASK: Using form to reflect on data capture and set targets Supplement with GCSE Pod video if needed
31	11-May-26	First Aid and Personal Safety	Basic life support 1	First Aid Please split resources over 2 lessons
May Half Term				
33	1-Jun-26	CPR	Basic life support 2	First Aid
35	15-Jun-26	Physical health/Online safety	Healthy lifestyles: exercising for physical and mental wellbeing	Media literacy: interpreting information online
37	29-Jun-26	Create opportunities	Creating the life you want: making a vision board	
39	13-Jul-26	Physical health	Addictive substances: alcohol	