



Personal Development – Y8 Learning Skills

Learning about this topic is important because: Learning and organisation skills are important because they help you become a more independent and effective learner. They enable you to manage your time, prioritise tasks, and meet deadlines, reducing stress and improving wellbeing. Strong organisation supports better focus and retention of knowledge, helping you achieve your goals. These skills also prepare you for **further education, employment, and adult life**, where planning, responsibility, and self-management are essential

This builds on: In Year 7, you developed your organisation skills, including how to keep your folders and resources well organised. You also learned a range of study techniques, such as using flashcards, mind maps, and mnemonics to support your learning and revision.

This leads to: In Year 9, you will further develop your organisation and independence, using reminders and support strategies to manage your learning more effectively. You will build on your skills in active reading to deepen understanding and learn how to use online platforms confidently and responsibly to support your studies.

We will learn:

- Revision timetables and how to write them
- Exam Stress and how to develop coping strategies

We will develop/practise skills including:

- Organisation and time management skills
- Independent learning and self-management
- Study and revision strategies
- Digital and physical organisation
- Metacognition
- Resilience and perseverance

Some of the vocabulary that we will use includes:

Consolidation, spaced revision, resilience, stress, wellbeing

You could learn more about this topic by:

Researching and practising different revision techniques using sites such as BBC Bitesize, Seneca, Physics and Maths tutor, Cognito

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: The assessment in Learning Skills will focus on your engagement in lessons and your progress in the end-of-year exams, showing how well you apply the skills you have developed throughout the year.



Personal Development – Y8 Careers and Aspirations



West Kirby
Grammar School

Learning about this topic is important because: Careers education is important because schools must provide independent guidance to help you make informed choices about your future. It supports you to understand different career pathways, skills, and opportunities, and helps you make confident decisions about further education, training, and employment.

This builds on: In Year 7, you learned what Unifrog is and how to use it as a careers platform. You explored who you are, including your likes and dislikes, and began thinking about your dream jobs. You also learned what a career is and were introduced to the idea of an entrepreneur.

This leads to: In Year 9, you will learn about transferable skills and how they can be used in different jobs and careers. You will explore what comes after school, including different education and training pathways. You will also look at your KS4 options and how these choices can affect your future. In addition, you will learn about working and earning money, and what this means in real life.

We will learn:

- What are my interests?
- Superhero CVs
- Challenges and rewards of work
- How to create the life you want
- What success looks like and how this might be different for all of us.

We will develop/practise skills including:

- Using the Unifrog platform to explore careers and skills
- Self-reflection and evaluation
- Identification of key skills
- Evaluating career profiles
- Prioritising and sorting information
- Summarising and simplifying information
- Analyse scenarios

Some of the vocabulary that we will use includes:

Technology, Skills, Challenge, Experience

You could learn more about this topic by:

Accessing the careers and know how library on Unifrog and favouriting areas of interest. You can also record skill demonstration and take some quizzes to explore what you like in more depth.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: You will complete a careers journal to record and reflect on your experiences, skills, and aspirations. This will help you track your career-related learning across school, understand your strengths, and begin to map out possible future pathways and goals



Personal Development – Y7 Relationships

Learning about this topic is important because: Learning about relationships is important because it helps you understand how to build healthy, respectful relationships based on trust, kindness and respect. It teaches you how to recognise unhealthy or unsafe behaviours, including bullying, pressure or abuse, and know what to do if you are worried. It also helps you understand consent, personal boundaries and staying safe, so you can make informed choices. This learning prepares you for adult life and different types of relationships, including friendships and romantic relationships. It also supports your emotional wellbeing, empathy, and respect for others and different types of families and backgrounds.

This builds on: At primary school, you learned how to build positive, respectful relationships, understand what bullying is and why it is wrong, and how to report it safely. You also developed an understanding of kindness, respect and empathy, and how your behaviour can affect other people's feelings and wellbeing

This leads to: In your next stage of learning, you will build on your primary knowledge of relationships by exploring how abuse can appear in relationships and how to stay safe. In the Managing Risk unit (Spring term), you will learn how to recognise and respond to different forms of risk and harm. In Year 8 relationships work, you will also study cyberbullying, understand what red flags in relationships can look like, and learn about protected characteristics and why respect and equality are important in all relationships.

We will learn:

- Explore different types of conflict
- Investigate why friendships can break down
- Reflect on the difference between banter and bullying
- Discuss anti LGBT+ behaviour
- Have an introduction to the concept of protected characteristics

We will develop/practise skills including:

- Decision making
- Personal reflection
- Empathy and respect
- Conflict resolution
- Skills of self-worth

Some of the vocabulary that we will use includes:

Conflict, bullying, banter, empathy, respect, trust

You could learn more about this topic by: using safe, trusted and appropriate sources, such as:



- NSPCC, Childline, BBC Bitesize
- Reading guided materials or knowledge organisers provided in lessons
- Watching educational videos recommended by school staff rather than searching independently
- Discussing questions with a trusted adult (teacher, form tutor, pastoral staff)
- Using school systems to ask questions

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: a knowledge check and application task. This will include multiple-choice questions and a short-extended answer based on a scenario, where you will apply what you have learned to a real-life situation.



Personal Development

– Y8 Exploring Who I Am

Learning about this topic is important because: Exploring who you are is important because it helps you develop self-awareness and confidence, so you understand your thoughts, feelings, and values. This supports you in building self-esteem, independence, and a positive relationship with yourself, which are essential for forming healthy relationships with others. You will also develop key skills such as managing your emotions, understanding others, making responsible decisions, and dealing with peer pressure. This learning helps you grow as an individual, explore your own interests and identity, and understand what it means to be treated with respect and to show respect to others.

This builds on: In Year 7, you explored who you are as an individual and what makes you unique. You began to understand self-concept and resilience, and how these help you deal with challenges. You also learned how to identify your strengths and areas for development to support your personal growth

This leads to: In Year 9, you will explore body image and how it can be influenced by media, peers, and society. You will learn about the ideas presented in The Social Dilemma, focusing on how social media and technology can affect thoughts, behaviour, and wellbeing. You will also take part in a structured discussion and debate, developing your ability to think critically, share views respectfully, and consider different perspectives.

We will learn:

- How we should present ourselves online and how to stay safe online
- The impacts of social media on our wellbeing
- Appearance ideals and media messages – the cultural expectations and personal impact

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork

Some of the vocabulary that we will use includes:

Mental health, resilience, emotional wellbeing, excessive, impact, culture

You could learn more about this topic by:

Analysing our social media use for 1 week and being a critical viewer of the influence on our feed. Do we need to make any changes to support our wellbeing? Do we need to think more about our online persona



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Personal Development – Y8 Health & Wellbeing



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Learning about this topic is important because: Learning about health and wellbeing is important because it helps you look after your physical, mental, and emotional health. It supports you to make safe and informed choices, manage stress, and build healthy routines. It also helps you develop the confidence to recognise risks, seek support when needed, and maintain positive relationships, preparing you for a healthy and balanced life now and in the future.

This builds on: In Year 7, you learned about wellbeing and how to look after your physical and mental health. You explored what influences your health choices, including peers, media, and environment. You also learned about a range of emotions and how to recognise and understand them. In addition, you were introduced to the topic of vaping and its potential risks.

This leads to: In Year 9, you will learn about mental health stigma and how to challenge negative attitudes. You will explore how to cope with setbacks and develop effective coping strategies. You will also learn about self-harm, including how to recognise concerns and seek help safely. In addition, you will study change, loss, and grief, and how people can respond to and manage these experiences in healthy ways.

We will learn:

- About mental Health conditions
- How to promote emotional wellbeing
- How social media makes us feel

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork
- Personal responsibility and independence
- Problem-solving and evaluating real-world issues

Some of the vocabulary that we will use includes:

Resilience, Mental Health, Misconception, Discrimination, risk, pressure, bullying, unrealistic,

You could learn more about this topic by:

Using trusted websites like BBC Bitesize for clear explanations of mental health conditions, emotional wellbeing, and social media impact.

Accessing guidance and resources from Mind and YoungMinds to deepen understanding of mental health and coping strategies.

Exploring support and information from Childline for real-life advice on feelings, stress, and online pressures.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: a knowledge check and application task. This will include multiple-choice questions and a short-extended answer based on a scenario, where you will apply what you have learned to a real-life situation



Personal Development – Y8 Managing Risk

Learning about this topic is important because: Learning about managing risk is important because it helps you recognise unsafe situations and make informed decisions that protect your wellbeing. It develops your ability to assess consequences, manage pressure, and respond to challenges safely, both online and offline. This supports you in becoming more independent and responsible; while also helping you know when and how to seek help.

This builds on: In Year 8, you learned about anti-racism and why it is important to challenge discrimination. You explored the age of criminal responsibility and what this means in the law. You developed your understanding of child-on-child abuse, including how to recognise it and seek help. You also studied protected characteristics and why they exist, learned to identify hate crimes, and discussed honour-based abuse, including how to access support for yourself or others.

This leads to: Drugs and Alcohol: In Year 9, you will learn how to respond if friends are using drugs or alcohol and how to support them safely. You will explore what the law says about drug possession and the consequences of breaking it. You will also study serious risks such as gang involvement, county lines, and child criminal exploitation, and how to recognise and avoid them. In addition, you will learn about the dangers of asphyxiation and risky dares and understand how to distinguish between safe online gaming and grooming behaviours.

We will learn:

- How safe legal drugs are
- E rides and their dangers
- Basic First Aid
- Financial decisions and how to make them
- How personal data is collected online – keeping safe
- Deep Fakes and their impact
- Viewing harmful content and what you can do

We will develop/practise skills including:

- Communication and discussion skills
- Critical thinking and decision-making
- Empathy and understanding of others' perspectives
- Respect, tolerance, and cultural awareness
- Collaboration and teamwork
- Personal responsibility and independence
- Problem-solving and evaluating real-world issues
- Active citizenship
- Viewpoints and political position

Some of the vocabulary that we will use includes:

Phishing, hacking, illegal, consequences, defibrillator, impact

You could learn more about this topic by: Use BBC Bitesize and NSPCC for clear guidance on risk, personal safety, online behaviour, and decision-making.

Explore Childline and The Mix for real-life scenarios and advice on handling pressure, staying safe, and knowing what to do in risky situations.

Use Thinkuknow for interactive resources and videos about online risks, privacy, and digital safety.



Personal Development – Y8 Managing Risk

Watch verified educational videos from organisations like St John Ambulance to learn practical skills such as basic first aid and emergency response.

Your teacher will assess your knowledge & understanding throughout the topic by looking at your work, questioning, discussion and giving you feedback in lots of different ways. The key pieces of work in this topic are: a knowledge check and application task. This will include multiple-choice questions and a short-extended answer based on a scenario, where you will apply what you have learned to a real-life situation