







Personal Development: Year 8 Remote Learning

- In the table below you will see the unit being studied in school and the approximate time of year the unit is being delivered in school.
- Find the unit currently being studied in school and the classroom lesson and look for the remote learning alternative.
- To access the remote learning alternative lesson(s) click on the link (control + click).
- There are a number of lessons and you are not expected to complete them all.
- If you have any concerns after completing any of the remote learning lesson(s) please speak to your PD teacher.

Unit:	Months studied between:	Classroom Lesson:	Remote learning alternative:
 Unit 1: Health and Wellbeing	September-November	1. Mental Health and Emotional Wellbeing 2. Body Image 3. Coping Strategies 4. Change, Loss and Grief	Mental Wellbeing: Talking about emotions (5 Lessons) https://teachers.thenational.academy/units/mental-wellbeing-talking-about-emotions-468e
 Unit 2: Health and Wellbeing	November-December	5. Alcohol and Drug Misuse 6. Alcohol and Risk 7. Pressures including County Lines	Drugs and Alcohol (6 lessons) https://teachers.thenational.academy/units/drugs-and-alcohol-smoking-and-alcohol-7cb7
 Unit 3: RSE	January-March	8. Racism 9. Discrimination 10. Gender Discrimination and Misogyny	What are our identities and communities? (6 lessons) https://teachers.thenational.academy/units/what-are-our-identities-and-communities-6b5c
 Unit 4: RSE	March-April	11. Gender identity and sexual identity 12. Consent 13. Introduction to contraception	Being Safe: The Law (5 lessons) https://teachers.thenational.academy/units/being-safe-the-law-consent-exploitation-and-harassment-53e2
 Unit 5: Living in the Wider World	April-June	14. Equality of Opportunity 15. Life Choices 16. Types and Patterns of Work	What rights should all children have? (6 lessons) https://teachers.thenational.academy/units/what-rights-should-all-children-have-14f2

Unit 6: Living in the Wider World 	June-July	17. Online Safety	Online and Media: Harmful Contact (5 lessons) https://teachers.thenational.academy/units/online-and-media-harmful-contact-ffa5
		18. Digital Literacy	
		19. Media Reliability	