

## Year 8 Overview 2025-26 – EfL

Date	Wk	Week	Units Studied & Learning Outcomes
8 weeks (7 Lessons) (38Days)			
Tues 2-Sep Tues Y7 only Wednesday- whole school	A	1	<u>Overview of Unit/No. lessons</u> <b>Making Healthy Choices</b>  L1 Understand how I can be more resilient and face challenges L2 Understand how I can manage my anger <b>L3 – Road Safety assembly with Cheshire West and Chester Council</b> L4 Understand how to manage social anxiety. L5 Understand how social media impacts self-esteem. L6 Understand how we recognise and prevent developing eating disorders L7 Explore the wider impacts of vaping
8-Sep	B	2	
15-Sep*	A	3	
22-Sep	B	4	
29-Sep	A	5	
6-Oct	B	6	
13-Oct	A	7	
20-Oct	B	8	
Half-Term			
7 weeks (7 lessons) (35 Days)			
3-Nov	A	9	L8 Understand the dangers of drugs. L9 Understand personal safety and first aid L10 How to give CPR and how to use defibrillators
10-Nov	B	ST1	
17-Nov	A	ST1	
24-Nov	B	12	<u>Overview of Unit/No. lessons</u> <b>Looking after the world around us</b>  <u>Lesson Sequence of Content:</u> L1 Understand how and why the UK help people in other countries L2 To be aware of who UNICEF are and how they help around the world L3 Be aware of human rights abuse – genocide and trafficking. <b>L4 Assessment</b>
1-Dec	A	13	
8-Dec	B	14	
15-Dec	A	15	
Christmas Holiday			
6 weeks (7 lessons) (30 Days)			
5-Jan	B	16	<u>Overview of Unit/No. lessons</u> <b>How to stay safe online</b>  <u>Lesson Sequence of Content:</u> L1 Be able to stay safe on social media L2 Understand why we need to be careful sharing images of ourselves on social media; L3 Understand what online grooming is and how to recognise the warning signs. L4 Understanding TikTok L5 Financial Safety online L6 My Digital Footprint
12-Jan	A	17	
19-Jan	B	18	
26-Jan	A	19	
2-Feb	B	20	
9-Feb	A	21	
Half-Term			
6 weeks (6 lessons) (29 Days)			
23-Feb	B	22	<u>Overview of Unit/No. lessons</u> <b>How to stay safe in relationships</b>  <u>Lesson Sequence of Content:</u> L1 Be aware of all relationships with role models
2-Mar	A	23	
9-Mar	B	24	
16-Mar	A	25	
23-Mar	B	ST2	

30-Mar	A	ST2	L2 Understand what is consent and your right to say NO L3 Same sex relationships L4 Teen pregnancy and parenting L5 Understand what sexting is and why is it so risky to send personal images <b>L6 Assessment</b>
<b>Easter Holiday</b>			6 weeks (6 lessons) (30 Days)
20-Apr	B	28	<u>Overview of Unit/No. lessons</u> <b>Diversity and Inclusion</b>  <u>Lesson Sequence of Content:</u> L1 Introduction: Diversity L2 Understand people are different to us L3 Strength in Understanding L4 Dressing modestly
27-Apr	A	29	
4-May*	B	30	
11-May	A	31	
18-May			
	B	32	
<b>Half-Term</b>			5 weeks (4 lessons) (25 Days)
1-Jun	A	33	<u>Overview of Unit/No. lessons</u> <b>Career Skills</b>  <u>Lesson Sequence of Content:</u> L1. Communication L2. Being Proactive L3. Resilience L4. How to Adapt L5. Careers Day preparation <b>L6. Assessment</b> L7. End of Year Review
8-Jun	B	34	
15-Jun	A	35	
22-Jun	B	36	
29-Jun	A	37	
6-Jul	B	38	
13-Jul			
	A	39	
(Total: 189 Days)			