



## Clare Mount Department Long Term Plan Subject: Preparation for Adulthood

	<b>Autumn Term</b> First half-term	<b>Autumn Term</b> Second half-term	<b>Spring Term</b> First half-term	<b>Spring Term</b> Second half-term	<b>Summer Term</b> First half-term	<b>Summer Term</b> Second half-term
<b>Year 8</b>	<b>Friends, Relationships and Community</b>	<b>Good Health and Wellbeing</b>	<b>Work and Careers</b>	<b>Making Choices</b>	<b>Independent Living and Life Skills</b>	<b>Keeping Safe</b>
<b>Lesson 1</b>	Road safety as a pedestrian	Seeking help when unwell Describing how germs spread	What is a Volunteer? Why do people Volunteer?	Risks of sharing personal information online Strategies to safely manage personal information and images online i.e. social media, gaming profiles	Rules and Procedures to keep us safe in school	First Aid Allergies
<b>Lesson 2</b>	Road safety as a driver	Symptoms of illnesses	Where can you volunteer? What can you do?	Benefits and positive aspects of using social media – offers opportunities to engage with a	How to report an accident What is an emergency? Identify Emergency Services	First Aid Asthma



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				wide variety of views on different issues	Calling 999 Police and Fire	
<b>Lesson 3</b>	Rail Safety	What is a Healthy Lifestyle?	How does Volunteering lead to employment?	How to report online abuse, trolling and legal implications of abusing someone online.	Ambulance and Lifeboat service	First Aid Choking
<b>Lesson 4</b>	What is bullying?	Positive effects of good sleep	Different types and patterns of work available including employment, self-employment and voluntary work. Different work roles and career pathways including own aspirations for the future.	Effects of exercise on mental health. Benefits of having a Growth Mindset.	Sun Safety and Water Safety	First Aid Head Injuries



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<p><b>Lesson 5</b></p>	<p>Difference between friendship groups and gangs. Risks of being part of a gang.</p>	<p>Dental Hygiene</p>	<p>Setting goals and targets for the future. Introduce SMART targets</p>	<p>Effects of smoking, vaping and passive smoking.</p>	<p>Causes and effects of Pollution and Air Quality</p>	<p>First Aid Bleeding</p>
<p><b>Lesson 6</b></p>	<p>Strategies of being pressured to do something. Responsibility of being a bystander.</p>	<p>Personal Hygiene</p>	<p>Review strengths, interests, skills, qualities and values and how to develop them.</p>	<p>Organ donation and Blood donation</p>	<p>Role and purpose of the G8 Summit. Impact of campaigners such as Greta Thunberg and Richard Attenborough</p>	<p>First Aid Shock</p>
<p><b>Lesson 7</b></p>	<p>How to report bullying. How to support someone being bullied.</p>	<p>Promoting good Mental Health</p>	<p>Skills and attributes that employers value. Skills needed to succeed in Enterprise activities.</p>	<p>Safe use of medication for different conditions e.g. Asthma, ADHD, mental health and pain management.</p>	<p>Recycling and Sustainability</p>	<p>First Aid Basic CPR</p>