

Remote Curriculum Year 8 PSHE MONDAY WEEK A BLOCK 1 ONLY

How it Works:

1. Find the correct week commencing row.
2. Find today's day - There are up to 3 different lessons in each day – you won't run out of work.
3. Choose a lesson – hold ctrl and click the chosen link.
 - a. If you don't recognise the work, it appears too difficult or the link doesn't load; i. Try another task – look at the previous/next lesson or look at other days.
4. Some lessons have links to PowerPoints and other resources beneath the video and/or Starter Quiz
5. Complete any starter quizzes. a. Write your answer down b. Mark your answers and write down any corrections
6. Watch the videos and take notes
7. Pause if/when instructed to do so to answer questions or respond.
8. Complete and go onto the next one.

Signposting support:

If you have any questions, worries or concerns, please speak to your:

Tutor / Pastoral Leader / College Director / SENDCo's / Safeguarding- yellow lanyard or email safeguarding at: safeguarding@ivybridge.devon.sch.uk

Lesson	Lesson 1	Lesson 2	Lesson 3
15/09/25 Wellbeing	How talking supports mental health	Influences on mental health	Working with my feelings
29/09/25 Body Image	Body image introduction	Time online and body image	Idealised projections
13/10/25 Coping strategies	Calming and relaxation techniques	Physical activity and mental wellbeing	Benefits of a healthy lifestyle
03/11/25 Caffeine	Importance of sleep	NHS caffeine awareness leaflet	Stimulants
17/11/25 Alcohol and risks	Introduction- alcohol and tobacco	Alcohol: short term and long health risks	Alcohol: psychological risks
01/12/25 Smoking and vaping	Smoking and vaping	Why smoking and vaping are risky	The impact of smoking and vaping
15/12/25 ADDITIONAL	My Sentence	Time online and self-esteem	Trolls and harassment