



## Year 8 Medium Term Plan – Life to the Full (RSHE)

St Patrick's RC High School

Week	Theme	Title	Description	Catholic Quote / Scripture
1	Religious Understanding	<b>Created and Chosen</b>	Students explore how recognising their God-given uniqueness helps them connect with God, who created and loves them.	<i>"Before I formed you in the womb, I knew you." – Jeremiah 1:5 \ "I have called you by name, you are mine." – Isaiah 43:1</i>
2	My Body	<b>Appreciating Differences</b>	Students learn to appreciate male and female differences, recognising identity as a gift from God and understanding their dignity as human beings.	<i>"God created humankind in His image... male and female He created them." – Genesis 1:27 \ "Each of us is the result of a thought of God." – Pope Benedict XVI</i>
3	Emotional Wellbeing	<b>Feelings</b>	Students explore how sexual feelings form part of human development and how managing them requires self-control, self-respect, and patience.	<i>"The fruit of the Spirit is... self-control." – Galatians 5:22–23 \ "Chastity includes an apprenticeship in self-mastery." – Catechism of the Catholic Church 2339</i>
4	Life Cycles	<b>Before I Was Born</b>	Students contemplate the beauty and fragility of life in the womb, reflecting on its sacredness and God's creative power.	<i>"You knit me together in my mother's womb." – Psalm 139:13 \ "Human life must be respected and protected absolutely from the moment of conception." – Catechism of the Catholic Church 2270</i>
5	Personal Relationships	<b>Tough Relationships</b>	Students explore how difficult relationships can be improved through tolerance, kindness, patience and forgiveness.	<i>"Be kind to one another, tender-hearted, forgiving one another." – Ephesians 4:32 \ "Peace begins with a smile." – St Teresa of Calcutta</i>
6	Keeping Safe	<b>Think Before You Share</b>	Students learn that image sharing, objectifying behaviour, and harmful communication dishonour the dignity given by God to every person.	<i>"Each person reflects something of God's glory." – St John Paul II \ "Do not conform to the pattern of this world." – Romans 12:2</i>

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7	Wider World	<b>Wider World</b>	Students recognise the sin of unjust discrimination and explore how to challenge injustice by reflecting Christ's love in school and in daily life.	<i>"There is neither Jew nor Greek... for you are all one in Christ Jesus."</i> – Galatians 3:28 \ <i>"If you want peace, work for justice."</i> – Pope Paul VI

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