



Middlewich High School Music Department – 5-Year Curriculum Map



At MHS, our Personal Development curriculum equips students with the knowledge, skills, and confidence to thrive academically, socially, and emotionally. We aim to foster self-belief, resilience, and ambition, encouraging students to **believe** in themselves, overcome challenges, and **aspire** to higher education and meaningful careers. The curriculum promotes wellbeing, emotional literacy, and positive relationships to create a strong sense of **belonging**, helping students manage stress and develop empathy. Through leadership opportunities, mentoring, and community engagement, students learn social responsibility, inclusivity, and respect for diversity. Overall, we aim for every student to leave school as a well-rounded, resilient, ambitious, and socially responsible young person, ready to succeed in life and future pathways.

Year 7	<u>Healthy Body, Healthy Mind & Online Safety</u> <ul style="list-style-type: none">Safe phone use, healthy use of phones & social media.Healthy eatingExercise & sleep for physical and mental wellbeingHappinessAI & Deep fakesChanging bodies	<u>Relationships & Safety</u> <ul style="list-style-type: none">Healthy FriendshipsFamily Diversity (Including LGBTQ+)First relationships, love, romance & new feelings (including LGBTQ+)Bullying & CyberbullyingTackling prejudice & discriminationThe safety of women & girls	<u>Safety & British Citizenship</u> <ul style="list-style-type: none">Personal SafetyBasic first aidWhat being British meansDemocracyIndividual liberties of UK citizensMulticultural Britain & Tolerance
Year 8	<u>Wellbeing & Safety</u> <ul style="list-style-type: none">Safe phone use, healthy use of phones & social media.Body Image & Self EsteemRecognising the signs of mental wellbeing concernsMenstrual health & wellbeingAI & Deep fakesIntroduction to recognising unhealthy/unsafe relationshipsTackling sexual harassment, abuse & violence	<u>Harmful Substances & Exploitation</u> <ul style="list-style-type: none">SmokingVapingAlcohol awarenessDrugsManaging peer influence & criminal exploitation (county lines)	<u>Equality & Political Systems</u> <ul style="list-style-type: none">EqualityTackling racismTackling gender stereotypesThe role of Parliament & The MonarchVoting & ElectionsThe legal system
Year 9	<u>Relationships, Sex Education & Online Safety</u> <ul style="list-style-type: none">Safe phone use, healthy use of phones & social media.Reproduction & fertilityLove & healthy relationships (including LGBTQ+)The importance of consentAI & Deep fakesContraception	<u>Relationships & Sex education</u> <ul style="list-style-type: none">STDs & STIsManaging sexual pressureThe dangers and risks associated with sexually explicit images & videosExpectation vs Reality (dangers/risks/misogyny)Recognising unhealthy relationships (CSE, grooming, abuse)Recognising unhealthy relationships (forced marriage, honour based violence & FGM)	<u>Living in the Wider World</u> <ul style="list-style-type: none">Online safety (extremism, radicalisation)Marriage and long term commitmentsHuman RightsDemocracy & other systems of governmentDifferent electoral systemsGovernment income & spending. UK connections to the wider world

Year 10	<p>Mental Wellbeing & Online Safety</p> <ul style="list-style-type: none"> Common types of mental health issues & loneliness Men's mental health What does it mean to be a modern man? Positive role models AI & Deep Fakes Impact of drugs/alcohol on personal safety Crime, Gangs & County Lines 	<p>Relationships, Sex & Health education</p> <ul style="list-style-type: none"> Gender Based Violence Sexual Harassment, Violence & Abuse. The consequences. Menstrual wellbeing & Gynaecological health Fertility & routes to parenthood Pregnancy & parenting Choices in relation to pregnancy 	<p>Diversity, safety & Living in the Wider World</p> <ul style="list-style-type: none"> A* Behaviour in the community Knife crime Accepting & valuing diversity Sexuality & gender Exploring differences in the way our brains work Becoming an adult- bills, housing & income
Year 11 (2026-27)	<p>Living in the Wider World</p> <ul style="list-style-type: none"> Safe phone use, healthy use of phones & social media. How do I write a CV Post 16 applications & interview skills Part time jobs, contracts, pay slips, tax rights, responsibilities AI & Deep fakes Self-examination & screening Extremism & radicalisation 	<p>Relationships, Sex & Health education</p> <ul style="list-style-type: none"> Healthy, romantic relationships Authentic consent vs pressure, manipulation & coercion Dealing with relationship break ups Grief & Bereavement Changes later in life Recognising unhealthy & unsafe relationships – domestic abuse 	<p>Health & Wellbeing</p> <ul style="list-style-type: none"> Exercise & diet – what is healthy? Online risks – scamming, fake news and gambling Mental health throughout life/post school