



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 eating • Exercise & sleep for physical and mental wellbeing • Happiness • AI & Deep fakes • Changing bodies 	<u>Relationships & Safety</u> <ul style="list-style-type: none"> • Healthy Friendships • Family Diversity (Including LGBTQ+) • First relationships, love, romance & new feelings (including LGBTQ+) • Bullying & Cyberbullying • Tackling prejudice & discrimination • The safety of women & girls 	<u>Safety & British Citizenship</u> <ul style="list-style-type: none"> • Personal Safety • Basic first aid • What being British means • Democracy • Individual liberties of UK citizens • Multicultural 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 Esteem • Recognising the signs of mental wellbeing concerns • Menstrual health & wellbeing • AI & Deep fakes • Introduction to recognising unhealthy/unsafe relationships • Tackling sexual harassment, abuse & violence 	<u>Harmful Substances & Exploitation</u> <ul style="list-style-type: none"> • Smoking • Vaping • Alcohol awareness • Drugs • Managing peer influence & criminal exploitation (county lines) 	<u>Equality & Political Systems</u> <ul style="list-style-type: none"> • Equality • Tackling racism • Tackling gender stereotypes • The role of Parliament & The Monarch • Voting & Elections • The 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 & fertility • Love & healthy relationships (including LGBTQ+) • The importance of consent • AI & Deep fakes • Contraception 	<u>Relationships & Sex education</u> <ul style="list-style-type: none"> • STDs & STIs • Managing sexual pressure • The dangers and risks associated with sexually explicit images & videos • Expectation 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 commitments • Human Rights • Democracy & other systems of government • Different electoral systems • Government income & spending. UK connections to the wider world

Year 10	<u>Mental Wellbeing & Online Safety</u> <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 	<u>Relationships, Sex & Health education</u> <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 	<u>Diversity, safety & Living in the Wider World</u> <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)	<u>Living in the Wider World</u> <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 	<u>Relationships, Sex & Health education</u> <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 	<u>Health & Wellbeing</u> <ul style="list-style-type: none"> • Exercise & diet – what is healthy? • Online risks – scamming, fake news and gambling • Mental health throughout life/post school