

Malbank PDL- Curriculum Map Overview Version

	Autumn 1 Health & wellbeing	Autumn 2 Health & wellbeing	Spring 1 Relationships	Spring 2 Relationships	Summer 1 Living in the wider world	Summer 2 Living in the wider world
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Diversity Diversity, prejudice, and bullying	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Financial decision making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	First Aid and Health related decisions First aid, working under pressure, critical thinking	CEOP and Digital literacy Online safety, digital literacy, media reliability, sharing indecent images, relationships online
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	First Aid/Coping with pressure First Aid, working under pressure, online risks, personal strengths	Employability skills and setting goals Employability and online presence Learning strengths, career options and goal setting as part of the GCSE options process
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Exploring influence The influence and impact of drugs, gangs, role models and the media	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Addressing extremism and radicalisation Communities, belonging and challenging extremism	First Aid/Finance First Aid, fraud, online risk	Online identity and risk Online identity, preparing myself for employment, cybercrime, how decisions online now may effect my future opportunities
Year 11	Building for the future Self-efficacy, stress management, and future opportunities	Independence Responsible health choices, and safety in independent contexts	Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	LORIC/Next steps Application processes, and skills for further education, employment and career progression	Exams
Year 12	Healthy Lifestyle Immunization and Vaccination Tooth Decay and Dental Health Eating Habits Eating Disorders Stress how to manage it LZ Healthy Eating and cholesterol	Mental Health Dealing with Depression Stress, Athletes and Performance Dealing with anxiety Paranoia, Fear and Anxiety Sleep Hygiene + Mental Health Promoting Emotional Wellbeing Resilience and Growing Up	Drugs Education Drugs and their Classifications, Drugs and Their Effects LSD Drugs Education MDMA Ecstasy - Drugs Ed SPICE - Synthetic Cannabinoids Alcohol and Society Substance Misuse	LGBTQ+ (Equality in the UK) Toxic Masculinity (Peer Pressure + Influence Instead), Dealing with my anger What is Cancer, Stem Cell Research + Medical Ethics, Why not to Carry a knife	Personal Finance Trade Union Lesson, UK Tax System Explained, Mobile Banking, Building Societies and Money, P45 + P60 Types of Employment, Different Types of Debt, Multiple Income Sources + State Benefit System, Understanding Insurance	Careers Writing a Personal Statement, CV Writing FC - Post 16 Options, Planning For the future Personal Branding, Making Applications Interview Preparation
Year 13	Health and wellbeing Improving Body Image, Causes of Mental Health, looking after Health and Wellbeing, Stress 3 Life Events Sleep & Exercise, Stress 4 Balancing Stress and Relaxation, Physical Health & Wellbeing	Drugs Education Cannabis Products, New Psychoactive Substances (Old Legal Highs), Festivals and Nitrous Oxide, Drugs and their Classifications, Drugs and the War on Drugs, Crack Cocaine - Drugs Ed, GHB	Relationships and Sex Education Fertility - what impacts it, Alcohol, Parties and Bad Choices, Importance of Sexual Health, Revisiting, Contraception, Porn and its impact on Society, Respect Love and Relationships, Revisiting STI's, Menstrual Charting	Finance Inflation, Money and Careers Value for Money & Making More Going Abroad & Understanding Foreign Currency Managing a Household Budget Payment Methods Used in the UK Borrowing Money and the Risks (Debt) Foreign Exchange Rates	Next steps, Peer on peer abuse (focus on universities and workplaces)	Exams