



# PHSRE



# Curriculum Map

## PHSRE- Our Why?

The aim PHSE/SRE curriculum at Discovery is to allow our pupils to be healthy, social, free thinkers that are safe and aware of the world around them. Pupils develop their knowledge and skills through the grades and steps driven by theme for PHSE every half term that uses the 4 corners of Engage, Develop, innovate and Express to embed learning.

Please note the Curriculum Map starts with L1 at the bottom of the document

## Big Ideas promoted in our PHSRE Curriculum



## Substantive Concepts of our PHSE/SRE Curriculum

Safe Me		To gain a further range of knowledge to keep myself safe, using and applying skills.
Healthy Me		To gain a further range of knowledge of what keeps humans healthy and how I apply this to my life stages. using and applying skills.
Caring Me		To gain a further range of knowledge on other people around me and how to support them. using and applying skills.
Understanding Me		To gain a further range of knowledge of my own needs and the impact this has on later life. using and applying skills.
Online Me		To begin to gain knowledge on how to stay safe online and how to take steps to manage a digital footprint.
Safeguarding Me		By prioritising safeguarding as a thread throughout the PHSRE ensures that the skills and knowledge that children require to keep themselves safe is consistently taught.



**2.2**  
**Choices and Influence-** developing agency, decision making and strategies to manage influence and access support.

**3.1**  
**Autonomy and Advocacy-** developing respect for diversity, risk management and support seeking skills

**3.2**  
**Independence and Aspiration-** developing self awareness, goal setting, adaptability and organization skills

**2.1**  
**Independence and Aspiration-** developing goal setting, leadership and presentation skills

**1.2**  
**Autonomy and Advocacy-** developing empathy, compassion, strategies to manage influence and assertive communication

**1.1**  
**Choices and Influence-** developing motivation, organization, leadership and presentation skills

**U6**



