

# 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

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2.2  
 Choices and Influences- developing decision making, risk management and support seeking skills.



3.1  
 Autonomy & Advocacy: developing self confidence, risk management and strategies to manage influence. Drugs focus



3.2  
 Independence and Aspiration- developing analytical skills and strategies to identify bias and manage influence



2.1  
 Independence and Aspiration- developing goal setting, analytical skills and decision making.



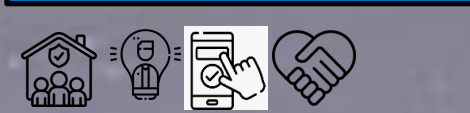
1.2  
 Autonomy and Advocacy- developing assertive communication, clarifying values and developing strategies to manage influence



1.1  
 Choices and Influence- developing empathy, compassion developing agency and strategies to access support. Mental Health Focus



2.2  
 Choices and Influences- developing agency and strategies to manage influence and access support. Drugs Focus



3.1  
 Autonomy and Advocacy- developing respect for beliefs, values, opinions and advocacy skills.



3.2  
 Independence and Aspiration- developing risk management skills, analytical skills and strategies to identify bias.



2.1  
 Independence and Aspiration- developing goal setting, motivation and self awareness.



1.2  
 Autonomy and Advocacy: developing communication and negotiation skills, clarifying values and strategies to manage influence



1.1  
 Choices and Influences: developing agency and strategies to manage influence and access support. Mental Health Focus



2.2  
 Choices and Influences- developing agency and strategies to manage influence and access support.



3.1  
 Autonomy and advocacy- rights in the community. Relationship boundaries



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



2.1  
 Independence and Aspiration- developing self confidence and self worth



1.2  
 Autonomy and advocacy- developing empathy, compassion and communication



1.1  
 Choices and Influences- developing agency strategies to manage influences and decision making



2.2 L3:  
 Health- how can we keep healthy as we grow? Drugs focused



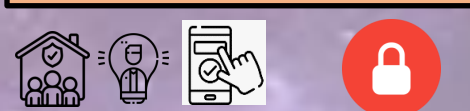
3.1 L3:  
 Relationships-How do friendships change as we grow? Managing conflict



3.2 L3:  
 Living in the wider world; what decisions can people make with money?



2.1 L3:  
 Living in the wider world- how can the media influence people?



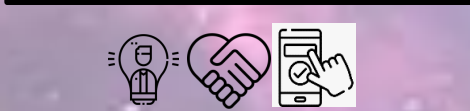
1.2 L3:  
 Relationships- what will change as we become more independent?



1.1 L3:  
 Health- how can we keep healthy as we grow? Mental health focused



2.2 L2:  
 Health- how will we grow and change?



3.1 L2:  
 Relationships- how do we treat each other with respect? Stereotyping



3.2 L2:  
 Living in the wider world- how can our choices make a different to others and the environment?



2.1 L2:  
 Living in the wider world- how can we manage risks in familiar and different places?



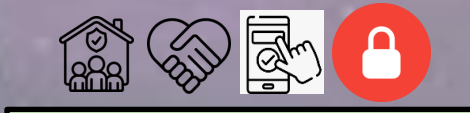
1.2 L2:  
 Relationships- how can friends communicate safely?



1.1 L2:  
 Health- how can we manage our feelings?



2.2 L1:  
 Health- what helps us to stay healthy? Self-esteem



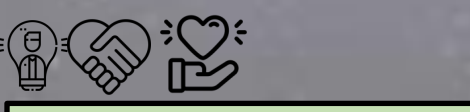
3.1 L1:  
 Relationships- who is special to us? Families



3.2 L1:  
 Living in the wider world- what can we do with money?



2.1 L1:  
 Living in the wider world- how can we look after each other and the world? Boundaries



1.2 L1:  
 Relationships- what is the same and different about us? Friendships



1.1 L1:  
 Health- Who helps us to keep safe? Privacy and Permission

