

PROGRAMME 1

In this Wellbeing programme, the school has allocated the minimum requirement of 300 hours for their Wellbeing programme as a starting point.

This programme is configured as follows:

- Double periods for PE in each of the three years in junior cycle. Schools can include the NCCA PE short course or develop their own short course for second and third year.
- One period for SPHE, focusing on selected learning outcomes from **each** strand of the NCCA SPHE short course. Alternatively, teachers can continue to plan for learning using the SPHE syllabus.
- One period for CSPE, focusing on learning outcomes from **each** strand of the NCCA CSPE short course.
- The remaining 25 hours are used to support guidance-related learning in first year. In a single period, once a week, students gain the knowledge and skills to manage themselves as more independent learners and to make a positive transition from primary education.

The table below outlines the main features of the programme.

	First Year	Second Year	Third Year	Hours
PE	Double class period	Double class period	Double class period	135
	Focus on a broad range of skills and experiences	School developed/ NCCA PE short course		
SPHE	One class period	One class period	One class period	70
CSPE	One class period per week	One class period per week	One class period per week	70
Guidance-related learning	One period per week			25

Approx
300
hours