

PROGRAMME 7

In this Wellbeing programme, CSPE, SPHE and PE are given equal parity in supporting student learning in Wellbeing and are allocated similar time over the three years of junior cycle. Learning is addressed in CSPE, PE and SPHE classes and it is also addressed in a variety of units such as those suggested below.

The programme is configured as follows:

- Double periods for PE in each of the three years of junior cycle.
- Two periods for SPHE in first year (to incorporate guidance-related learning) and a single period in second and third year.
- One period for CSPE in each year.
- The school also offers a range of units related to CSPE, SPHE and guidance-related learning in one period per week in 10 week blocks in each year of junior cycle. Where possible, the school facilitates team teaching for these units.
- Key events within the school calendar which involve all students are also incorporated in this Wellbeing programme such as sports day, a school retreat, and learning related to International Human Rights Day, Earth Day or other awareness events.

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	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 physical activity experiences	NCCA physical education short course		
SPHE	Two class periods	One class period	one class period	90
	Based on learning outcomes selected from strands 1/2 of NCCA SPHE short course and guidance-related learning to support a positive transition from primary education	Focus on selected learning outcomes from each strand of the NCCA SPHE short course		
CSPE	One class period	One class period	One class period	70
	Focus on selected learning outcomes from each strand of the NCCA CSPE short course			
Units Relating to CSPE, SPHE, PE and guidance	10 week units	10 week units	10 week units	70
	One period per week	One period per week	One period per week	
	Healthy eating–Healthy living (linked to Home Economics)	Active School Flag Guidance-related learning	Mindfulness and self-care skills	
	Moving up (transition from primary) Young Environmentalist award or similar	Digital literacy skills (linked to learning outcomes identified on page 57)	The meaning of life and other big questions (Linked to RE or philosophy) Social entrepreneurship	
Whole-school activities and/or class tutor/pastoral care over the three years				35

Approx
400
hours