

Social Personal and Health Education (SPHE)

SPHE, Wellbeing and the Junior Cycle

Wellbeing at Junior Cycle

Wellbeing provides learning opportunities to enhance the physical, mental, emotional and social wellbeing and resilience of students, and enables them to build life-skills and to develop a strong sense of connectedness to their school and to their community. It will also emphasise the role that students play in their family, community and society in general. This new area of learning will incorporate learning traditionally included in PE, SPHE and CSPE. A school may also choose to include other areas in their provision for Wellbeing.

SPHE and Wellbeing

Social Personal and Health Education provides opportunities for teaching and learning to take place that are directly related to health and wellbeing. SPHE aims to develop students' positive sense of themselves and their physical, social, emotional and spiritual health and wellbeing. It also aims to build the capacity of young people to develop and maintain healthy relationships.

Curricular options for SPHE within Wellbeing (DES Circular Letter 0024/2016)

Students who commenced their Junior Cycle in Sept 2016 must study SPHE following either:-

- the junior cycle syllabus in SPHE (2006) or
- the specification for the Junior Cycle short course in SPHE (2014)

Exploring the short course in SPHE

Overview

Short courses are a curriculum component which offer greater flexibility to schools. Each short course requires 100 hours of student engagement. In the context of the Framework for Junior Cycle, the SPHE short course links directly to Statements of Learning (No. 5, 6, 11) and to particular elements of the eight Key Skills.

Teaching and Learning

Learning is based around four strands

- Who am I ?
- Minding myself and others
- Team Up
- My Mental Health.

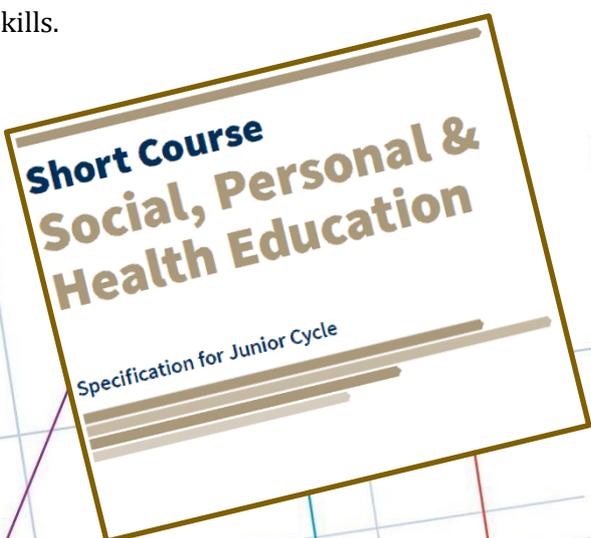
Templates to assist in planning for teaching, learning and assessment are available from JCT.

Assessment and Reporting

Most of the assessment activities associated with the SPHE short course are formative in nature.

Students demonstrate their learning through Classroom-Based Assessments (CBAs).

Student achievement is reported on by the school through annual reports as well as in the Junior Cycle Profile of Achievement (JCPA).



Short Course
**Social, Personal &
Health Education**

Specification for Junior Cycle