## Social, Personal and Health Education

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| **Social, Personal and Health Education Whole School Plan** |
| * **Introductory Statement and Rationale**
1. **Introductory Statement**

The staff of St. Mary’s B. N.S. formulated this school plan for SPHE, in consulation with our Board of Management and our Parents, as we believe that SPHE is a shared responsibility and their contributions and involvement will be essential to the effective implementation of the SPHE programme in the school. 1. **Rationale**

Aspects of SPHE have been taught in St. Mary’s B.N.S. for many years through various programmes and initiatives such as Stay Safe, Walk Tall, Relationships and Sexuality Education and it has also been taught through integration with other subject areas such as Physical Education, Religion, Geography, etc. SPHE has been taught in a one year cycle until now. As of September 2019, SPHE will be taught in a two year cycle, incorporating all strands and strand units over a two year period. The Relationships and Sexuality Education Programme and Stay Safe Programmes will be taught on an annual basis throughtout the school.  |
| * **Vision and Aims**
1. **Vision:**
2. **Aims:**

The children of St. Mary’s BNS should be enabled to achieve the aims outlined in the SPHE curriculum, which include:* + to promote the personal development and well-being of the child
	+ to foster in the child a sense of care and respect for himself/herself and others and an appreciation of the dignity of every human being
	+ to promote the health of the child and provide a foundation for healthy living in all its aspects
	+ to enable the child to make informed decisions and choices about the social, personal and health dimensions of life both now and in the future
	+ to develop in the child a sense of social responsibility, a commitment to active and participative citizenship and an appreciation of the democratic way of life
	+ to enable the child to respect human and cultural diversity and to appreciate and understand the interdependent nature of the world
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| * **Content of Plan**

 **Curriculum:** **S.P.H.E.****Junior Infants- Sixth Class**

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| **Programmes include:** | www.pdst.ie |
| Walk Tall  | Anti-Bullying Toolkit |
| Stay Safe | Bí Folláin |
| Be Safe Programme (RSA) |  |
| Webwise |  |

**Strands and Strand Units:**The curriculum is delineated at four levels—infant classes, first and second classes, third and fourth classes, and fifth and sixth classes—and is divided into three strands: Myself, Myself and Others, and Myself and the Wider World.Each of these strands is further subdivided into a number of strand units or topic areas that contain particular objectives.St. Mary’s BNS will teach aspects of all three major strand units each year and strand units will be chosen in such a way that the child will receive a comprehensive programme in SPHE over a two year period.  **Overview of Content of S.P.H.E.** **Specific content for each class over a two year period is included in Appendix A.**

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| **Strands** | **Strand Units (Year 1)** | **Strand Units (Year 2)** |
| Myself | Self- Identity  | Safety and Protection |
|  | Taking Care of my Body  |  |
|  | Growing and Changing (RSE) | Growing and Changing (RSE) |
|  | Safety and Protection | Making Decisions (3rd-6th) |
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| Myself and Others | Myself and My Family | My Friends and Others |
|  |  | Relating to Others |
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| Myself and the Wider World | Developing Citizenship | Media Education |

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|  | Year 1  | Year 2 |
| September | Self-Identity | Relating to Others |
| October | Self-Identity | Relating to Others |
| November | Myself and my Family | My Friends and Other People |
| December | Myself and my Family | My Friends and Other People. |
| January | Safety and Protection -Stay Safe | Safety and Protection -Stay Safe |
| February | Safety and Potection -Stay Safe | Safety and Protection-Stay Safe |
| March  | Taking Care of my Body | Junior-2nd : Be Safe3rd-6th: Making Decisions |
| April | Growing and Changing-RSE | Growing and Changing-RSE |
| May | Growing and Changing-RSE | Growing and Changing-RSE |
| June | Developing Citizenship | Media Education |

**Contexts for SPHE:**SPHE will be taught in St. Mary’s BNS through a combination of the following contexts:* + 1. **Positive School Climate and Atmosphere**

 Ferrybank BNS has created a positive atmosphere by:* building effective communication
* catering for individual needs
* creating a health-promoting physical environment
* developing democratic processes
* enhancing self-esteem
* fostering respect for diversity
* fostering inclusive and respectful language
* developing appropriate communication
* developing a school approach to assessment
	+ 1. **Discrete time for SPHE**

SPHE is allocated ½ hour per week on each teacher’s timetable in St. Mary’s BNS. However teachers may allocate 1 hour per fortnight to allow for more indepth exploration of a strand unit.* + 1. **Integration with other subject areas and Linkage within SPHE**

Teachers will endeavour to adopt a thematic approach to SPHE by integrating it with other subject areas such as Language, Geography, History, Religion, Visual Arts, Physical Education, etc.  **Approaches and Methodologies:**St. Mary’s BNS believe that the approaches and methodologies used in SPHE are crucial to the effectiveness of the programme. Active learning is the principal learning and teaching approach recommended for SPHE, therefore we will endeavour to teach SPHE using a variety of strategies which include:* drama activities
* co-operative games
* use of pictures
* photographs and visual images
* written activities
* use of media
* information technologies and looking at children’s work

**Assessment:**Assessment is a central part of the everyday learning and teaching process in SPHE. It can provide valuable information on the child’s progress and on the effectiveness and suitability of the programme and the teaching methods being used.St. Mary’s BNS uses the following recommended informal tools for assessment in SPHE:* *Teacher observation*
* *Teacher-designed tasks and tests*
* *Portfolios and projects*

Each child will keep an SPHE copy or folder and this will be used to assess a child’s progress in SPHE. The children will be given teacher-designed tasks or tests related to the strand unit being taught and tasks will be completed in or added to the SPHE copy.  ***Children with Different Needs:***Teachers will endeavour to adapt and modify activities and methodologies in SPHE to encourage participation by children with special needs. The learning support and resource teachers will supplement the work of the class teachers where necessary. St. Mary’s BNS will liasise with trained professionals/appropriate agencies when dealing with sensitive issues such as bereavement or loss to ensure that the children involved are fully supported.***Equality of Participation and Access:*** St. Mary’s BNS recognises and values diversity, and believes all children are entitled to access the services, facilities, or amenities that are available in the school environment. Ours is a boys only school under the patronage of the Catholic Church and we endeavour to provide for Members of the Travelling community, Children with disabilities, Families with literacy difficulties and Children who are learning English as a second language**Organisation:**1. ***Policies and Programmes that support SPHE:***

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| ***Policies*** |
| * Child Protection
* Anti-Bullying
* Relationships and Sexuality Education
* Substance Use
* Code of Behaviour
* Enrolment
* Health and Safety
* Healthy Eating
* Internet Acceptable Useage
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| ***Programmes*** |
| * Active School Flag
* Green Flag
* Rainbows Seperation and Bereavement Programme.
* Yellow Flag – promoting inclusion and celebrating diversity
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1. **Homework:**

SPHE homework, if prescribed in SPHE, will reflect the active learning approach and will reinforce information already taught during class. 1. **Resources:**

 **Programmes and Other Materials:**

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| **Books for Pupil** | **Books for Teacher** | **Audio / Visual** | **Posters** | **Media & ICT** |
|  | RSE ManualsWalk TallStay SafeBí FolláinMaking the LinksBe Safe ProgrammeWebwise | Busy BodiesFood Dudes | Various posters throughout the schoolSPHE corner in classroom. |  |

 **Guest Speakers:**When a guest speaker addresses the children in SPHE, the class teacher will remain in the classroom (as per Circular 22/2010) and make the speaker aware of this school plan and attached policies.1. **Individual Teachers’ Planning and Reporting:**

This plan in SPHE and the curriculum documents will inform and guide teachers in their long and short term planning in SPHE. Each teacher will keep a Cuntas Míosúil and this will inform our progress and needs when evaluating and reviewing our progress in SPHE.1. **Staff Development:**

Training opportunities will include the following areas and this training will support an effective implementation of the SPHE programme:* training in the Child Abuse Prevention Programme/ Stay Safe
* training in the Substance Misuse programme /Walk Tall
* training in the Relationships and Sexuality Education programme /R.S.E.
* PDST Advisor support and modelling of lessons
* Other available types of training

Teachers are encouraged to attend SPHE related courses and will share information/skills acquired at these courses with other members of staff during staff meetings. 1. ***Parental Involvement:***

Parental involvement is considered an integral part to effectively implementing SPHE as St. Mary’s BNS believe that SPHE is a shared responsibilty. This plan and the curriculum documents are available for parents to inform them of the programme for SPHE, and they are welcomed as committee members on the Relationships and Sexuality Education Policy and Substance Use Policy. * ***Community Links:***

St. Mary’s BNS believe that the local community has a very important role to play in supporting the programme in SPHE and endeavour to liasise with the members such as the Dental Hygienist, Health Nurse, Fireman, Vet, New Parent, etc. |
| * **Success Criteria**

The success of this plan will be evaluated through teacher’s planning and preparation, and if the procedures outlined in this plan have been consistently followed. We will also judge its success if the children have been enabled to achieve the aims outlined in this plan. |
| * **Implementation**
1. **Roles and Responsibilities:**

St. Mary’s BNS believes that the school community must be involved to successfully implement SPHE. Therefore the teaching staff will implement this plan with the support of the Board of Management, Parents and the Local Community.1. **Timeframe:**

The plan will be implemented by September 2019. |
| * **Review**
1. **Roles and Responsibilities:**

It will be necessary to review this plan on a regular basis to ensure optimum implementation of the SPHE curriculum in the school. Corinna Quillinan is responsible for co-ordinating this review.Those involved in the review will include:Teachers, Pupils,Parents, Post holders/plan co-ordinator,Principal and BOM.1. **Timeframe:**

This plan will be reviewed in February 2021. |
| * **Ratification and Communication**

The Board of Management of St. Mary’s BNS ratified this plan on 26th November 2019. This plan is available to view at the school by the parents on request. Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Chairperson, Board of ManagementDate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Junior Infants Year 1**

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| **September**Walk Tall Unit 1, 2 (*not exclusively*) Unit 1 lessons: 1, 2, 3Unit 2 lessons: 1, 2, 3, 4, 5**S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity* Self-awareness
* Developing self-confidence
* Making decisions
 | **October**Walk Tall Unit 1, 2 (*not exclusively*) Unit 1 lessons: 1, 2, 3Unit 2 lessons: 1, 2, 3, 4, 5 **S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity* Self-awareness
* Developing self-confidence
* Making decisions
 | **November/December** Walk Tall: Unit 3 ( lesson 1 and 2) Unit 1 ( lesson 3 and 5)Not exclusively.**S-P.H.E****Strand:** Myself and others**Strand Unit:** Myself and my family * Myself and my family
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| **January****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection**Stay Safe Programme**Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA** | **February****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection**Continuation of the Stay Safe Programme*** **Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA**
 | **March**Walk Tall Unit 4 (*not exclusively*) Lessons: 1, 2, 3, 4**S.P.H.E.****Strand:** Myself**Strand Unit:** Taking care of my body * Knowing about my body
* Food and nutrition

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| **April**Walk Tall Unit 1 (*not exclusively*) Lesson: 4**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing * As I grow I change (bodily changes birth- 9 years)
* New life
 | **May**Walk Tall Unit 5 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6**S.P.H.E.to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Unit 7 (*not exclusively*) **S.P.H.E.****Strand**: Myself and the wider world**Strand Unit**: Developing Citizenship My school community**Strand:** Myself**Strand Unit:** Safety and protectionKeeping safe in summer |

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| ***Senior Infants Year 1*** |
| **September:**Walk Tall Unit 1 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6, 7, 8, 9**S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity* Self-awareness
* Developing self-confidence
* Making decisions

  | **October**Walk Tall Unit 1 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6, 7, 8, 9**S.P.H.E.**Strand: MyselfStrand Unit: Self-identity* Self-awareness
* Developing self-confidence
* Making decisions
 | **November/December**Walk Tall ( unit 3 and 5 ) ( not exclusively.**S.P.H.E.****Strand:** Myself and other**Strand Unit:** Myself and my family Myself and my family |
| **January****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection**Stay Safe Programme****Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | **February****S.P.H.E.****Strand**: Myself**Strand Unit:** Safety and Protection**Continuation of the Stay Safe Programme**Personal safetySafety issuesStay Safe Programme**Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | **March**Walk Tall Unit 4 (*not exclusively*) Lessons: 1, 2, 3**S.P.H.E.****Strand:** Myself**Strand Unit:** Taking care of my bodyKnowing about my bodyFood and nutrition |
| **April****S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change (bodily changes birth- 9 years)
* New life.
 | **May**Walk Tall Unit 5 (*not exclusively*) Lessons: 1, 2**S.P.H.E.to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Unit 7 (*not exclusively*) **S.P.H.E.****Strand:** Myself and the wider world**Strand Unit:** Developing Citizenship My school community**Strand:** Myself**Strand Unit:** Safety and protectionKeeping safe in summer  |
| ***First Class Year 1*** |
| **September:**Walk Tall Unit 1 (*not exclusively*) Lessons: 1, 2, 3, 4**S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity* Self-awareness
* Developing self-confidence
* Making decisions
 | **October**Walk Tall Unit 1 (*not exclusively*) Lessons: 1, 2, 3, 4**S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identitySelf-awarenessDeveloping self-confidenceMaking decisions | **November/December**Walk Tall Unit 5 (*not exclusively*) **S.P.H.E.** **Strand**: Myself and others**Strand Unit:** Myself and my familyMyself and my family |
| **January****S.P.H.E.****Strand**: Myself**Strand Unit**: Safety and ProtectionStay Safe Programme**Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | **February**Walk Tall Unit 5 (*not exclusively*) Lessons: 1**S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection* Stay Safe Programme

Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA** | **March**Walk Tall Unit 2, 4 (*not exclusively*) Unit 2 lessons: 1, 2, 3, 4Unit 4 lesson: 3**S.P.H.E.**Strand: MyselfStrand Unit: Taking care of my body* Knowing about my body
* Food and nutrition
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| **April****S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change (bodily changes birth- 9 years)
* New life
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6, 7**SPHE to include RSE****Strand:** Myself **Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Unit 5 ( 4,5 not exclusively).Unit 4: Lessons 1,2.Unit 6: Lessons 1,2.**S.P.H.E.****Strand:** Myself and the wider world**Strand Unit:** Developing CitizenshipMy school community* Living in the local community
* Environmental care

**Strand:** Myself**Strand Unit:** Safety and protectionKeeping safe in summer |

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|  | ***Second Class Year 1*** |  |
| **September:**Walk Tall Unit 1, 4 (*not exclusively*) Unit 1 lessons: 1, 2, 3Unit 4 lessons: 1, 2, 3 **S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identitySelf-awarenessDeveloping self-confidenceMaking decisions | **October**Walk Tall Unit 1, 4 (*not exclusively*) Unit 1 lessons: 1, 2, 3Unit 4 lessons: 1, 2, 3**S.P.H.E.****Strand**: Myself**Strand Unit:** Self-identitySelf-awarenessDeveloping self-confidenceMaking decisions | **November/December**Walk Tall: Unit 4 (not exclusively**S.P.H.E.****Strand:** Myself and others**Strand Unit**: Myself and my familyMyself and my family |
| JanuaryS.P.H.E.Strand: MyselfStrand Unit: Safety and ProtectionPersonal SafetySafety issuesStay Safe ProgrammeBe Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | FebruaryS.P.H.E.Strand: MyselfStrand Unit: Safety and ProtectionPersonal SafetySafety issuesStay Safe ProgrammeBe Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | **March**Walk Tall Unit 2: ( not exclusively)Lessons 1-7.**S.P.H.E.****Strand:** Myself**Strand Unit:** Taking care of my body* Knowing about my body
* Food and nutrition
 |
| **April**Walk Tall Unit 3 (*not exclusively*) Lessons: 1**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change (bodily changes birth- 9 years)
* New life
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 2, 3, 4, 5**S.P.H.E to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions

  | **June**Walk Tall Unit 4, 5 (*not exclusively*) Unit 5 lessons: 1, 2, 3Unit 4 lessons: 4, 5, 6Walk Tall Unit 7 (*not exclusively*) **S.P.H.E.****Strand: Myself and the wider world****Strand Unit: Developing Citizenship****Citizenship****Strand:** Myself**Strand Unit:** Safety and protectionRevision: Stay Safe/ Be Safe programmesKeeping safe in summer |

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| ***Third Class Year 1*** |
| **September:**Walk Tall Unit 2 (*not exclusively*) Lessons: 1, 2, 3, **S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity/ Making decisions* Self-awareness
* Developing self-confidence
* Making decisions
 | **October**Walk Tall Unit 2 (*not exclusively*) Lessons: 1, 2, 3,  **S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity/ Making decisionsSelf-awarenessDevelop self-confidenceMaking decisions | **November/December**Walk Tall Unit 4 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6**S.P.H.E.**Strand: Myself and othersStrand Unit: Myself and my family* Myself and my family
 |
| **January** **S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA**
 | **February**Walk Tall Unit 4 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6**S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA**
 | **March**Walk Tall Unit 2 (*not exclusively*) Unit 2 lessons: 5, 6, 7**S.P.H.E.****Strand:** Myself**Strand Unit:** Taking care of my body* Health and well being
* Knowing about my body
* Food and nutrition
 |
| **April**Walk Tall Unit 7 (*not exclusively*) Unit 7 lessons: 1**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change: bodily changes
* Birth and new life: stages and sequence of development of the human baby in the womb.
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6**SPHE to include RSE** **Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Unit 1 (*not exclusively*) Unit 6: Lessons 1-4 ( not exclusively)Lessons: 1, 2, 3 Unit 2, 6 (*not exclusively*) Unit 6UnitUnit 2 lessons: 4**S.P.H.E.**Strand: Myself and the wider worldStrand Unit: Developing Citizenship* My school community
* Local and wider communities
* Environmental care

**Strand:** Myself**Strand Unit:** Safety and protection* Keeping safe in summer
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| ***Fourth Class Year 1*** |
| **September:**Walk Tall Unit 1 (*not exclusively*) Lessons: 1, 2, 3, 4, 5**S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity/ Making decisions* Self-awareness
* Developing self-confidence
* Making decisions
 | **October**Walk Tall Unit 1 (*not exclusively*) Lessons: 1, 2, 3, 4, 5**S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity/ Making decisions* Self-awareness
* Developing self-confidence
* Making decisions
 | **November/December**Walk Tall Unit 2: ( not exclusively)**S.P.H.E.****Strand:** Myself and others**Strand Unit:** Myself and my familyMyself and my family |
| **January****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and ProtectionStay Safe Programme**Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds) | **February****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and ProtectionStay Safe Programme**Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds) | **March**Walk Tall Unit 6 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6, 7**S.P.H.E.****Strand:** Myself**Strand Unit:** Taking care of my body* Health and well being
* Knowing about my body
* Food and nutrition
 |
| **April**Walk Tall Unit 7 (*not exclusively*) Lessons: 1, 2, 3**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change: puberty and changes
* Birth and new life: stages and sequence of development of the human baby in the womb.
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2, 3**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Unit 4 (*not exclusively*) Lessons: 1, 2, 3, 4Walk Tall Unit 9 (*not exclusively*) **S.P.H.E.****Strand:** Myself and the wider world**Strand Unit:** Developing CitizenshipCitizenship**Strand:** Myself**Strand Unit:** Safety and protectionKeeping safe in summer |

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| ***Fifth Class Year 1*** |
| **September:**Walk Tall Unit 1, 5 (*not exclusively*) Unit 1 lessons: 1, 2, 3, 4, 5, 6Unit 5 lessons: 1, 2, 3, 4, 5, 6, 7**S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity/ Making decisions* Self-awareness
* Developing self-confidence
* Making decisions
 | **October**Walk Tall Unit 1, 5 (*not exclusively*) Unit 1 lessons: 1, 2, 3, 4, 5, 6**S.P.H.E.**Strand: MyselfStrand Unit: Self-identity/ Making decisions* Self-awareness
* Developing self-confidence
* Making decisions
 | **November/December**Walk Tall Unit 5: ( not exclusively)Section A; Lessons 1-3.**S.P.H.E.****Strand:** Myself and others**Strand Unit:** Myself and my family* Myself and my family
 |
| **January****S.P.H.E.****Strand**: Myself**Strand Unit**: Safety and Protection* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)RSA
 | **February****S.P.H.E.****Strand**: Myself**Strand Unit**: Safety and Protection* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)RSA
 | **March**Walk Tall Unit 2 (*not exclusively*) Section A lessons: 1, 2, 3, 4, 5, 6, 7, 8**S.P.H.E.****Strand:** Myself**Strand Unit:** Taking care of my body* Health and well being
* Knowing about my body
* Food and nutrition
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| **April**Walk Tall Unit 2 (*not exclusively*) Section B lessons: 1, 2, 3, 4, 5, 6**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change: puberty and changes
* Birth and new life: human reproduction
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6, 7**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Unit 9, 10 (*not exclusively*) Unit 9 lessons: 1, 2, 3, 4, 5, 6Unit 10 lessons: 1, 2, 3, 4, 5Walk Tall Unit 4, 11 (*not exclusively*) Unit 4 lessons: 1, 2, 3, 4, 5Unit 11 lessons: 1, 2S.P.H.E.**Strand:** Myself and the wider world**Strand Unit**: Developing citizenship* Living in the local community
* National, European and wider communities
* Environmental care

**Strand:** Myself**Strand Unit:** Safety and protection* Keeping safe
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| ***Sixth Class Year 1*** |
| **September:**Walk Tall Unit 1, 6 (*not exclusively*) Unit 1 lessons: 1, 2, 3, 4, 5, 6, 7Unit 6 lessons: 1, 2, 3, 4, 5**S.P.H.E.****Strand:** Myself**Strand Unit:** Self-identity* Self-awareness
* Developing self-confidence
* Making decisions
 | **October**Walk Tall Unit 1, 6 (*not exclusively*) Unit 1 lessons: 1, 2, 3, 4, 5, 6, 7Unit 6 lessons: 1, 2, 3, 4, 5 **S.P.H.E.**Strand: MyselfStrand Unit: Self-identitySelf-awarenessDeveloping self-confidenceMaking decisions | **November/December**Walk Tall Unit 2: ( not exclusively)**S.P.H.E.**Strand: Myself and othersStrand Unit: Myself and my familyMyself and my family |
| **January****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection* Personal safety
* Safety issues
* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)**RSA**
 | **February****S.P.H.E.****Strand:** Myself**Strand Unit**: Safety and Protection* Personal safety
* Safety issues
* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)RSA
 | **March** Walk Tall Unit 2, (*not exclusively*) Unit 2 section A lessons: 1, 2, 3, 4, 5, 6Unit 2 section B lessons: 1, 2, 3, 4, 5, 6**S.P.H.E.****Strand: Myself Strand:** Myself**Strand Unit:** Taking care of my body* Health and well being
* Knowing about my body
* Food and nutrition
 |
| **April**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change: puberty and changes
* Birth and new life: human reproduction
 | **May**Walk Tall Unit 4 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6, 7, 8**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Unit 5, 12 (*not exclusively*) Unit 5 lessons: 1, 2, 3, 4, 5Unit 12 lessons: 1, 2,Walk Tall Unit 8, 10 (*not exclusively*) Unit 8 lessons: 1, 2, 3Unit 10 lessons: 1, 2, 3, 4, 5**S.P.H.E.**Strand: Myself and the wider worldStrand Unit: Developing CitizenshipCitizenship**Strand:** Myself**Strand Unit:** Safety and protectionKeeping safe  |

**Junior Infants Year 2**

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| **September**Walk Tall: Unit1:lesson 1-3.Unit 3: lesson 2. (not exclusively)**S.P.H.E.****Strand:** Myself and Others**Strand Unit:** Relating to Others | **October**Walk Tall : Unit 1: Lesson 1-3. Unit 3: Lesson 2. (not exclusively) **S.P.H.E.****Strand:** Myself and Others**Strand Unit:** Relating to Others | **November/December** Unit 2: Lesson 1,2,4Unit 3: lesson 3. ( not exclusively)**S-P.H.E****Strand:**Myself and Others **Strand Unit:** My Friends and other People |
| **January****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection**Stay Safe Programme**Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA** | **February****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection**Continuation of the Stay Safe Programme*** **Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA**
 | **March**Walk Tall: Unit 2: Lesson 5.Unit 4: Lesson 1, 2,3,4.Unit 1: Lesson 6. **S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and protection  |
| **April**Walk Tall Unit 1 (*not exclusively*) Lesson: 4**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing * As I grow I change (bodily changes birth- 9 years)
* New life.
 | **May**Walk Tall Unit 5 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6**S.P.H.E.to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**www.safefood.eu. MediaWise. Bi Folláin.PDSTRevisit Stay Safe Programme.**S.P.H.E.****Strand**: Myself and the Wider world**Strand Unit**: Media Education. |
| ***Senior Infants Year 2*** |
| **September:**Walk Tall: Unit 1, Lesson 1,8. Unit 3: Lesson 1, ( not exclusively)**S.P.H.E.****Strand:** Myself and others**Strand Unit:** Relating to others  | **October**Walk Tall: Unit 1, Lesson 1,8. Unit 3: Lesson 1, ( not exclusively)**S.P.H.E.**Strand: Myself and othersStrand Unit: Relating to Others | **November/December**.Walk Tall : Unit 1: lesson 4, 6, 7 & 9. Unit 3: Lesson 1, 2,3. Unit 5: lesson 1. ( not exclusively).**S.P.H.E.****Strand:** Myself and others**Strand Unit:** My Friends and otherPeople.  |
| **January****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection**Stay Safe Programme****Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | **February****S.P.H.E.****Strand**: Myself**Strand Unit:** Safety and Protection**Continuation of the Stay Safe Programme**Personal safetySafety issuesStay Safe Programme**Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | **March**Walk Tall: unit 2: Lesson 3,4,5,6. Unit 4: Lesson 1,2 & 3. (not exclusively).**S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and protection. Be Safe Programme |
| **April****S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change (bodily changes birth- 9 years)
* New life.
 | **May**Walk Tall: Unit 1: lesson 5. ( not exclusively)**S.P.H.E.to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall: Unit 2: Lesson 6. Unit 6, Lesson 5, Unit 1, Lesson 6. www.safefood.eu. MediaWise. Bi Folláin.PDSTRevisit Stay Safe Programme.**S.P.H.E.****Strand:** Myself and the wider world**Strand Unit:** Media Education  |
| ***First Class Year 2*** |
| **September:**Walk Tall: Unit 1, Lesson 2 & 3. Unit 5, Lesson 5. ( not exclusively).**S.P.H.E.****Strand:** Myself and others**Strand Unit:** Relating to Others | **October**Walk Tall: Unit 1, Lesson 2 & 3. Unit 5, Lesson 5. ( not exclusively).**S.P.H.E.****Strand:** Myself and Others**Strand Unit:** Relating to Others | **November/December**Walk Tall : Unit 1: lesson 1-4, Unit 4, Lesson 1, Unit 5 , Lesson 2. (not exclusively).**S.P.H.E.** **Strand**: Myself and others**Strand Unit:** My Friends and other People.  |
| **January****S.P.H.E.****Strand**: Myself**Strand Unit**: Safety and ProtectionStay Safe Programme**Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | **February**Walk Tall Unit 5 (*not exclusively*) Lessons: 1**S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection* Stay Safe Programme

Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA** | **March**Walk Tall: Unit 3: lesson 6. Unit 4, Lesson 1, 2 & 3. (Not exclusively.)**S.P.H.E.**Strand: MyselfStrand Unit: Safety and Protection.Be Safe Programme. |
| **April****S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change (bodily changes birth- 9 years)
* New life
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6, 7**SPHE to include RSE****Strand:** Myself **Strand Unit:** Growing and changing* Feelings and emotions
 | **June**www.safefood.eu. MediaWise. Bi Folláin.PDSTRevisit Stay Safe Programme.Walk Tall: Unit 6, lesson 1,2 & 3. ( not exclusively). **S.P.H.E.****Strand:** Myself and the wider world**Strand Unit:** Media Education. |

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|  | ***Second Class Year 2*** |  |
| **September:**Walk Tall: Unit 4. Lesson 1,2,4. Unit 5, Lesson 5. ( not exclusively). **S.P.H.E.****Strand:** Myself and others**Strand Unit:** Relating to Others | **October**Walk Tall: Unit 4. Lesson 1,2,4. Unit 5, Lesson 5. ( not exclusively).**S.P.H.E.****Strand**: Myself and others**Strand Unit:** Relating to Others. | **November/December**Walk Tall: Unit 1, Lesson 1. Unit 4, Lesson 6, Unit 5, Lesson 1. not exclusively**S.P.H.E.****Strand**: Myself and others**Strand Unit:** My Friends and Other People |
| JanuaryS.P.H.E.Strand: MyselfStrand Unit: Safety and ProtectionPersonal SafetySafety issuesStay Safe ProgrammeBe Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | FebruaryS.P.H.E.Strand: MyselfStrand Unit: Safety and ProtectionPersonal SafetySafety issuesStay Safe ProgrammeBe Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) RSA | **March**Walk Tall: Unit 1 : lesson 2/3. Unit 2. Lesson 6/7, Unit 3, Lesson 6, Unit 4, Lesson 1,2,3. Not exclusively.**S.P.H.E.****Strand:** Myself**Strand Unit:** safety and protection.Be Safe Progamme |
| **April**Walk Tall Unit 3 (*not exclusively*) Lessons: 1**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change (bodily changes birth- 9 years)
* New life
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 2, 3, 4, 5**S.P.H.E to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions

  | **June**Walk Tall: unit 6; Lesson 1. www.safefood.eu. MediaWise. Bi Folláin.PDSTRevisit Stay Safe Programme.**S.P.H.E.****Strand: Myself and the wider world****Strand Unit: Media Education** |

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| ***Third Class Year 2*** |
| **September:** Walk Tall Programme: Unit 3, Lesson 2 and Unit 4, Lesson 3. ( not exclusively).**S.P.H.E.****Strand:** Myself and others**Strand Unit**: Relating to Others | **October**Walk Tall Programme: Unit 3, Lesson 2 and Unit 4, Lesson 3. ( not exclusively). **S.P.H.E.****Strand:** Myself and others**Strand Unit:** Relating to Others | **November/December**Walk Tall Programme: Unit 1, lesson 1; Unit 2, lesson 2 & 3; Unit 3: lesson 2; Unit 4; lesson 1 & 3; ( not exclusively) **S.P.H.E.**Strand: Myself and othersStrand Unit: My Friends and other People. |
| **January** **S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA**
 | **February**Walk Tall Unit 4 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6**S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)Seatbelt Sheriff & Hi Glo Silver (7 to 9-year-olds) **RSA**
 | **March**Walk Tall Programme: Unit 1, lesson 1, Unit 4, lesson 2 & 4; Unit 5; lesson 1-5 . ( not exclusively).**S.P.H.E.****Strand:** Myself**Strand Unit:** Making Decisions |
| **April**Walk Tall Unit 7 (*not exclusively*) Unit 7 lessons: 1**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change: bodily changes
* Birth and new life: stages and sequence of development of the human baby in the womb.
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6**SPHE to include RSE** **Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Programme: Unit 6: lesson 1-3. www.safefood.eu. MediaWise. Bi Folláin.PDSTRevisit Stay Safe**S.P.H.E.**Strand: Myself and the wider worldStrand Unit: Media Education |

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| ***Fourth Class Year 2*** |
| **September:**Walk Tall Programme: Unit 8; lesson 1 and 3 ( not exclusively)**S.P.H.E.****Strand:** Myself and Others**Strand Unit:** Relating to Others | **October**Walk Tall Programme: Unit 8; lesson 1 and 3 ( not exclusively)**S.P.H.E.****Strand:** Myself and others**Strand Unit:** Relating to others | **November/December**Walk Tall Programme: Unit 1; lesson 3; Unit 5;lesson 1-3; Unit 8; lesson 2-4. ( not exclusively)**S.P.H.E.****Strand:** Myself and others**Strand Unit:** My Friends and Other People |
| **January****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and ProtectionStay Safe Programme**Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds) | **February****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and ProtectionStay Safe Programme**Be Safe Programme** (Road, Fire and Water Safety -5 to 12-year-olds) | **March**Walk Tall Programme: Unit 4; lesson 1, Unit 4, lesson 2-4. ( not exclusively). **S.P.H.E.****Strand:** Myself**Strand Unit:** Making Decisions |
| **April**Walk Tall Unit 7 (*not exclusively*) Lessons: 1, 2, 3**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change: puberty and changes
* Birth and new life: stages and sequence of development of the human baby in the womb.
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2, 3**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**www.safefood.eu. MediaWise. Bi Folláin.PDSTRevisit Stay SafeWalk Tall Programme: Unit 1; lesson 4 & 5. **S.P.H.E.****Strand:** Myself and the wider world**Strand Unit:** Media Education. |

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| ***Fifth Class Year 2*** |
| **September:**Walk Tall Programme: Unit 1, lesson 2, Unit 5, lesson 2; Unit 8; lessons 1-9. ( not exclusively).**S.P.H.E.****Strand:** Myself and others**Strand Unit:** Relating to Others | **October**Walk Tall Programme: Unit 1, lesson 2, Unit 5, lesson 2; Unit 8; lessons 1-9. ( not exclusively).**S.P.H.E.**Strand: Myself and OthersStrand Unit: Relating to Others. | **November/December**Walk Tall Programme: Unit 1; lesson 4Unit 7, lesson 1-4; Unit 8, lesson 4. ( not exclusively).**S.P.H.E.****Strand:** Myself and others**Strand Unit:** My Friends and Other People |
| **January****S.P.H.E.****Strand**: Myself**Strand Unit**: Safety and Protection* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)RSA
 | **February****S.P.H.E.****Strand**: Myself**Strand Unit**: Safety and Protection* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)RSA
 | **March**Walk Tall Programme: Unit 3, lesson 7; Unit 4, lesson 1 & 2; Unit 5, lesson 3-5. ( not exclusively).**S.P.H.E.****Strand:** Myself **Strand Unit:** Making Decisions.  |
| **April**Walk Tall Unit 2 (*not exclusively*) Section B lessons: 1, 2, 3, 4, 5, 6**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change: puberty and changes
* Birth and new life: human reproduction
 | **May**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6, 7**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Programme: Unit 1, lesson 4 & unit 1, lesson 1-4. www.safefood.eu. MediaWise. Bi Folláin.PDSTRevisit Stay SafeS.P.H.E.**Strand:** Myself and the wider world**Strand Unit**: Media Education |

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| ***Sixth Class Year 2*** |
| **September:**Walk Tall Programme; Unit 1, lesson 3 & 6; Unit 9, lesson 1-7. ( not exclusively).**S.P.H.E.****Strand:** Myself and Others**Strand Unit:** Relating to Others | **October**Walk Tall Programme; Unit 1, lesson 3 & 6; Unit 9, lesson 1-7. ( not exclusively). **S.P.H.E.**Strand: MyselfStrand Unit: Relating to Others | **November/December**Walk Tall Programme: Unit 1; lesson 6;Unit 8: lesson 1 ,2,3,4 , unit 9, lesson 5 and unit 10, lesson 2. Not exclusively**S.P.H.E.**Strand: Myself and othersStrand Unit: My Friends and other People. |
| **January****S.P.H.E.****Strand:** Myself**Strand Unit:** Safety and Protection* Personal safety
* Safety issues
* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)**RSA**
 | **February****S.P.H.E.****Strand:** Myself**Strand Unit**: Safety and Protection* Personal safety
* Safety issues
* Stay Safe Programme
* Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds)RSA
 | **March** Walk Tall Programme: Unit 6,lesson 1-5; Unit 6, lesson 3-5. ( not exclusively).**S.P.H.E.****Strand: Myself Strand:** Myself**Strand Unit:** Making Decisions |
| **April**Walk Tall Unit 3 (*not exclusively*) Lessons: 1, 2**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* As I grow I change: puberty and changes
* Birth and new life: human reproduction
 | **May**Walk Tall Unit 4 (*not exclusively*) Lessons: 1, 2, 3, 4, 5, 6, 7, 8**S.P.H.E. to include RSE****Strand:** Myself**Strand Unit:** Growing and changing* Feelings and emotions
 | **June**Walk Tall Programme: Unit 11, lesson 2,4 & 6. www.safefood.eu. MediaWise. Bi Folláin.PDSTRevisit Stay Safe**S.P.H.E.**Strand: Myself and the wider worldStrand Unit: Media Education |