

# Social, Personal and Health Education

## Social, Personal and Health Education Whole School Plan

### ■ Introductory Statement and Rationale

#### (a) Introductory Statement

The staff of St. Mary's B. N.S. formulated this school plan for SPHE, in consultation 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.

#### (b) 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 throughout the school.

### ■ Vision and Aims

#### (a) Vision:

#### (b) 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

■ **Content of Plan**

**Curriculum:**

**S.P.H.E.**

**Junior Infants- Sixth Class**

<b>Programmes include:</b>	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.

<b>Strands</b>	<b>Strand Units (Year 1)</b>	<b>Strand Units (Year 2)</b>
<b>Myself</b>	Self- Identity	Safety and Protection
	Taking Care of my Body	
	Growing and Changing (RSE)	Growing and Changing (RSE)
	Safety and Protection	Making Decisions (3 <sup>rd</sup> -6 <sup>th</sup> )

SPHE Policy

Myself and Others	Myself and My Family	My Friends and Others
		Relating to Others
Myself and the Wider World	Developing Citizenship	Media Education

	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 Protection -Stay Safe	Safety and Protection- Stay Safe
March	Taking Care of my Body	Junior-2 <sup>nd</sup> : Be Safe 3 <sup>rd</sup> -6 <sup>th</sup> : 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

**2. Discrete time for SPHE**

SPHE is allocated  $\frac{1}{2}$  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.

**3. 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 liaise 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:***

*Policies*

- Child Protection
- Anti-Bullying
- Relationships and Sexuality Education
- Substance Use
- Code of Behaviour
- Enrolment
- Health and Safety
- Healthy Eating
- Internet Acceptable Usage

**Programmes**

- Active School Flag
- Green Flag
- Rainbows Separation and Bereavement Programme.
- Yellow Flag – promoting inclusion and celebrating diversity

**2 Homework:**

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

**3 Resources:**

**Programmes and Other Materials:**

Books for Pupil	Books for Teacher	Audio / Visual	Posters	Media & ICT
	RSE Manuals Walk Tall Stay Safe Bí Folláin Making the Links Be Safe Programme Webwise	Busy Bodies Food Dudes	Various posters throughout the school SPHE 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.

**4 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.

**5 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.

**6 Parental Involvement:**

Parental involvement is considered an integral part to effectively implementing SPHE as St. Mary's BNS believe that SPHE is a shared responsibility. 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 liaise 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**

**(a) 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.

**(b) Timeframe:**

The plan will be implemented by September 2019.

■ **Review**

**(a) 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.

**(b) 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 26<sup>th</sup> November 2019. This plan is available to view at the school by the parents on request.

Signed \_\_\_\_\_  
Chairperson, Board of Management

Date \_\_\_\_\_





**Junior Infants Year 1**

<p><b>September</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity</p> <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Developing self-confidence</li> <li>• Making decisions</li> </ul>	<p>Walk Tall Unit 1, 2 (<i>not exclusively</i>) Unit 1 lessons: 1, 2, 3 Unit 2 lessons: 1, 2, 3, 4, 5</p>	<p><b>October</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity</p> <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Developing self-confidence</li> <li>• Making decisions</li> </ul>	<p>Walk Tall Unit 1, 2 (<i>not exclusively</i>) Unit 1 lessons: 1, 2, 3 Unit 2 lessons: 1, 2, 3, 4, 5</p>	<p><b>November/December</b></p> <p><u>S-P.H.E</u></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Myself and my family</p> <ul style="list-style-type: none"> <li>• Myself and my family</li> </ul>	<p>Walk Tall: Unit 3 ( lesson 1 and 2) Unit 1 ( lesson 3 and 5) Not exclusively.</p>
<p><b>January</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <p><b>Stay Safe Programme</b> Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></p>		<p><b>February</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <p><b>Continuation of the Stay Safe Programme</b></p> <ul style="list-style-type: none"> <li>• <b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></li> </ul>		<p><b>March</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Taking care of my body</p> <ul style="list-style-type: none"> <li>• Knowing about my body</li> <li>• Food and nutrition</li> </ul>	<p>Walk Tall Unit 4 (<i>not exclusively</i>) Lessons: 1, 2, 3, 4</p>
<p><b>April</b></p> <p><u>S.P.H.E. to include RSE</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• As I grow I change (bodily changes birth- 9 years)</li> <li>• New life</li> </ul>	<p>Walk Tall Unit 1 (<i>not exclusively</i>) Lesson: 4</p>	<p><b>May</b></p> <p><u>S.P.H.E. to include RSE</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• Feelings and emotions</li> </ul>	<p>Walk Tall Unit 5 (<i>not exclusively</i>) Lessons: 1, 2, 3, 4, 5, 6</p>	<p><b>June</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself and the wider world <b>Strand Unit:</b> Developing Citizenship My school community</p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and protection Keeping safe in summer</p>	<p>Walk Tall Unit 7 (<i>not exclusively</i>)</p>

**Senior Infants Year 1**

<p><b>September:</b></p> <p><b>S.P.H.E.</b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity</p> <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Developing self-confidence</li> <li>• Making decisions</li> </ul>	<p><b>October</b></p> <p><b>S.P.H.E.</b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity</p> <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Developing self-confidence</li> <li>• Making decisions</li> </ul>	<p><b>November/December</b></p> <p><b>S.P.H.E.</b></p> <p><b>Strand:</b> Myself and other <b>Strand Unit:</b> Myself and my family</p> <p>Myself and my family</p>
<p><b>January</b></p> <p><b>S.P.H.E.</b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <p><b>Stay Safe Programme</b> <b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p><b>February</b></p> <p><b>S.P.H.E.</b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <p><b>Continuation of the Stay Safe Programme</b> Personal safety Safety issues Stay Safe Programme</p> <p><b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p><b>March</b></p> <p><b>S.P.H.E.</b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Taking care of my body Knowing about my body Food and nutrition</p>
<p><b>April</b></p> <p><b>S.P.H.E. to include RSE</b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• As I grow I change (bodily changes birth- 9 years)</li> <li>• New life.</li> </ul>	<p><b>May</b></p> <p><b>S.P.H.E. to include RSE</b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• Feelings and emotions</li> </ul>	<p><b>June</b></p> <p><b>S.P.H.E.</b></p> <p><b>Strand:</b> Myself and the wider world <b>Strand Unit:</b> Developing Citizenship My school community</p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and protection Keeping safe in summer</p>

<u>First Class Year 1</u>		
<p><b>September:</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity</p> <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Developing self-confidence</li> <li>• Making decisions</li> </ul>	<p>Walk Tall Unit 1 (<i>not exclusively</i>) Lessons: 1, 2, 3, 4</p>	<p><b>October</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity Self-awareness Developing self-confidence Making decisions</p>
<p><b>January</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <p>Stay Safe Programme <b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p><b>February</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>• Stay Safe Programme</li> </ul> <p>Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></p>	<p><b>November/December</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Myself and my family</p> <p>Myself and my family</p>
<p><b>April</b></p> <p><u>S.P.H.E. to include RSE</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• As I grow I change (bodily changes birth- 9 years)</li> <li>• New life</li> </ul>	<p><b>May</b></p> <p><b>SPHE to include RSE</b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• Feelings and emotions</li> </ul>	<p><b>March</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Taking care of my body</p> <ul style="list-style-type: none"> <li>• Knowing about my body</li> <li>• Food and nutrition</li> </ul>
<p><b>June</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself and the wider world <b>Strand Unit:</b> Developing Citizenship My school community</p> <ul style="list-style-type: none"> <li>• Living in the local community</li> <li>• Environmental care</li> </ul> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and protection</p>		

		Keeping safe in summer
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<u>Second Class Year 1</u>		
<p><b>September:</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Self-identity</b>                      Self-awareness                      Developing self-confidence                      Making decisions</p>	<p>Walk Tall Unit 1, 4 (<i>not exclusively</i>)                      Unit 1 lessons: 1, 2, 3                      Unit 4 lessons: 1, 2, 3</p>	<p><b>October</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Self-identity</b>                      Self-awareness                      Developing self-confidence                      Making decisions</p>
<p>January</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself                      Strand Unit: Safety and Protection</p> <p>Personal Safety                      Safety issues                      Stay Safe Programme                      Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p>February</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself                      Strand Unit: Safety and Protection</p> <p>Personal Safety                      Safety issues                      Stay Safe Programme                      Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p><b>November/December</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself and others</b>  <b>Strand Unit: Myself and my family</b></p> <p>Myself and my family</p>
<p><b>April</b></p> <p><u>S.P.H.E. to include RSE</u></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>• As I grow I change (bodily changes birth- 9 years)</li> </ul>	<p>Walk Tall Unit 3 (<i>not exclusively</i>)                      Lessons: 1</p>	<p><b>March</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Taking care of my body</b></p> <ul style="list-style-type: none"> <li>• Knowing about my body</li> <li>• Food and nutrition</li> </ul>
<p><b>June</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself and the wider world</b>  <b>Strand Unit: Developing Citizenship</b>                      Citizenship</p> <p><b>Strand: Myself</b></p>	<p>Walk Tall Unit 2: (not exclusively)                      Lessons 1-7.</p>	<p>Walk Tall Unit 4 (not exclusively)</p>
<p><b>May</b></p> <p><u>S.P.H.E. to include RSE</u></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>• Feelings and emotions</li> </ul>	<p>Walk Tall Unit 3 (<i>not exclusively</i>)                      Lessons: 2, 3, 4, 5</p>	<p>Walk Tall Unit 4, 5 (<i>not exclusively</i>)                      Unit 5 lessons: 1, 2, 3</p>

<ul style="list-style-type: none"> <li>• New life</li> </ul>		<p><b>Strand Unit:</b> Safety and protection                  Revision: Stay Safe/ Be Safe programmes                  Keeping safe in summer</p>
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Third Class Year 1

<p><b>September:</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself  <b>Strand Unit:</b> Self-identity/ Making decisions</p> <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Developing self-confidence</li> <li>• Making decisions</li> </ul>	<p><b>October</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself  <b>Strand Unit:</b> Self-identity/ Making decisions</p> <p>Self-awareness                  Develop self-confidence                  Making decisions</p>	<p><b>November/December</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself and others  <b>Strand Unit:</b> Myself and my family</p> <ul style="list-style-type: none"> <li>• Myself and my family</li> </ul>
<p><b>January</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself  <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>• Stay Safe Programme</li> <li>• Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></li> </ul>	<p><b>February</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself  <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>• Stay Safe Programme</li> <li>• Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></li> </ul>	<p><b>March</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself  <b>Strand Unit:</b> Taking care of my body</p> <ul style="list-style-type: none"> <li>• Health and well being</li> <li>• Knowing about my body</li> <li>• Food and nutrition</li> </ul>
<p><b>April</b></p> <p><u>S.P.H.E. to include RSE</u></p> <p><b>Strand:</b> Myself  <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• As I grow I change: bodily changes</li> <li>• Birth and new life: stages and sequence of development of the human baby in the womb.</li> </ul>	<p><b>May</b></p> <p><u>SPHE to include RSE</u></p> <p><b>Strand:</b> Myself  <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• Feelings and emotions</li> </ul>	<p><b>June</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself and the wider world  <b>Strand Unit:</b> Developing Citizenship</p> <ul style="list-style-type: none"> <li>• My school community</li> <li>• Local and wider communities</li> <li>• Environmental care</li> </ul> <p><b>Strand:</b> Myself</p>

		<p><b>Strand Unit:</b> Safety and protection</p> <ul style="list-style-type: none"> <li>Keeping safe in summer</li> </ul>
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**Fourth Class Year 1**

<p><b>September:</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity/ Making decisions</p> <ul style="list-style-type: none"> <li>Self-awareness</li> <li>Developing self-confidence</li> <li>Making decisions</li> </ul>	<p><b>October</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity/ Making decisions</p> <ul style="list-style-type: none"> <li>Self-awareness</li> <li>Developing self-confidence</li> <li>Making decisions</li> </ul>	<p><b>November/December</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Myself and my family</p> <p>Myself and my family</p>
<p><b>January</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection Stay Safe Programme <b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds)</p>	<p><b>February</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <p>Stay Safe Programme</p> <p><b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds)</p>	<p><b>March</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Taking care of my body</p> <ul style="list-style-type: none"> <li>Health and well being</li> <li>Knowing about my body</li> <li>Food and nutrition</li> </ul>
<p><b>April</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>As I grow I change: puberty and changes</li> </ul>	<p><b>May</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>Feelings and emotions</li> </ul>	<p><b>June</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and the wider world <b>Strand Unit:</b> Developing Citizenship Citizenship</p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and protection</p>

<ul style="list-style-type: none"> <li>• Birth and new life: stages and sequence of development of the human baby in the womb.</li> </ul>		<p>Keeping safe in summer</p>
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**Fifth Class Year 1**

<p><b>September:</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity/ Making decisions</p> <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Developing self-confidence</li> <li>• Making decisions</li> </ul>	<p><b>October</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity/ Making decisions</p> <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Developing self-confidence</li> <li>• Making decisions</li> </ul>	<p><b>November/December</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Myself and my family</p> <ul style="list-style-type: none"> <li>• Myself and my family</li> </ul>
<p><b>January</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>• Stay Safe Programme</li> <li>• Be Safe Programme (Road, Fire and Water Safety - 5 to 12-year-olds) RSA</li> </ul>	<p><b>February</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>• Stay Safe Programme</li> <li>• Be Safe Programme (Road, Fire and Water Safety - 5 to 12-year-olds) RSA</li> </ul>	<p><b>March</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Taking care of my body</p> <ul style="list-style-type: none"> <li>• Health and well being</li> <li>• Knowing about my body</li> <li>• Food and nutrition</li> </ul>
<p><b>April</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• As I grow I change: puberty and changes</li> <li>• Birth and new life: human reproduction</li> </ul>	<p><b>May</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>• Feelings and emotions</li> </ul>	<p><b>June</b></p> <p><b>S.P.H.E.</b></p> <p><b>Strand:</b> Myself and the wider world <b>Strand Unit:</b> Developing citizenship</p> <ul style="list-style-type: none"> <li>• Living in the local community</li> <li>• National, European and wider community</li> <li>• Environmental care</li> </ul> <p><b>Strand:</b> Myself</p>



		<p><b>Strand Unit:</b> Safety and protection</p> <ul style="list-style-type: none"> <li>• Keeping safe</li> </ul>
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**Sixth Class Year 1**

<p><b>September:</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity</p> <ul style="list-style-type: none"> <li>• Self-awareness</li> <li>• Developing self-confidence</li> <li>• Making decisions</li> </ul>	<p>Walk Tall Unit 1, 6 <i>(not exclusively)</i> Unit 1 lessons: 1, 2, 3, 4, 5, 6, 7 Unit 6 lessons: 1, 2, 3, 4, 5</p>	<p><b>October</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Self-identity</p> <p>Self-awareness Developing self-confidence Making decisions</p> <p>Walk Tall Unit 1, 6 <i>(not exclusively)</i> Unit 1 lessons: 1, 2, 3, 4, 5, 6, 7 Unit 6 lessons: 1, 2, 3, 4, 5</p>	<p><b>November/December</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Myself and my family Myself and my family</p> <p>Walk Tall Unit 2: (not exclusively)</p>
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<p><b>January</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>• Personal safety</li> <li>• Safety issues</li> <li>• Stay Safe Programme</li> <li>• Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) <b>RSA</b></li> </ul>	<p><b>February</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>• Personal safety</li> <li>• Safety issues</li> <li>• Stay Safe Programme</li> <li>• Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) <b>RSA</b></li> </ul>	<p><b>March</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand:</b> Myself <b>Strand Unit:</b> Taking care of my body</p> <ul style="list-style-type: none"> <li>• Health and well being</li> <li>• Knowing about my body</li> <li>• Food and nutrition</li> </ul> <p>Walk Tall Unit 2, <i>(not exclusively)</i> Unit 2 section A lessons: 1, 2, 3, 4, 5, 6 Unit 2 section B lessons: 1, 2, 3, 4, 5, 6</p>
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<p><b>April</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p>Walk Tall Unit 3 <i>(not exclusively)</i> Lessons: 1, 2</p>	<p><b>May</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p>Walk Tall Unit 4 <i>(not exclusively)</i> Lessons: 1, 2, 3, 4, 5, 6, 7, 8</p>	<p><b>June</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and the wider world</p> <p>Walk Tall Unit 5, 12 <i>(not exclusively)</i> Unit 5 lessons: 1, 2, 3, 4, 5 Unit 12 lessons: 1, 2, Walk Tall Unit 8, 10 <i>(not exclusively)</i></p>
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<p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>As I grow I change: puberty and changes</li> <li>Birth and new life: human reproduction</li> </ul>	<p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>Feelings and emotions</li> </ul>	<p>Strand Unit: Developing Citizenship          Citizenship</p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and protection</b>          Keeping safe</p>
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**Junior Infants Year 2**

<p><b>September</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself and Others</b>  <b>Strand Unit:</b>          Relating to Others</p>	<p>Walk Tall: Unit1:lesson 1-3.          Unit 3: lesson 2.          (not exclusively)</p>	<p><b>October</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself and Others</b>  <b>Strand Unit:</b>          Relating to Others</p>	<p>Walk Tall : Unit 1: Lesson 1-3.          Unit 3: Lesson 2.          (not exclusively)</p>	<p><b>November/December</b></p> <p><b>S-P.H.E</b></p> <p><b>Strand:Myself and Others</b>  <b>Strand Unit: My Friends and other People</b></p>	<p>Unit 2: Lesson 1,2,4          Unit 3: lesson 3. ( not exclusively)</p>
<p><b>January</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and Protection</b></p> <p><b>Stay Safe Programme</b>          Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></p>	<p><b>February</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and Protection</b></p> <p><b>Continuation of the Stay Safe Programme</b></p> <ul style="list-style-type: none"> <li><b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></li> </ul>	<p><b>March</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and protection</b></p>	<p>Walk Tall: Unit 2: Lesson 5.Unit 4: Lesson 1, 2,3,4.Unit 1: Lesson 6.</p>		
<p><b>April</b></p> <p><b>S.P.H.E. to include RSE</b></p>	<p>Walk Tall Unit 1          (not exclusively)          Lesson: 4</p>	<p><b>May</b></p> <p><b>S.P.H.E. to include RSE</b></p>	<p>Walk Tall Unit 5          (not exclusively)          Lessons: 1, 2, 3, 4, 5, 6</p>	<p><b>June</b></p> <p>www.safefood.eu.          MediaWise.          Bi Folláin.          PDST          Revisit Stay Safe Programme.</p>	

<p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>As I grow I change (bodily changes birth- 9 years)</li> <li>New life.</li> </ul>	<p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>Feelings and emotions</li> </ul>	<p><b><u>S.P.H.E.</u></b>  <b>Strand: Myself and the Wider world</b>  <b>Strand Unit: Media Education.</b></p>
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**Senior Infants Year 2**

<p><b>September:</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself and others</b>  <b>Strand Unit: Relating to others</b></p>	<p><b>October</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself and others</b>  <b>Strand Unit: Relating to Others</b></p>	<p><b>November/December</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself and others</b>  <b>Strand Unit: My Friends and other People.</b></p>
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Walk Tall: Unit 1, Lesson 1,8. Unit 3: Lesson 1, ( not exclusively)

Walk Tall: Unit 1, Lesson 1,8. Unit 3: Lesson 1, ( not exclusively)

.Walk Tall : Unit 1: lesson 4, 6, 7 & 9. Unit 3: Lesson 1, 2,3. Unit 5: lesson 1. ( not exclusively).

<p><b>January</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and Protection</b></p> <p><b>Stay Safe Programme</b>  <b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p><b>February</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and Protection</b></p> <p><b>Continuation of the Stay Safe Programme</b>          Personal safety          Safety issues          Stay Safe Programme</p> <p><b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p><b>March</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and protection.</b>  <b>Be Safe Programme</b></p>
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Walk Tall: unit 2: Lesson 3,4,5,6. Unit 4: Lesson 1,2 & 3. (not exclusively).

<p><b>April</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand: Myself</b></p>	<p><b><u>May</u></b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand: Myself</b></p>	<p><b>June</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself and the wider world</b>  <b>Strand Unit: Media Education</b></p>
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Walk Tall: Unit 1: lesson 5. ( not exclusively)

Walk Tall: Unit 2: Lesson 6. Unit 6, Lesson 5, Unit 1, Lesson 6. www.safefood.eu. MediaWise. Bi Folláin. PDST Revisit Stay Safe

<p><b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>As I grow I change (bodily changes birth- 9 years)</li> <li>New life.</li> </ul>	<p><b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>Feelings and emotions</li> </ul>	
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**First Class Year 2**

<p><b>September:</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Relating to Others</p> <div data-bbox="472 387 728 555" style="border: 1px solid black; padding: 5px;"> <p>Walk Tall: Unit 1, Lesson 2 &amp; 3. Unit 5, Lesson 5. ( not exclusively).</p> </div>	<p><b>October</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and Others <b>Strand Unit:</b> Relating to Others</p> <div data-bbox="1249 387 1440 587" style="border: 1px solid black; padding: 5px;"> <p>Walk Tall: Unit 1, Lesson 2 &amp; 3. Unit 5, Lesson 5. ( not exclusively).</p> </div>	<p><b>November/December</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> My Friends and other People.</p> <div data-bbox="1727 400 2101 531" style="border: 1px solid black; padding: 5px;"> <p>Walk Tall : Unit 1: lesson 1-4, Unit 4, Lesson 1, Unit 5 , Lesson 2. (not exclusively).</p> </div>
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<p><b>January</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <p>Stay Safe Programme <b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p><b>February</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>Stay Safe Programme</li> </ul> <p>Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></p> <div data-bbox="1189 715 1440 858" style="border: 1px solid black; padding: 5px;"> <p>Walk Tall Unit 5 (<i>not exclusively</i>) Lessons: 1</p> </div>	<p><b>March</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection.</p> <p>Be Safe Programme.</p> <div data-bbox="1966 715 2150 970" style="border: 1px solid black; padding: 5px;"> <p>Walk Tall: Unit 3: lesson 6. Unit 4, Lesson 1, 2 &amp; 3. (Not exclusively.)</p> </div>
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<p><b>April</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p>	<p><b>May</b></p> <p><b>SPHE to include RSE</b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Growing and changing</p> <div data-bbox="1249 1193 1440 1455" style="border: 1px solid black; padding: 5px;"> <p>Walk Tall Unit 3 (<i>not exclusively</i>) Lessons: 1, 2, 3, 4, 5, 6, 7</p> </div>	<p><b>June</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and the wider world <b>Strand Unit:</b> Media Education.</p> <div data-bbox="1966 1193 2150 1532" style="border: 1px solid black; padding: 5px;"> <p>www.safefood.eu. MediaWise. Bi Folláin. PDST Revisit Stay Safe Programme. Walk Tall: Unit 6, lesson 1,2 &amp; 3. ( not exclusively).</p> </div>
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<ul style="list-style-type: none"> <li>As I grow I change (bodily changes birth- 9 years)</li> <li>New life</li> </ul>	<ul style="list-style-type: none"> <li>Feelings and emotions</li> </ul>	
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<b><u>Second Class Year 2</u></b>		
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<p><b>September:</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Relating to Others</p>	<p>Walk Tall: Unit 4. Lesson 1,2,4. Unit 5, Lesson 5. ( not exclusively).</p>	<p><b>October</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Relating to Others.</p>	<p>Walk Tall: Unit 4. Lesson 1,2,4. Unit 5, Lesson 5. ( not exclusively).</p>	<p><b>November/December</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> My Friends and Other People</p>	<p>Walk Tall: Unit 1, Lesson 1. Unit 4, Lesson 6, Unit 5, Lesson 1. not exclusively</p>
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<p>January</p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <p>Personal Safety Safety issues Stay Safe Programme Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p>February</p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <p>Personal Safety Safety issues Stay Safe Programme Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) RSA</p>	<p><b>March</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> safety and protection.</p> <p>Be Safe Programme</p>	<p>Walk Tall: Unit 1 : lesson 2/3. Unit 2. Lesson 6/7, Unit 3, Lesson 6, Unit 4, Lesson 1,2,3. Not exclusively.</p>
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<p><b>April</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p>	<p>Walk Tall Unit 3 (<i>not exclusively</i>) Lessons: 1</p>	<p><b>May</b></p> <p><b><u>S.P.H.E to include RSE</u></b></p>	<p>Walk Tall Unit 3 (<i>not exclusively</i>) Lessons: 2, 3, 4, 5</p>	<p><b>June</b></p> <p><b><u>S.P.H.E.</u></b></p>	<p>Walk Tall: unit 6; Lesson 1. www.safefood.eu. MediaWise. Bi Folláin. PDST Revisit Stay Safe Programme.</p>
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<p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>As I grow I change (bodily changes birth- 9 years)</li> <li>New life</li> </ul>	<p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>Feelings and emotions</li> </ul>	<p><b>Strand: Myself and the wider world</b>  <b>Strand Unit: Media Education</b></p>
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**Third Class Year 2**

<p><b>September:</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself and others</b>  <b>Strand Unit: Relating to Others</b></p>	<p>Walk Tall Programme: Unit 3, Lesson 2 and Unit 4, Lesson 3. ( not exclusively).</p>	<p><b>October</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself and others</b>  <b>Strand Unit: Relating to Others</b></p>	<p>Walk Tall Programme: Unit 3, Lesson 2 and Unit 4, Lesson 3. ( not</p>	<p><b>November/December</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself and others</b>  <b>Strand Unit: My Friends and other People.</b></p>	<p>Walk Tall Programme: Unit 1, lesson 1; Unit 2, lesson 2 &amp; 3; Unit 3: lesson 2; Unit 4: lesson 1 &amp; 3; ( not exclusively)</p>
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<p><b>January</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and Protection</b></p> <ul style="list-style-type: none"> <li>Stay Safe Programme</li> <li>Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></li> </ul>	<p><b>February</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and Protection</b></p> <ul style="list-style-type: none"> <li>Stay Safe Programme</li> <li>Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) Seatbelt Sheriff &amp; Hi Glo Silver (7 to 9-year-olds) <b>RSA</b></li> </ul>	<p>Walk Tall Unit 4 (<i>not exclusively</i>)  Lessons: 1, 2, 3, 4, 5, 6</p>	<p><b>March</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Making Decisions</b></p>	<p>Walk Tall Programme: Unit 1, lesson 1, Unit 4, lesson 2 &amp; 4; Unit 5: lesson 1-5 . ( not exclusively).</p>
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<p><b>April</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p>	<p>Walk Tall Unit 7 (<i>not exclusively</i>)  Unit 7 lessons: 1</p>	<p><b>May</b></p> <p><b><u>SPHE to include RSE</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p>	<p>Walk Tall Unit 3 (<i>not exclusively</i>)  Lessons: 1, 2, 3, 4, 5, 6</p>	<p><b>June</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself and the wider world</b>  <b>Strand Unit: Media Education</b></p>	<p>Walk Tall Programme: Unit 6: lesson 1-3.  www.safefoo d.eu.  MediaWise.  Bi Folláin.  PDST  Revisit Stay Safe</p>
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<ul style="list-style-type: none"> <li>As I grow I change: bodily changes</li> <li>Birth and new life: stages and sequence of development of the human baby in the womb.</li> </ul>	<ul style="list-style-type: none"> <li>Feelings and emotions</li> </ul>	
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**Fourth Class Year 2**

<p><b>September:</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and Others <b>Strand Unit:</b> Relating to Others</p>	<p><b>October</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Relating to others</p>	<p><b>November/December</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> My Friends and Other People</p>
<p><b>January</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection Stay Safe Programme <b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds)</p>	<p><b>February</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection Stay Safe Programme <b>Be Safe Programme</b> (Road, Fire and Water Safety -5 to 12-year-olds)</p>	<p><b>March</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Making Decisions</p>
<p><b>April</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand:</b> Myself</p>	<p><b>May</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand:</b> Myself</p>	<p><b>June</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand:</b> Myself and the wider world <b>Strand Unit:</b> Media Education.</p>

Walk Tall Programme: Unit 8; lesson 1 and 3 ( not exclusively)

Walk Tall Programme: Unit 8; lesson 1 and 3 ( not exclusively)

Walk Tall Programme: Unit 1; lesson 3; Unit 5; lesson 1-3; Unit 8; lesson 2-4. ( not exclusively)

Walk Tall Programme: Unit 4; lesson 1, Unit 4, lesson 2-4. ( not exclusively).

Walk Tall Unit 7 (*not exclusively*)  
Lessons: 1, 2, 3

Walk Tall Unit 3 (*not exclusively*)  
Lessons: 1, 2, 3

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MediaWise. Bi Folláin.  
PDST  
Revisit Stay Safe  
Walk Tall Programme: Unit 1; lesson 4 & 5.

<p><b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>As I grow I change: puberty and changes</li> <li>Birth and new life: stages and sequence of development of the human baby in the womb.</li> </ul>	<p><b>Strand Unit:</b> Growing and changing</p> <ul style="list-style-type: none"> <li>Feelings and emotions</li> </ul>	
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**Fifth Class Year 2**

<p><b>September:</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> Relating to Others</p>	<p>Walk Tall Programme: Unit 1, lesson 2, Unit 5, lesson 2; Unit 8; lessons 1-9. ( not exclusively).</p>	<p><b>October</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself and Others <b>Strand Unit:</b> Relating to Others.</p>	<p>Walk Tall Programme: Unit 1, lesson 2, Unit 5, lesson 2; Unit 8; lessons 1-9. ( not exclusively).</p>	<p><b>November/December</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself and others <b>Strand Unit:</b> My Friends and Other</p>	<p>Walk Tall Programme: Unit 1; lesson 4; Unit 7, lesson 1-4; Unit 8, lesson 4. ( not exclusively).</p>
<p><b>January</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>Stay Safe Programme</li> <li>Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) RSA</li> </ul>	<p><b>February</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Safety and Protection</p> <ul style="list-style-type: none"> <li>Stay Safe Programme</li> <li>Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) RSA</li> </ul>	<p><b>March</b></p> <p><u>S.P.H.E.</u></p> <p><b>Strand:</b> Myself <b>Strand Unit:</b> Making Decisions.</p>	<p>Walk Tall Programme: Unit 3, lesson 7; Unit 4, lesson 1 &amp; 2; Unit 5, lesson 3-5. ( not exclusively).</p>		
<p><b>April</b></p> <p><u>S.P.H.E. to include RSE</u></p>	<p>Walk Tall Unit 2 (<i>not exclusively</i>) Section B lessons: 1, 2, 3, 4, 5, 6</p>	<p><b>May</b></p> <p><u>S.P.H.E. to include RSE</u></p>	<p>Walk Tall Unit 3 (<i>not exclusively</i>) Lessons: 1, 2, 3, 4, 5, 6, 7</p>	<p><b>June</b></p> <p>S.P.H.E. <b>Strand:</b> Myself and the wider world</p>	<p>Walk Tall Programme: Unit 1, lesson 4 &amp; unit 1, lesson 1-4. www.safefood.eu. MediaWise. Bi Folláin. PDST Revisit Stay Safe</p>



<p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>• As I grow I change: puberty and changes</li> <li>• Birth and new life: human reproduction</li> </ul>	<p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>• Feelings and emotions</li> </ul>	<p><b>Strand Unit: Media Education</b></p>
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**Sixth Class Year 2**

<p><b>September:</b></p> <p><b><u>S.P.H.E.</u></b></p> <div data-bbox="421 427 692 660" style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Walk Tall Programme; Unit 1, lesson 3 &amp; 6; Unit 9, lesson 1-7. ( not exclusively).</p> </div> <p><b>Strand: Myself and Others</b>  <b>Strand Unit: Relating to Others</b></p>	<p><b>October</b></p> <p><b><u>S.P.H.E.</u></b></p> <div data-bbox="1113 427 1364 671" style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Walk Tall Programme; Unit 1, lesson 3 &amp; 6; Unit 9, lesson 1-7. ( not exclusively).</p> </div> <p><b>Strand: Myself</b></p> <p><b>Strand Unit: Relating to Others</b></p>	<p><b>November/December</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself and others</b>  <b>Strand Unit: My Friends and other People.</b></p> <div data-bbox="1973 461 2136 834" style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>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</p> </div>
<p><b>January</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and Protection</b></p> <ul style="list-style-type: none"> <li>• Personal safety</li> <li>• Safety issues</li> <li>• Stay Safe Programme</li> <li>• Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) <b>RSA</b></li> </ul>	<p><b>February</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Safety and Protection</b></p> <ul style="list-style-type: none"> <li>• Personal safety</li> <li>• Safety issues</li> <li>• Stay Safe Programme</li> <li>• Be Safe Programme (Road, Fire and Water Safety -5 to 12-year-olds) <b>RSA</b></li> </ul>	<p><b>March</b></p> <p><b><u>S.P.H.E.</u></b></p> <p><b>Strand: Myself Strand: Myself</b>  <b>Strand Unit: Making Decisions</b></p> <div data-bbox="1951 879 2148 1238" style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Walk Tall Programme: Unit 6, lesson 1-5; Unit 6, lesson 3-5. ( not exclusively).</p> </div>

<p><b>April</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>• As I grow I change: puberty and changes</li> <li>• Birth and new life: human reproduction</li> </ul>	<p>Walk Tall Unit 3 (<i>not exclusively</i>)  Lessons: 1, 2</p>	<p><b>May</b></p> <p><b><u>S.P.H.E. to include RSE</u></b></p> <p><b>Strand: Myself</b>  <b>Strand Unit: Growing and changing</b></p> <ul style="list-style-type: none"> <li>• Feelings and emotions</li> </ul>	<p>Walk Tall Unit 4 (<i>not exclusively</i>)  Lessons: 1, 2, 3, 4, 5, 6, 7, 8</p>	<p><b>June</b></p> <p><b><u>S.P.H.E.</u></b>  <b>Strand: Myself and the wider world</b>  <b>Strand Unit: Media Education</b></p>	<p>Walk Tall Programme:  Unit 11, lesson 2,4 &amp; 6.  <a href="http://www.safefood.eu">www.safefood.eu</a>  MediaWise. Bi Folláin.  PDST  Revisit Stay</p>
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