



















First Year Term 1

August/September	October	November	December
<p>Lessons:</p> <ol style="list-style-type: none"> 1. Joining a New Group 2. Class Contract 3. Coping with Change in Your New School 4. Teamwork 5. Appreciating Difference 	<p>Lessons:</p> <ol style="list-style-type: none"> 6. Organising Myself at Home and at School 7. Homework and Study Skills 8. Looking after Myself 9. Fire Safety 	<p>Lessons:</p> <ol style="list-style-type: none"> 11. Express Yourself 12. Learning to Listen 13. Passive, Aggressive and Assertive Communication 	<p>Lessons:</p> <ol style="list-style-type: none"> 14. Balance in My Life 15. Body Care 16. Healthy Eating
<p>Learning outcomes: 1.1, 1.2, 1.6, 1.8, 1.9</p>	<p>Learning outcomes: 1.5, 1.6, 1.7</p>	<p>Learning outcomes: 2.8, 2.9</p>	<p>Learning outcomes: 2.1</p>
<p>Statements of Learning: 5, 6, 11</p>	<p>Statements of Learning: 11, 22</p>	<p>Statements of Learning: 6, 11</p>	<p>Statements of Learning: 11, 13</p>
<p>Key skills:</p> 	<p>Key skills:</p> 	<p>Key skills:</p> 	<p>Key skills:</p> 
<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 
<p>Additional lessons/assessment options for schools following the SPHE 100-hour Short Course</p>			
<p>Assessment: Meet the Challenge, p. 27, An Article on Starting First Year</p>	<p>Assessment: Meet the Challenge, p. 56, Design and Create a 'Good Study Habits' Bookmark</p>	<p>Assessment: Meet the Challenge, p. 86, Communication Role-Plays</p>	

First Year Term 2

January	February	March
<p>Lessons:</p> <p>17. Physical Activity 18. Why Use Drugs? 19. Smoking and its Effects 20. Alcohol: The Facts</p>	<p>Lessons:</p> <p>21. Dealing with Bullying: What Can You Do? 22. Bullying is Everyone’s Business 23. Making Friends 10. Changes at Adolescence</p>	<p>Lessons:</p> <p>24. People in My Life 25. The Female and Male Reproductive Systems 26. Sexual Intercourse and Conception 27. Gender Stereotypes and Discrimination</p>
<p>Learning outcomes: 2.1, 2.5, 2.6, 4.7</p>	<p>Learning outcomes: 2.9, 2.10, 2.11, 3.2, 3.3</p>	<p>Learning outcomes: 1.4, 1.8, 3.4, 3.6, 3.9</p>
<p>Statements of Learning: 11, 12</p>	<p>Statements of Learning: 11</p>	<p>Statements of Learning: 6, 11</p>
<p>Key skills:</p> 	<p>Key skills:</p> 	<p>Key skills:</p> 
<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 
<p>Additional lessons/assessment options for schools following the SPHE 100-hour Short Course</p>		
<p>Assessment: Meet the Challenge, p. 109, A Talk on Being Healthy</p>	<p>Assessment: Meet the Challenge, p. 140, ‘Take a Stand Against Bullying’ Campaign Meet the Challenge, p. 146, Making a Friendship Tree</p>	<p>Lesson: 28. Sexuality, Sexual Identity and Sexual Orientation Assessment: Meet the Challenge, p. 169, A Report on Gendered Advertising</p>

First Year Term 3*

April	May
<p>Lessons: 29. Recognising and Expressing Feelings 30. Respecting My Feelings and the Feelings of Others</p>	<p>Lessons: 33. Unique and Different Me 34. Coping with Loss</p>
<p>Learning outcomes: 4.1, 4.2, 4.3, 4.4, 4.5, 4.9</p>	<p>Learning outcomes: 1.1, 1.2, 4.2, 4.8, 4.9, 4.10, 4.11, 4.13</p>
<p>Statements of Learning: 5, 11</p>	<p>Statements of Learning: 6, 11</p>
<p>Key skills:</p> 	<p>Key skills:</p> 
<p>Wellbeing indicators:</p> 	<p>Wellbeing indicators:</p> 
<p>Additional lessons/assessment options for schools following the SPHE 100-hour Short Course</p>	
<p>Lesson: 31. Looking After My Mental Health and Wellbeing Assessment: Meet the Challenge, p. 190, My Wellbeing Activities</p>	<p>Lesson: 32. Positive Self-Talk Assessment: Meet the Challenge, p. 201, Quiz – How Do I View the World? Meet the Challenge, p. 208, Write a Poem on Change or Loss</p>

**How many classes you have in each month will depend on the timing of the Easter break. You will need to adjust this scheme of work depending on the school calendar/holidays.*