



















Third Year Term 1

August/September	October	November	December
<p>Lessons:</p> <ol style="list-style-type: none"> 1. Class Contract 2. Goal-Setting for Third Year 3. Organising My Time for Effective Study 4. Planning for Effective Study 	<p>Lessons:</p> <ol style="list-style-type: none"> 5. Coping with Examinations 7. Making Good Decisions 8. Recognising Unsafe Situations 9. Violence 	<p>Lessons:</p> <ol style="list-style-type: none"> 11. Learning to Communicate 12. Constructive Criticism 13. Your Style in Conflict 	<p>Lessons:</p> <ol style="list-style-type: none"> 14. Dealing with Conflict 15. Healthy Eating
<p>Learning outcomes: 1.1, 1.5, 1.9</p>	<p>Learning outcomes: 1.5, 1.6, 1.7</p>	<p>Learning outcomes: 2.8, 2.9</p>	<p>Learning outcomes: 2.9, 2.1, 2.2</p>
<p>Statements of Learning: 6, 11</p>	<p>Statements of Learning: 5, 6, 11</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. 6, Researching Global Contracts; Meet the Challenge, p. 51, 1. Write a Study Advice Page</p>	<p>Lesson: 6. Health and Wellbeing Sources of Information Assessment: Meet the Challenge, p. 52, 2. PowerPoint Presentation on Effective Decision-Making</p>	<p>Assessment: Meet the Challenge, p. 60, Research and Presentation on Help Agencies</p>	<p>Lesson: 16. Food, Media and Advertising Assessment: Meet the Challenge, p. 84, Role-Play; Meet the Challenge, p. 109, 1. Presentation on Diet and the Influence of the Media</p>

Third Year Term 2

January	February	March
<p>Lessons:</p> <p>17. Physical Activity 19. Substance Use: The Reality 10. Where Am I Now?</p>	<p>Lessons:</p> <p>20. Boyfriends and Girlfriends 21. Relationships: What's Important? 22. Healthy vs Unhealthy Relationships</p>	<p>Lessons:</p> <p>23. The Three Rs: Respect, Rights and Responsibilities 24. Conflict and Breaking Up 25. Sexually Transmitted Infections</p>
<p>Learning outcomes: 1.3, 2.1, 2.5, 2.6</p>	<p>Learning outcomes: 3.1, 3.3, 3.4, 3.5, 3.7, 3.8</p>	<p>Learning outcomes: 1.4, 3.4, 3.5, 3.7, 3.8, 3.10, 3.11</p>
<p>Statements of Learning: 11, 12</p>	<p>Statements of Learning: 11, 24</p>	<p>Statements of Learning: 5, 6, 11, 24</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>Lesson: 18. Care-Giving and Care-Receiving Assessment: Meet the Challenge, p. 110, 2. Health Promotion Campaign; Meet the Challenge, p. 118, A Talk on Underage Drinking</p>	<p>Lesson: 26. Sexting Assessment: Meet the Challenge, p. 171, Raising Awareness about the Dangers of Sexting</p>	<p>Lessons: 28. Media Influences on Relationships and Sexuality Assessment: Meet the Challenge, p. 147, Advice Blog on Relationships</p>

Third Year Term 3*

April	May
<p>Lessons: 27. Consent 29. Positive and Negative Influences 30. Managing Stress in Our Lives</p>	<p>Lessons: 31. Relaxation 33. Help Agencies</p>
<p>Learning outcomes: 2.2, 3.6, 4.2, 4.4, 4.5, 4.6</p>	<p>Learning outcomes: 1.6, 1.7, 4.2, 4.8, 4.9</p>
<p>Statements of Learning: 5, 6, 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: 32. Understanding Depression Assessment: Meet the Challenge, p. 201, Mental Health Leaflet</p>	<p>Assessment: Meet the Challenge, p. 215, Wellbeing Wall</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.*