

SPHE plan Year 3

Strands	Units	Year planner	Links/Events
WHO AM I?	Unit 1 Self Management 1,2,3	Sept -4 weeks	
MY MENTAL HEALTH	Unit 1 Positive Mental Health	Oct – 3 weeks	
MINDING MYSELF AND OTHERS	Unit 4 Anti Bullying	Oct- Nov 2 weeks	FUSE anti bullying
TEAM UP	Unit 1 Having a friend and being a friend Unit 2 The relationship spectrum	Nov – 2 weeks	RP lessons
MY MENTAL HEALTH	Unit 2 Mental Health and Mental ill health Unit 3 Loss and bereavement	Dec – 3 weeks	
WHO AM I?	Unit 2 How I see myself and others Unit 3 Being an adolescent	Jan – 1/ 2 weeks	
TEAM UP	Unit 3 Sexuality, Gender Identity & Sexual health Unit 4 Media influences on Relationships and Sexuality	Jan – Feb 4 weeks	RSE – 6 lessons
MY MENTAL HEALTH	Unit 3 Dealing with tough times	March – 2 weeks	
MINDING MYSELF AND OTHERS	Unit 1 Being healthy Unit 3 Substance use Unit 3 Respectful Communication	Mar – May 6/ 7 weeks	

Classroom-Based Assessment:

Students will complete one Classroom-Based Assessment based on learning outcomes in more than one strand of the course.

The Classroom-Based Assessment will be designed in consultation with the students.

A particular purpose of the Classroom-Based Assessment will be to facilitate developmental feedback to students during their engagement with the task and at the end of the process.

The CBA for the SPHE short course will be completed in third year.

The CBA can be produced in written, digital, visual or audio formats and it may be supported in these formats through the use of an interview or presentation.

[Wellbeing | Social, Personal and Health Education | Resources | Junior Cycle for Teachers \(JCT\)](#)