

SPHE plan Year 2

Strands	Units	Year planner	Links/Events
WHO AM I?	Unit 1 Self Management 1,2,3,4	Sept -4 weeks	
MY MENTAL HEALTH	Unit 1 Positive Mental Health Unit 2 Mental Health & Mental ill 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	Nov – 2 weeks	
MY MENTAL 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 2 The relationship spectrum 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 2 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	