

SPHE plan Year 1

Strands	Units	Year planner	Links/Events
WHO AM I?	Unit 1, 2, 3 Self Management Unit 1 How I see myself and others	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	Nov – 2 weeks	RP lessons 'Friends' lessons
MY MENTAL HEALTH	Unit 3 Change and loss	Dec – 3 weeks	
WHO AM I?	Unit 3 Being an adolescent	Jan – 1/ 2 weeks	
TEAM UP	Unit 2 Changes at Adolescence Unit 3 Sexuality, Gender Identity & Sexual health	Jan – Feb 4 weeks	RSE – 6 lessons HSE RSE 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	