

SAMPLE PROGRAMMES

PROGRAMME 1

Context:

In this school the timetable is designed around 40-minute class periods. The Wellbeing programme comprises the short courses in CSPE and SPHE and 135-hours of PE. In addition, students engage in short units of learning (10/11 weeks duration), scheduled for one 40-minute class period each week, across the three years of junior cycle. A mixed school of approximately 900, students have a strong interest in environmental and social action and this is reflected in the units of learning. The school is also situated by the sea, hence the inclusion of water safety as a unit of learning.

The table below outlines the main features of the programme.

	FIRST YEAR	SECOND YEAR	THIRD YEAR	HOURS
PE	Double class period	Double class period	Double class period	135
CSPE	Double class period	Double class period	Single class period	100
SPHE	Double class period	Single class period	Double class period	100
UNITS	Single periods x 11 weeks	Single periods x 11 weeks	Single periods x 11 weeks	66
Term 1	Making the transition into post-primary school ¹³	Junior Social Innovation Action programme ¹⁴	Young Environmentalist Award ¹⁵	
Term 2	Friends Youth programme ¹⁶	JAWS (Junior Aquatics Water Safety) ¹⁷	Relationship skills ¹⁸	
Term 3	Staying safe and staying well online ¹⁹	Learning to learn ²⁰	Guidance and study skills	

Approx
401
hours

¹³ See sample unit p.58

¹⁴ <https://www.youngsocialinnovators.ie/programmes-initiatives/junior-programme/>

¹⁵ <https://ecunesco.ie>

¹⁶ <https://www.friendsresilience.org/my-friends-youth-ages-12-15/>

¹⁷ www.watersafety.ie

¹⁸ This unit was developed in response to students expressing a need for more time to discuss aspects of relationships and sexuality and was planned alongside the SPHE programme

¹⁹ See sample unit p.61

²⁰ See sample unit p.64