

PROGRAMME 2

In this Wellbeing programme, the school decides to include a particular focus on supporting students to make healthy lifestyle choices about regular physical activity, relaxation, mindfulness and healthy eating. PE and SPHE are offered as stand-alone courses. The PE, SPHE and Home Economics teachers collaborate on providing learning experiences in support of healthy lifestyle choices. The programme is configured as follows:

- Double periods for PE in each of the three years of junior cycle.
- One period for CSPE in each year of junior cycle focusing on selected learning outcomes from **each** strand of the CSPE short course. Alternatively, teachers can continue to plan for learning using the CSPE syllabus.
- One class period for SPHE in each year of junior cycle focusing on selected learning outcomes from **each** strand of the NCCA SPHE short course and guidance-related learning.
- One class period of combined PE/SPHE-related learning in first and second year each year focusing on learning outcomes designed to encourage students to include regular physical activity, relaxation and mindfulness as part of a healthy lifestyle. These learning outcomes are selected from the NCCA short courses in PE and SPHE, where considerable congruence and compatibility has been identified across the learning outcomes in question. In third year, the home economics teacher teaches the single period per week with a particular focus on learning about nutrition and healthy eating.

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
	Focus on a broad range of skills and physical activity experiences	NCCA PE short course		
Combined PE/SPHE/ Home Economics	One class period per week	One class period per week	One class period per week	70
	Combined PE / SPHE		Wellbeing-related learning in home economics	
SPHE	One class period per week	One class period per week	One class period per week	70
	SPHE including guidance-related learning			
CSPE	One class period per week	One class period per week	One class period per week	70

Approx
345
hours