

### PROGRAMME 3

In this Wellbeing programme, the school is moving from the minimum to gradually incorporate additional units from a diverse range of sources in support of a broad Wellbeing programme.

The programme is configured as follows:

- Double periods for PE in each of the three years of junior cycle. Teachers use the junior cycle physical education framework to plan the course.
- One class period for SPHE focusing on selected learning outcomes from each strand of the NCCA SPHE short course. Alternatively, teachers can continue to plan for learning using the SPHE framework.
- One period for CSPE focusing on selected learning outcomes from each strand of the CSPE short course.
- One class period per week in each of the three years of junior cycle for shorter units of learning.

The table below outlines the main features of the programme.

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		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	School-developed / NCCA PE short course		
SPHE		One class period per week	One class period per week	One class period per week	70
CSPE		One class period per week each year	One class period per week each year	One class period per week each year	70
Units	Term 1	Single period x 10 weeks	Single period x 10 weeks	Single period x 10 weeks	70
		Guidance-related learning supporting transition into post-primary education	Mentoring for learning	Managing my learning through eportfolio	
	Term 2	Single period x 10 weeks	Single period x 10 weeks	Single period x 10 weeks	
		Friends for Life <sup>73</sup>	Social Innovation Action Programme (Junior) <sup>75</sup>	Managing myself – coping and relaxation skills	
	Term 3	Single period x 10 weeks	Single period x 10 weeks	Single period x 10 weeks	
		Digital Citizenship <sup>74</sup>	Staying safe online <sup>76</sup>	Creativity and wellbeing (linked to music and/ or art)	

Approx  
**345**  
hours