

PROGRAMME 4

In this Wellbeing programme, the school develops a programme that strongly reflects the school's ethos of social justice, inclusion and equality. In this context, learning in CSPE is seen as particularly important for students' learning about, and experience of, wellbeing. Students are offered learning experiences designed to develop students' sense of agency and citizenship. Across the three years, students study CSPE for two periods per week. This allows time for full engagement with the NCCA short course in CSPE and linkage with elements of religious education (RE). In addition, CSPE and RE teachers could cooperate in developing social justice or development education initiatives aimed at helping students make links between faith and action. Ideally these should be offered as a double period to support the active learning approaches and links with the community which are central to this kind of learning.

Students study SPHE as a double class period in first year. A unit on transition, designed to support their successful transfer into post-primary education, is also included.

This programme is configured as follows:

- Double periods for PE in each of the three years of junior cycle.
- CSPE is timetabled for two class periods each year of junior cycle.
- SPHE is timetabled as a double class period in first year and a single one in second and third year.

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		
SPHE	Two class periods per week	One class period per week	One class period per week	90
	Focus on guidance-related learning and selected learning outcomes from strands 1 and 2 of the NCCA SPHE short course	Based on learning outcomes selected from strands 2/3/4 of the NCCA SPHE short course		
CSPE	Two class periods per week	Two class periods per week	Two class periods per week	135
	Incorporating the NCCA short course in CSPE plus other related learning linked to social justice and/or development education			

Approx
360
hours