

## PROGRAMME 5

In this Wellbeing programme, the school decides to include the three NCCA wellbeing-related short courses in PE, SPHE and CSPE. The priority of the Wellbeing programme in first year is to support a positive transition from primary education in all areas.

The programme is configured as follows:

- There are double periods for PE in each of the three years of junior cycle. In second and third year, learning in PE is based on the NCCA PE short course.
- In first year, in addition to a double PE class, students have two classes per week which can be organised in 10 week rotating units to include CSPE, SPHE and guidance-related learning. The CSPE and SPHE short courses can be introduced during this time as well as other SPHE and citizenship-related learning. Guidance-related learning is mainly focused on supporting first-year students in making a positive transition from primary education. Where it is not possible to organise a rotating timetable, the students could be timetabled for one period of CSPE and one period of SPHE, and the guidance counsellor could arrange to work with students on occasion, for example, one class per month.
- In second and third year, learning in SPHE and CSPE is based on the NCCA short courses.

The graphic 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 periods per week	Two periods per week	100
		NCCA SPHE short course		
CSPE		Two periods per week	Two periods per week	100
		NCCA CSPE short course		
Units	Two periods per week			45
	Shared between CPSE, SPHE and guidance			

Approx  
**380**  
hours