

## PROGRAMME 6

In this Wellbeing programme, the school has decided to use a thematic approach to learning in Wellbeing in first year. The chosen theme is one focused on making the optimum transition from primary education and is called 'Head Start'. All learning in the Wellbeing programme in first year is designed to support the students' positive transition to post-primary education.

The programme is configured as follows:

- A double period of physical education in first, second and third year.
- The school includes six units in first year which contribute to learning related to 'Head Start'. The units are timetabled for two class periods per week. Each unit lasts for ten weeks so that students participate in six units during first year.
- Two periods of SPHE in second year and three periods in third year to facilitate the NCCA short course.
- Three periods of CSPE in second year and two periods in third year to facilitate the NCCA short course.

	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 physical education short course		
SPHE		Two class periods	Three class periods	100
		NCCA SPHE short course		
CSPE		Three class periods	Two class periods	100
		NCCA CSPE short course		
Units	Two class periods Transition from primary (linked to Guidance) Staying safe online Friends for Life Getting involved in my school and local community Healthy eating–Healthy living (linked to Home Ec) Developing positive coping skills			45
Special events and activities related to wellbeing				20

Approx  
**400**  
hours