

PROGRAMME B

This Wellbeing programme is designed to facilitate schools who have moved from 40-minute class periods to one hour classes. This programme also shows how a Wellbeing programme might make explicit links to wellbeing related learning in RE. This example is configured as follows:

- Two one-hour periods for PE in each of the three years of junior cycle.
- One-hour period for SPHE in each of the three years. In this programme, one class every six weeks is dedicated to guidance-related learning, including mentoring for learning.
- Learning in CSPE and RE is provided through three rotating units of ten weeks' duration in each of the three years of junior cycle. Each year, two of these units address learning that is directly related to CSPE. One 10 week unit each year is linked to learning in RE. The students also organise and participate in annual special events to mark International Human Rights Day.
- The school also offers other wellbeing-related units considered to be of relevance and interest to the students. These take place each week in ten week blocks, in each year of junior cycle.

	First Year	Second Year	Third Year	Hours
PE	Two periods of one-hour duration	Two periods of one-hour duration	Two periods of one-hour duration	200
	Focus on a broad range of skills and physical activity experiences	NCCA PE short course		
SPHE	One hour per week	One hour per week	One hour per week	100
	NCCA SPHE short course (including guidance-related learning)			
Units (Linked to citizenship education)	Three units x 10 weeks of one-hour duration	Three units x 10 weeks of one-hour duration	Three units x 10 weeks of one-hour duration	100
	Human rights and equality	Taking leadership in my school and community	Celebrating diversity	
	Digital citizenship	Voice your concern	Exploring human rights through the creative arts	
	Stewards of creation (linked to RE)	People living on the margins (linked to RE)	Inspiring people of faith (linked to RE)	

Approx
400
hours