

S.P.H.E. and RSE Plan

Junior Infants- Sixth Class

Curriculum:

Strands and Strand Units:

The curriculum is delineated at four levels—infant classes, first and second classes, third and fourth classes, and fifth and sixth classes—and is divided into three strands: Myself, Myself and Others, and Myself and the Wider World.

Each of these strands is further subdivided into a number of strand units or topic areas that contain particular objectives.

Ashbourne ETNS will teach aspects of all three major strand units each year and strand units will be chosen in such a way that the child will receive a comprehensive programme in SPHE and RSE over a two year period.

Programmes include:
Walk Tall
Stay Safe
Be Safe
Resource Materials for RSE (booklet)

A combination of all programmes should be used for lessons.

Overview of Content of S.P.H.E.

Strands	Strand Units (Year 1)	Strand Units (Year 2)
Myself	Self- Identity	Safety and Protection
	Taking Care of my Body	
	Growing and Changing	
		Making Decisions (3 rd -6 th)
Myself and Others	Myself and My Family	My Friends and Others
		Relating to Others
Myself and the Wider World	Developing Citizenship	Media Education

Overview of Content of RSE

Life Cycles	These 5 topics will be covered each year.
Emotions and Feelings	
Body Parts	
Body Systems	
Families	

Junior Infants

<p>September</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Self-identity</p> <ul style="list-style-type: none"> • Self-awareness • Developing self-confidence • Making decisions 	<p>October</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing Citizenship</p> <ul style="list-style-type: none"> • My school community 	<p>November/December</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and Protection</p> <ul style="list-style-type: none"> • Stay Safe Programme • Be Safe Programme (Road, Fire and Water Safety) <p>(Main focus is on Stay Safe and Be Safe programmes).</p>
<p>January</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Taking care of my body</p> <ul style="list-style-type: none"> • Knowing about my body • Food and nutrition <p><u>RSE</u></p> <p>Body Parts</p> <ul style="list-style-type: none"> • Basic vocabulary of body parts: head, neck, shoulders, arms, hands, body, feet, eyes, mouth, nose, ears, vagina, penis. <p>(link to Stay Safe: body parts)</p>	<p>February</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and others Strand Unit: Myself and my family</p> <ul style="list-style-type: none"> • Myself and my family <p><u>RSE</u></p> <p>Families</p> <ul style="list-style-type: none"> • Family structures • Friendship week (anti-bullying). Link to Stay Safe. 	<p>March</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing citizenship</p> <ul style="list-style-type: none"> • My school community • Living in the local community • Environmental care <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none"> • Skeleton
<p>April</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none"> • As I grow I change • New life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none"> • Butterfly 	<p>May</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none"> • Feelings and emotions <p><u>RSE</u></p> <p>Feelings and Emotions</p> <ul style="list-style-type: none"> • Vocabulary list of feelings and emotions 	<p>June</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and protection</p> <ul style="list-style-type: none"> • Revision: Stay Safe/ Be Safe programmes • Keeping safe in summer

Senior Infants

<p>September:</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Self-identity</p> <ul style="list-style-type: none">• Self-awareness• Developing self-confidence• Making decisions	<p>October</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing Citizenship</p> <ul style="list-style-type: none">• My school community	<p>November/December</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and Protection</p> <ul style="list-style-type: none">• Personal safety• Safety issues• Stay Safe Programme• Be Safe Programme (Road, Fire and Water Safety) <p>(Main focus is on personal safety and safety issues. Revise Stay Safe and Be Safe programmes).</p>
<p>January</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Taking care of my body</p> <ul style="list-style-type: none">• Knowing about my body• Food and nutrition <p><u>RSE</u></p> <p>Body Parts</p> <ul style="list-style-type: none">• Vocabulary of body parts: cheek, chin, breast, elbow, knuckle, finger, nail, knee, ankle, toes.• Revise previously learned body parts. (link to Stay Safe: body parts)	<p>February</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and others Strand Unit: My friends and others/ relating to others</p> <ul style="list-style-type: none">• My friends and other people• Relating to others <p><u>RSE</u></p> <p>Families</p> <ul style="list-style-type: none">• Family structures• Friendship week (anti-bullying). Link to Stay Safe.	<p>March</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Media education</p> <ul style="list-style-type: none">• Media education <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none">• Tongue (taste)
<p>April</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• As I grow I change• New life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none">• Frog	<p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• Feelings and emotions <p><u>RSE</u></p> <p>Feelings and Emotions</p> <ul style="list-style-type: none">• Vocabulary list of feelings and emotions	<p>June</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and protection</p> <ul style="list-style-type: none">• Revision: Stay Safe/ Be Safe programmes• Keeping safe in summer

First Class

<p>September:</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Self-identity</p> <ul style="list-style-type: none">• Self-awareness• Developing self-confidence• Making decisions	<p>October</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing Citizenship</p> <ul style="list-style-type: none">• My school community	<p>November/December</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and Protection</p> <ul style="list-style-type: none">• Stay Safe Programme• Be Safe Programme (Road, Fire and Water Safety)
<p>January</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Taking care of my body</p> <ul style="list-style-type: none">• Knowing about my body• Food and nutrition <p><u>RSE</u></p> <p>Body Parts</p> <ul style="list-style-type: none">• Vocabulary of body parts: teeth names and functions, jaw, upper arm, fore arm, shin, spine, ribs, tibia, skull, femur, radius, fibula, sternum, lungs, heart.• Revise previously learned body parts. (link to Stay Safe: body parts)	<p>February</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and others Strand Unit: Myself and my family</p> <ul style="list-style-type: none">• Myself and my family <p><u>RSE</u></p> <p>Families</p> <ul style="list-style-type: none">• Family structures• Friendship week (anti-bullying). Link to Stay Safe.	<p>March</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing citizenship</p> <ul style="list-style-type: none">• My school community• Living in the local community• Environmental care <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none">• Bones
<p>April</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• As I grow I change• New life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none">• Fish	<p>May</p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• Feelings and emotions <p><u>RSE</u></p> <p>Feelings and Emotions</p> <ul style="list-style-type: none">• Feelings and emotions	<p>June</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and protection</p> <ul style="list-style-type: none">• Revision: Stay Safe/ Be Safe programmes• Keeping safe in summer <p>(Main focus is on Stay Safe and Be Safe programmes).</p>

<u>Second Class</u>		
<p>September:</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Self-identity</p> <ul style="list-style-type: none"> • Self-awareness • Developing self-confidence • Making decisions 	<p>October</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing Citizenship</p> <ul style="list-style-type: none"> • My school community 	<p>November/December</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and Protection</p> <ul style="list-style-type: none"> • Personal Safety • Safety issues • Stay Safe Programme • Be Safe Programme (Road, Fire and Water Safety) <p>(Main focus is on personal safety and safety issues. Revise Stay Safe and Be Safe programmes).</p>
<p>January</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Taking care of my body</p> <ul style="list-style-type: none"> • Knowing about my body • Food and nutrition <p><u>RSE</u></p> <p>Body Parts</p> <ul style="list-style-type: none"> • Vocabulary of body parts: veins, arteries, alveoli, bronchus, bronchioles, trachea, pelvis, muscle. • Revise previously learned body parts. (link to Stay Safe: body parts) 	<p>February</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and others Strand Unit: My friends and other people/ relating to others</p> <ul style="list-style-type: none"> • My friends and other people • Relating to others <p><u>RSE</u></p> <p>Families</p> <ul style="list-style-type: none"> • Family structures • Friendship week (anti-bullying). Link to Stay Safe. 	<p>March</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Media education</p> <ul style="list-style-type: none"> • Media education <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none"> • Respiratory System
<p>April</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none"> • As I grow I change • New life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none"> • Plant 	<p>May</p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none"> • Feelings and emotions <p><u>RSE</u></p> <p>Feelings and Emotions</p> <ul style="list-style-type: none"> • Feelings and emotions 	<p>June</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and protection</p> <ul style="list-style-type: none"> • Revision: Stay Safe/ Be Safe programmes • Keeping safe in summer

Third Class

<p>September:</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Self-identity/ Making decisions</p> <ul style="list-style-type: none">• Self-awareness• Developing self-confidence• Making decisions	<p>October</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing Citizenship</p> <ul style="list-style-type: none">• My school community	<p>November/December</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and Protection</p> <ul style="list-style-type: none">• Stay Safe Programme• Be Safe Programme (Road, Fire and Water Safety) <p>(Main focus is on Stay Safe and Be Safe programmes).</p>
<p>January</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Taking care of my body</p> <ul style="list-style-type: none">• Health and well being• Knowing about my body• Food and nutrition <p><u>RSE</u></p> <p>Body Parts</p> <ul style="list-style-type: none">• Vocabulary of body parts: structure of heart, bladder, ureters, kidneys, urethra.• Revise previously learned body parts. (link to Stay Safe: body parts)	<p>February</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and others Strand Unit: Myself and my family</p> <ul style="list-style-type: none">• Myself and my family <p><u>RSE</u></p> <p>Families</p> <ul style="list-style-type: none">• Family structures• Friendship week (anti-bullying). Link to Stay Safe.	<p>March</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing citizenship</p> <ul style="list-style-type: none">• My school community• Local and wider communities• Environmental care <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none">• Heart• Urinary System
<p>April</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• As I grow I change• Birth and new life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none">• Reptile	<p>May</p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• Feelings and emotions <p><u>RSE</u></p> <p>Feelings and Emotions</p> <ul style="list-style-type: none">• Feelings and emotions	<p>June</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and protection</p> <ul style="list-style-type: none">• Revision: Stay Safe/ Be Safe programmes• Keeping safe in summer

Fourth Class

<p>September:</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Self-identity/ Making decisions</p> <ul style="list-style-type: none">• Self-awareness• Developing self-confidence• Making decisions	<p>October</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing Citizenship</p> <ul style="list-style-type: none">• My school community	<p>November/December</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and Protection</p> <ul style="list-style-type: none">• Stay Safe Programme• Be Safe Programme (Road, Fire and Water Safety) <p>(Main focus is on personal safety and safety issues. Revise Stay Safe and Be Safe programmes).</p>
<p>January</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Taking care of my body</p> <ul style="list-style-type: none">• Health and well being• Knowing about my body• Food and nutrition <p><u>RSE</u></p> <p>Body Parts</p> <ul style="list-style-type: none">• Vocabulary of body parts: rectum, pancreas, liver, large/ small intestine, esophagus, stomach, sclera, pupil, lens, iris, optic nerve, cornea, retina.• Revise previously learned body parts. (link to Stay Safe: body parts)	<p>February</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and others Strand Unit: My friends and other people/ relating to others</p> <ul style="list-style-type: none">• My friends and other people• Relating to others• Communicating• Resolving conflict <p><u>RSE</u></p> <p>Families</p> <ul style="list-style-type: none">• Family structures• Friendship week (anti-bullying). Link to Stay Safe.	<p>March</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Media Education</p> <ul style="list-style-type: none">• Media education <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none">• Digestive System• Eye• Puberty (see RSE manual chapter 8 pg. 195)
<p>April</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• As I grow I change• Birth and new life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none">• Daffodil	<p>May</p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• Feelings and emotions <p><u>RSE</u></p> <p>Feelings and Emotions</p> <ul style="list-style-type: none">• Feelings and emotions	<p>June</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and protection</p> <ul style="list-style-type: none">• Revision: Stay Safe/ Be Safe programmes• Keeping safe in summer

Fifth Class

<p>September:</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Self-identity/ Making decisions</p> <ul style="list-style-type: none">• Self-awareness• Developing self-confidence• Making decisions	<p>October</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing Citizenship</p> <ul style="list-style-type: none">• Living in the local community	<p>November/December</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and Protection</p> <ul style="list-style-type: none">• Stay Safe Programme• Be Safe Programme (Road, Fire and Water Safety) <p>(Main focus is on Stay Safe and Be Safe programmes).</p>
<p>January</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Taking care of my body</p> <ul style="list-style-type: none">• Health and well being• Knowing about my body• Food and nutrition <p><u>RSE</u></p> <p>Body Parts</p> <ul style="list-style-type: none">• Vocabulary of body parts: eardrum, cochlea, anvil, eustachian tube, stirrup, auricle, outer ear canal, hammer, human reproductive organs.• Revise previously learned body parts. (link to Stay Safe: body parts)	<p>February</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and others Strand Unit: Myself and my family</p> <ul style="list-style-type: none">• Myself and my family <p><u>RSE</u></p> <p>Families</p> <ul style="list-style-type: none">• Family structures• Friendship week (anti-bullying). Link to Stay Safe.	<p>March</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing citizenship</p> <ul style="list-style-type: none">• Living in the local community• National, European and wider communities• Environmental care <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none">• Human Reproductive System• Ear
<p>April</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• As I grow I change• Birth and new life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none">• Human	<p>May</p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• Feelings and emotions <p><u>RSE</u></p> <p>Feelings and Emotions</p> <ul style="list-style-type: none">• Feelings and emotions	<p>June</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and protection</p> <ul style="list-style-type: none">• Revision: Stay Safe/ Be Safe programmes• Keeping safe in summer

Sixth Class

<p>September:</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Self-identity/ Making decisions</p> <ul style="list-style-type: none">• Self-awareness• Developing self-confidence• Making decisions	<p>October</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Developing Citizenship</p> <ul style="list-style-type: none">• Living in the local community	<p>November/December</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and Protection</p> <ul style="list-style-type: none">• Personal safety• Safety issues• Stay Safe Programme• Be Safe Programme (Road, Fire and Water Safety) <p>(Main focus is on personal safety and safety issues. Revise Stay Safe and Be Safe programmes).</p>
<p>January</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Taking care of my body</p> <ul style="list-style-type: none">• Health and well being• Knowing about my body• Food and nutrition <p><u>RSE</u></p> <p>Body Parts</p> <ul style="list-style-type: none">• Vocabulary of body parts: brain stem, cerebellum, thalamus, cerebrum, human reproductive organs.• Revise previously learned body parts. (link to Stay Safe: body parts)	<p>February</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and others Strand Unit: My friends and other people/ relating to others</p> <ul style="list-style-type: none">• My friends and other people• Relating to others• Communicating• Resolving conflict <p><u>RSE</u></p> <p>Families</p> <ul style="list-style-type: none">• Family structures• Friendship week (anti-bullying). Link to Stay Safe.	<p>March</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and the wider world Strand Unit: Media Education</p> <ul style="list-style-type: none">• Media education <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none">• Human Reproductive System• Brain
<p>April</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• As I grow I change• Birth and new life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none">• Human	<p>May</p> <p>Strand: Myself Strand Unit: Growing and changing</p> <ul style="list-style-type: none">• Feelings and emotions <p><u>RSE</u></p> <p>Feelings and Emotions</p> <ul style="list-style-type: none">• Feelings and emotions	<p>June</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself Strand Unit: Safety and protection</p> <ul style="list-style-type: none">• Revision: Stay Safe/ Be Safe programmes• Keeping safe in summer