

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 & Resources may include:	Healthy Bodies	HTML Heros (1 st & 2 nd)
Walk Tall	Gender Equality Matters	Be Internet Awesome (3 rd & 4 th)
Stay Safe	All Together Now	My Selfie & the Wider World (5 th & 6 th)
Be Safe	Different Families, Same Love	Zeeko Internet Safety Guide
RSE Manuals	RESPECT Guidelines	Webwise
Busy Bodies	We All Belong	www.pdst.ie

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)
<i>Myself</i>	Self- Identity	Safety and Protection
	Taking Care of my Body	Taking Care of my Body (all classes to revise the Stay Safe lessons on <i>Touches</i> , and <i>Secrets and Telling</i>)
	Growing and Changing	
	Safety and Protection (full implementation of the Stay Safe Programme across all classes)	Making Decisions (3 rd -6 th)
<i>Myself and Others</i>	Myself and My Family	My Friends and Others
		Relating to Others
<i>Myself and the Wider World</i>	Media Education	Media Education
	Developing Citizenship	

* The Strand Units Safety & Protection, Taking Care of my Body and Media Education will be explored each year in line with Child Protection Guidelines.

Overview of Content of RSE

Life Cycles	These 5 topics will be covered each year (January-May)
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>Walk Tall Unit 1, 2 (<i>not exclusively</i>)</p> <p>Unit 1 lessons: 1, 2, 3</p> <p>Unit 2 lessons: 1, 2, 3, 4, 5</p>	<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 • Media Education 	<p>November and 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"> • All classes: Full implementation of Stay Safe Programme
<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 male/female body parts using appropriate anatomical terms: head, neck, shoulders, arms, hands, body, feet, eyes, mouth, nose, ears, vulva, penis, womb, breastfeeding. <p>(link to Stay Safe: body parts)</p>	<p>Walk Tall Unit 4 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4</p>	<p>February *Safer Internet Day*</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 • 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 (bodily changes birth- 9 years) • New life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none"> • Butterfly 	<p>Walk Tall Unit 1 (<i>not exclusively</i>)</p> <p>Lesson: 4</p>	<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"> • Be Safe Programme: water, road and fire safety

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>Walk Tall Unit 1 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4, 5, 6, 7, 8, 9</p>	<p>October</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>Walk Tall Unit 2 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4, 5, 6</p>	<p>November and December</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"> • All classes: revise Stay Safe lessons on Touches and Secrets and Telling 	
<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 male/female body parts using appropriate anatomical terms: cheek, chin, breast, elbow, knuckle, finger, nail, knee, ankle, toes. • Revise previously learned body parts. <p>(link to Stay Safe: body parts)</p>	<p>Walk Tall Unit 4 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3</p>	<p>February *Safer Internet Day*</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>Walk Tall Unit 6 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4, 5</p>	<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 <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none"> • Tongue (taste) 	<p>Walk Tall Unit 3 (<i>not exclusively</i>)</p> <p>Lesson: 1, 2, 3</p>
<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 (bodily changes birth- 9 years) • New life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none"> • Frog 	<p>Walk Tall Unit 5 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2</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>Walk Tall Unit 7 (<i>not exclusively</i>)</p>	<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"> • Be Safe Programme: water, road and fire safety 	

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>Walk Tall Unit 1 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4</p>	<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">• Media Education	<p>Webwise HTML Heros</p> <p>Lessons: 1-4</p>	<p>November and 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">• All classes: Full implementation of Stay Safe Programme	
<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 male/female body parts using appropriate anatomical terms and identify some of their functions: teeth names and functions, jaw, upper arm, fore arm, shin, spine, ribs, tibia, skull, femur, radius, fibula, sternum, lungs, heart, vagina, urethra.• Revise previously learned body parts. <p>(link to Stay Safe: body parts)</p>	<p>Walk Tall Unit 2, 4 (<i>not exclusively</i>)</p> <p>Unit 2 lessons: 1, 2, 3, 4</p> <p>Unit 4 lesson: 3</p>	<p>February *Safer Internet Day*</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>Walk Tall Unit 5 (<i>not exclusively</i>)</p> <p>Lessons: 1</p>	<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>Walk Tall Unit 4, 5, 6 (<i>not exclusively</i>)</p> <p>Unit 4 lessons: 1, 2</p> <p>Unit 5 lessons: 2, 3, 4, 5</p> <p>Unit 6 lessons: 1, 2, 3</p>
<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 (bodily changes birth- 9 years)• 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>Walk Tall Unit 3 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4, 5, 6, 7</p>	<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">• Be Safe Programme: water, road and fire safety	<p>Walk Tall Unit 7 (<i>not exclusively</i>)</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>Walk Tall Unit 1, 4 (<i>not exclusively</i>)</p> <p>Unit 1 lessons: 1, 2, 3</p> <p>Unit 4 lessons: 1, 2, 3</p>	<p>October</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>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 male/female body parts using appropriate anatomical terms and identify some of their functions: veins, arteries, alveoli, bronchus, bronchioles, trachea, pelvis, muscle. • Revise previously learned body parts. (link to Stay Safe: body parts) 	<p>Walk Tall Unit 2 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4, 5, 6, 7</p>	<p>February <i>*Safer Internet Day*</i></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>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 (bodily changes birth- 9 years) • New life <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none"> • Plant 	<p>Walk Tall Unit 3 (<i>not exclusively</i>)</p> <p>Lessons: 1</p>	<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>November and December</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"> • All classes: revise Stay Safe lessons on Touches and Secrets and Telling 	<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"> • Citizenship <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none"> • Respiratory System 	<p>Walk Tall Unit 4, 5, 6 (<i>not exclusively</i>)</p> <p>Unit 4 lessons: 4, 5, 6</p> <p>Unit 5 lessons: 1, 2, 3, 5</p> <p>Unit 6 lesson: 1</p>
<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"> • Be Safe Programme: water, road and fire safety 	<p>Walk Tall Unit 7 (<i>not exclusively</i>)</p>	

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>Walk Tall Unit 2 <i>(not exclusively)</i></p> <p>Lessons: 1, 2, 3,</p>	<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"> • Media Education 	<p>Be Internet Awesome Programme</p> <p>Pillars 1-5 (years 3&4)</p>	<p>November and 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"> • All classes: Full implementation of Stay Safe Programme
<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"> • Basic vocabulary of male/female body parts using appropriate anatomical terms and identify some of their functions: structure of heart, bladder, ureters, kidneys, urethra, umbilical cord, puberty, menstruation. • Revise previously learned body parts. (link to Stay Safe: body parts) 	<p>Walk Tall Unit 2 <i>(not exclusively)</i></p> <p>Unit 2 lessons: 5, 6, 7</p>	<p>February *Safer Internet Day*</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>Walk Tall Unit 4 <i>(not exclusively)</i></p> <p>Lessons: 1, 2, 3, 4, 5, 6</p>	<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: bodily changes • Birth and new life: stages and sequence of development of the human baby in the womb. <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none"> • Reptile 	<p>Walk Tall Unit 7 <i>(not exclusively)</i></p> <p>Unit 7 lessons: 1</p>	<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>Walk Tall Unit 3 <i>(not exclusively)</i></p> <p>Lessons: 1, 2, 3, 4, 5, 6</p>	<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"> • Be Safe Programme: water, road and fire safety

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 	<div style="border: 1px solid black; padding: 5px;"> <p>Walk Tall Unit 1 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4, 5</p> </div>	<p>October</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 	<div style="border: 1px solid black; padding: 5px;"> <p>Be Internet Awesome Programme</p> <p>Pillars 1-5 (years 3&4)</p> </div>	<p>November and December</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"> • All classes: revise Stay Safe lessons on Touches and Secrets and Telling 	
<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"> • Basic vocabulary of male/female body parts using appropriate anatomical terms and identify some of their functions: 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) 	<div style="border: 1px solid black; padding: 5px;"> <p>Walk Tall Unit 6 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4, 5, 6, 7</p> </div>	<p>February *Safer Internet Day*</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. 	<div style="border: 1px solid black; padding: 5px;"> <p>Walk Tall Unit 2, 5 (<i>not exclusively</i>)</p> <p>Unit 2 lessons: 1, 2</p> <p>Unit 5 lessons: 1, 2, 3</p> </div>	<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"> • Citizenship <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) 	<div style="border: 1px solid black; padding: 5px;"> <p>Walk Tall Unit 4 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3, 4</p> </div>
<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: puberty and changes • Birth and new life: stages and sequence of development of the human baby in the womb. <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none"> • Daffodil 	<div style="border: 1px solid black; padding: 5px;"> <p>Walk Tall Unit 7 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3</p> </div>	<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 	<div style="border: 1px solid black; padding: 5px;"> <p>Walk Tall Unit 3 (<i>not exclusively</i>)</p> <p>Lessons: 1, 2, 3</p> </div>	<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"> • Be Safe Programme: water, road and fire safety 	<div style="border: 1px solid black; padding: 5px;"> <p>Walk Tall Unit 9 (<i>not exclusively</i>)</p> </div>

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>Walk Tall Unit 1, 5 <i>(not exclusively)</i></p> <p>Unit 1 lessons: 1, 2, 3, 4, 5, 6</p> <p>Unit 5 lessons: 1, 2, 3, 4, 5, 6, 7</p>	<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"> • Media Education 	<p>Webwise: My Selfie and the Wider World</p> <p>Lessons: 1-5</p>	<p>November and 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"> • All classes: Full implementation of Stay Safe Programme 	
<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"> • Basic vocabulary of male/female body parts using appropriate anatomical terms and identify some of their functions: eardrum, cochlea, anvil, eustachian tube, stirrup, auricle, outer ear canal, hammer, human reproductive organs, wt dreams, semen, sexual intercourse. • Revise previously learned body parts. (link to Stay Safe: body parts) 	<p>Walk Tall Unit 2 <i>(not exclusively)</i></p> <p>Section A lessons: 1, 2, 3, 4, 5, 6, 7, 8</p>	<p>February *Safer Internet Day*</p> <p><u>S.P.H.E.</u></p> <p>Strand: Myself and others Strand Unit: Myself and my family Relating to others</p> <ul style="list-style-type: none"> • Myself and my family • Communication <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>Walk Tall Unit 6, 7 <i>(not exclusively)</i></p> <p>Unit 6 lessons: 1, 2, 3</p> <p>Unit 7 lessons: 1, 2, 3, 4</p> <p>Unit 8 lessons: 1-9</p>	<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>Walk Tall Unit 9, 10 <i>(not exclusively)</i></p> <p>Unit 9 lessons: 1, 2, 3, 4, 5, 6</p> <p>Unit 10 lessons: 1, 2, 3, 4, 5</p>
<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: puberty and changes • Birth and new life: human reproduction <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none"> • Human 	<p>Walk Tall Unit 2 <i>(not exclusively)</i></p> <p>Section B lessons: 1, 2, 3, 4, 5, 6</p>	<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>Walk Tall Unit 3 <i>(not exclusively)</i></p> <p>Lessons: 1, 2, 3, 4, 5, 6, 7</p>	<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"> • Be Safe Programme: water, road and fire safety 	<p>Walk Tall Unit 4, 11 <i>(not exclusively)</i></p> <p>Unit 4 lessons: 1, 2, 3, 4, 5</p> <p>Unit 11 lessons: 1, 2</p>

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>Walk Tall Unit 1, 6 <i>(not exclusively)</i></p> <p>Unit 1 lessons: 1, 2, 3, 4, 5, 6, 7</p> <p>Unit 6 lessons: 1, 2, 3, 4, 5</p>	<p>October</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>Webwise: My Selfie and the Wider World</p> <p>Lessons: 1-5</p>	<p>November and December</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"> • All classes: revise Stay Safe lessons on Touches and Secrets and Telling 	
<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"> • Basic vocabulary of male/ female body parts using appropriate anatomical terms and identify some of their functions: brain stem, cerebellum, thalamus, cerebrum, human reproductive organs. • Revise previously learned body parts. (link to Stay Safe: body parts) 	<p>Walk Tall Unit 2, <i>(not exclusively)</i></p> <p>Unit 2 section A lessons: 1, 2, 3, 4, 5, 6</p> <p>Unit 2 section B lessons: 1, 2, 3, 4, 5, 6</p>	<p>February *Safer Internet Day*</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>Walk Tall Unit 7, 8, 9 <i>(not exclusively)</i></p> <p>Unit 7 lessons: 1, 2, 3</p> <p>Unit 8 lessons: 1, 2, 3, 4</p> <p>Unit 9 lessons: 1, 2, 3, 4, 5, 6, 7</p>	<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"> • Citizenship <p><u>RSE</u></p> <p>Body Systems</p> <ul style="list-style-type: none"> • Brain 	<p>Walk Tall Unit 8, 10 <i>(not exclusively)</i></p> <p>Unit 8 lessons: 1, 2, 3</p> <p>Unit 10 lessons: 1, 2, 3, 4, 5</p>
<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: puberty and changes • Birth and new life: human reproduction <p><u>RSE</u></p> <p>Life Cycles</p> <ul style="list-style-type: none"> • Human 	<p>Walk Tall Unit 3 <i>(not exclusively)</i></p> <p>Lessons: 1, 2</p>	<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>Walk Tall Unit 4 <i>(not exclusively)</i></p> <p>Lessons: 1, 2, 3, 4, 5, 6, 7, 8</p>	<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"> • Be Safe Programme: water, road and fire safety 	<p>Walk Tall Unit 5, 12 <i>(not exclusively)</i></p> <p>Unit 5 lessons: 1, 2, 3, 4, 5</p> <p>Unit 12 lessons: 1, 2,</p>