SPHE 1st Year Scheme of Work

		Theme	Title
Sept 27/8	Lesson 1	**Respect**	What is SPHE and Who am I
2/9	Lesson 2		My Achievements so far and I am Unique.
9/9	Lesson 3		Goal Setting
16/9	Lesson 4		Belonging and Connection
23/9	Lesson 5	**Resilience**	Dealing with change
Oct 30/9	Lesson 6		Connections
7/10	Lesson 7		Mental Health
14/10	Lesson 8		Resilience
21/10	Lesson 9	**Excellence in Education**	Study skills
Nov4/11			Practising Study Skills
11/11		Week 10’s	
18/11	Lesson 11	**Making Healthy Choices**	Self Concept
25/11	Lesson 12		Smart phone addiction
Dec2/12	Lesson 13	**Community**	What does it mean to be healthy The Benefits of being Active
9/12	Lesson 14		The Importance of sleep
16/12	Lesson 15		What is Healthy Eating Nutrition Quiz
		Christmas Holidays	
Jan6/1	Lesson 16	**Equality**	Understanding Empathy
13/1	Lesson 17		Developing empathy skills
20/1	Lesson 18		Responding with Empathy
27/1	Lesson 19		Study Skills
4/2		Week 20’s	
Feb10/2	Lesson 20	**Friendship**	Lesson 1 My online world Lesson 2 Sharing my online world
24/2	Lesson 21		Lesson 3 The people in my online world Lesson 4 Everyone doesn't do it
March3/3	Lesson	**Care - RSE**	Activity 1, What is RSE?

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10/3	Lesson 23	RSE	Activity 2, Gender stereotypes
17/3	Lesson 24	RSE	Activity 5, What makes a family,
24/3	Lesson 25	RSE	Activity 6, Healthy connected relationships,
April31/3	Lesson 26	**Wellbeing** - RSE	Activity 7, Maintaining healthy relationships,
7/4	Lesson 27	RSE	Activity 10, Personal hygiene,
May28/4	Lesson 28	**Influences and Decisions**	Activity 6, Talking about healthy choices Activity 7, Second-hand smoke Activity 8, E-Cigarettes and Vaping
6/5	Lesson 29	Vaping	Activity 9, The journey of Alcohol through the body Activity 11, Alcohol myths and facts
12/5	Lesson 30	Study Skills	
19/5		Week 30's	
26/5	Lesson 31		Activity 12, Exploring Drugs Activity 13, Pressure to conform