SPHE 2nd Year Scheme of Work

		Theme	Title
Sept 27/8	Lesson 1	**Respect**	Creation of class contract Minding Your emotional wellbeing
2/9	Lesson 2		Recognising Emotions Thoughts feelings and behaviours
9/9	Lesson 3		Pressing Pause Helpful and unhelpful thoughts
16/9	Lesson 4		Challenging unhelpful thoughtsGratitude
23/9	Lesson 5		Body Image and the Media
Oct30/9	Lesson 6	**Resilience**	Webwise The Respect Effect Connecting on line
7/10	Lesson 7		Webwise The Respect Effect Understanding the Impact
14/10	Lesson 8		Webwise The Respect Effect Behind the Screen
21/10	Lesson 9	**Excellence in Education**	Study Skills
Nov4/11	Lesson 10		Practising Study Skills
11/11		Week 10's	
18/11	Lesson 11	Making Healthy Choices	Webwise The Respect Effect Showing Empathy
25/11	Lesson 12		Webwise The Respect Effect Only Messing
Dec2/12	Lesson 13	**Community**	Webwise The Respect Effect Upstanders and Allies
9/12	Lesson 14		Webwise The Respect Effect Navigating Friendships
16/12	Lesson 15		Webwise The Respect Effect Up to Us
		Christmas Holidays	
Jan6/1	Lesson 16	**Equality**	The Importance of sleep
13/1	Lesson 17		CBA Planning
20/1	Lesson 18		CBA Creating
27/1	Lesson		CBA Creating

	19		
4/2		Week 20’s	
Feb10/2	Lesson 20	**Friendship**	CBA - Presenting and Reflection
24/2	Lesson 21		CBA - Presenting and Reflection
March3/3	Lesson 22	**Care - RSE**	Gender identity
10/3	Lesson 23	RSE	Sexual Orientation
17/3	Lesson 24	RSE	Changes in Adolescence
24/3	Lesson 25	RSE	Human Reproduction and the Journey of the egg and the sperm
April31/3	Lesson 26	**Wellbeing** - RSE	Female reproductive health and Menstrual wellbeing
7/4	Lesson 27	RSE	Male Reproductive health
May28/4	Lesson 28	**Influences and Decisions**	Tobacco and e cig's/vapes
6/5	Lesson 29	Vaping	Marketing of tobacco and e cig's/vapes
12/5	Lesson 30	Study Skills	
19/5		Week 30’s	
26/5	Lesson 31		The Journey of Alcohol through the body