SPHE 3rd Year Scheme of Work

		Theme	Title
Sept 27/8	Lesson 1	**Respect**	Being proactive
2/9	Lesson 2		Growth mindset 1
9/9	Lesson 3		Growth mindset 2
16/9	Lesson 4		Growth mindset 3
23/9	Lesson 5		GRIT 1
Oct30/9	Lesson 6	**Resilience**	GRIT 2
7/10	Lesson 7		Grit 3
14/10	Lesson 8		Making Healthy choices 2Activity 10 Drugs Around us
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		Other areas of learning
25/11	Lesson 12		Other areas of wellbeing
Dec2/12	Lesson 13	**Community**	Minding Myself and Others
9/12	Lesson 14		Exploring the Unpredictability of drugs
16/12	Lesson 15		Assertiveness and refusal skills
		Christmas Holidays	
Jan6/1	Lesson 16	**Equality**	Be in CTRLOnline Sexual Coercion and Exploitation is a crime
13/1	Lesson 17		Anna's Story
20/1	Lesson 18		George's Story
27/1	Lesson 19		Study Skills
4/2		Week 20's	
Feb10/2	Lesson 20	**Friendship**	Other areas of learning
24/2	Lesson 21		Other areas of wellbeing
March3/3	Lesson 22	**Care - RSE**	Consent

10/3	Lesson 23	RSE	Sexual Consent and the law
17/3	Lesson 24	RSE	Alcohol and Sexual consent
24/3	Lesson 25	RSE	Reproductive health - contraception
April31/3	Lesson 26	**Wellbeing** - RSE	Signs and signals in a relationship
7/4	Lesson 27	RSE	Breaking up
May28/4	Lesson 28	**Influences and Decisions**	Know the scoreLesson 1What do I know?
6/5	Lesson 29		Know the ScoreLesson 2How do I Feel?
12/5	Lesson 30		Know the ScoreLesson 3Standing Tall
19/5	Lesson 31	Week 30's	Know the ScoreLesson 4Positive Choices
26/5	Lesson 32		Revision for state exams