

SPHE – Whole School Plan

Two Year Plan

*****This plan is based on the PDST Making the Links and Beyond revised edition****

Month	Year 1: 2024-2025	Year 2: 2025-2026
September / October	Self-identity (Myself)	Myself and my family (Myself and others)
November / December	My friends and other people (Myself and others)	Relating to others (Myself and others)
January / February	Safety and protection (Myself)	Growing and changing (Myself)
March / April	Making decisions** (Myself)	Taking Care of my body (Myself)
May / June	Media education (Myself and the wider world)	Developing citizenship (Myself and the wider world)

Year 1

Junior and Senior Infants			
Year 1 – September and October			
Strand: Myself Strand Unit – Self-identity	Stay Safe	RSE	Walk Tall
Self-awareness <ul style="list-style-type: none"> • Discuss and appreciate all the features that make a person special and unique. • Recognise and record 	Topic 1 - Feeling Safe and Unsafe Lesson 1 – Feelings Lessons 2 & 3 – Feeling Safe and Unsafe	Me! Me! Me! (p. 19) Face Masks (p. 20) I Like Me (p. 21) (JI Booklet)	

personal preferences.			
<ul style="list-style-type: none"> Begin to understand, appreciate and respect personal abilities, skills and talents. 			<p>Unit 1 lesson 7 Crocodile Swamp (p.37 SI booklet)</p> <p>Unit 1 lesson 8 The Magic Box (p40 SI booklet)</p>
<ul style="list-style-type: none"> Become aware of their immediate surroundings 			<p>Unit 2 lesson 1 I Taste with My Tongue (p47 JI booklet)</p> <p>Unit 2 lesson 1 The Five Senses (p49 SI booklet)</p> <p>Unit 2 lesson 3 What's In the Box? (p60 SI booklet)</p>
<p>Developing self-confidence</p> <ul style="list-style-type: none"> Express own views, opinions, and preferences Become more self-reliant and independent Begin to learn how to cope with various changes as they occur 		<p>Can you play Simon Says? (p. 103)</p> <p>Can you do this? (p. 104)</p> <p>A picture book of things I can do (p. 104)</p> <p>(SI booklet)</p>	
<p>Making decisions</p> <ul style="list-style-type: none"> Identify some everyday choices made by 			<p>Unit 7 Lesson 1 Stars (p131 SI booklet)</p>

himself/herself and those that are made by others			
<ul style="list-style-type: none"> Begin to develop some awareness of factors that may influence decisions or choices made 			Unit 3 Lesson 4 – Storm (Leadership) (p. 84 JI)

Junior and Senior Infants			
Year 1 – November and December			
Strand: Myself and others Strand Unit: My friends and other people	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> Discuss and appreciate differences in people and know how to treat others with dignity and respect Recognize and explore bullying behavior, who is involved and the effects on different people Know that bullying is always wrong and know what should be done if one is being bullied or sees it happening to someone else Recognise and appreciate differences in people and know how to treat others with dignity and respect 	Topic 2 friendship and bullying Lesson 1 friendship Lesson 2 what is bullying Lesson 3 what can we do to stop bullying		

<ul style="list-style-type: none"> • Identify, discuss and appreciate his/her own friends • Discuss and examine the different aspects of friendship • Identify and appreciate friends at school and how they can help care for each other • Discuss and appreciate all those considered special, both within and outside the family circle 		<p>Who's who? (p27) Your friends are special too (p29) You and me, me and you (p29) What is a friend? (p111) Appreciating friends (p112)</p>	
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Junior and Senior Infants			
Year 1 – January and February			
Strand: Myself Strand Unit: Safety and protection	Stay Safe	RSE	Walk Tall
<p>Personal safety</p> <ul style="list-style-type: none"> • Explore appropriate safety strategies • Identify situations and places that are safe and those where personal safety may be at risk do you Realize how other people can persuade him her to engage in unsafe behaviour 	<p>Topic 3 - Touches lesson 1 Touches Lesson 2 Never keep a touch secret</p> <p>Topic 4 - Secrets and Telling</p>		

Junior and Senior Infants			
Year 1 – March and April			
Strand: Myself Strand Unit: Safety and protection	Stay Safe	RSE	Walk Tall
Safety issues <ul style="list-style-type: none"> Identify people who are responsible for safety in the community and learn and practice safety strategies for crossing the road comma using the bus or being a pedestrian 	Topic 5 - Strangers		Unit 4 lesson 4 Taking care (p100 JI booklet)
<ul style="list-style-type: none"> Realize and understand that rules are necessary in order to protect people and keep them safe 			Unit 4 lesson 1 Five Little children (p90 SI booklet)
<ul style="list-style-type: none"> Explore how accidents might be prevented at home, in school, on the farm or in the water 			Unit 2 lesson 5 Listen (p65 SI booklet)
<ul style="list-style-type: none"> Realize that many substances used at home or in school are dangerous and that permission should be sought before exploring the Explore occasions when medicines, injections, or pills are needed and safety rules 			Unit 4 lesson 3 Things that go in my body (p98 SI booklet) Unit 4 lesson 2 Miss Polly's sock dolly (p93 JI booklet)

<p>that apply when taking medicine</p> <ul style="list-style-type: none"> Identify some of the substances or things that are put onto the body and their associated functions 			<p>Unit 4 lesson 3 What would you do? (996 JI booklet)</p> <p>Unit 4 lesson 1 Things I put on my body (p89 JI booklet)</p>
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Junior and Senior Infants			
Year 1 – May and June			
Strand: Myself and the wider world Strand Unit: Media education	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> Realize that he stroke she receives information from many different sources 			<p>Unit 2 lesson 6 Jungle Journey (p68 SI booklet)</p>
<ul style="list-style-type: none"> Explore popular stories, books and rhymes and discuss some of the characters and their appealing traits 			<p>Unit 1 lesson 6 Getting to know me (p34 SI booklet)</p>
<ul style="list-style-type: none"> Identify favorite television programmes videos and video games and indicate reasons for preferences Begin to explore and talk about the difference between advertisements and programmes 			<p>Unit 6 lesson 5 Our Favourite Programmes (p125 SI booklet)</p>

<ul style="list-style-type: none"> Begin to use and explore the various kinds of information technology available 			
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First and Second Class			
Year 1 – September and October			
Strand: Myself Strand Unit: Self-identity	Stay Safe	RSE	Walk Tall
Self-awareness <ul style="list-style-type: none"> Develop an appreciation of and talk about personal strengths, abilities and characteristics 	Topic 1 - Feeling Safe and unsafe Lesson 1: Feelings are important Lesson 2: Sometimes I feel safe, sometimes I feel unsafe Lesson 3: What to do if I feel unsafe	Things I do, Things I enjoy (p17)	Unit 1 lesson 2 I am good at lots of things (p21 1 st class booklet) Unit 7 lesson 1 I'm celebrating all I have learned (p154 2 nd class booklet)
<ul style="list-style-type: none"> Recognize and appreciate the similarities and differences between people Become aware of his/ her immediate world through senses 			Unit 1 lesson 4 Alike and different (p27 1 st class booklet)
<ul style="list-style-type: none"> Identify and talk about personal preferences and dreams/ hopes for the future 			Unit 5 lesson 5 When I as older I would like to belong... (p128 1 st class booklet)
Developing self-confidence <ul style="list-style-type: none"> Become more independent 			Unit 4 lesson 5 I'm learning to use my

and self-reliant			own brain (p144 2 nd class booklet)
<ul style="list-style-type: none"> Explore different ways of coping with change 			Unit 3 lesson 1 I change as I grow (p75 2 nd class booklet)
<ul style="list-style-type: none"> Express personal opinions and preferences and acknowledge those of others and comment on them 			Unit 7 lesson 1 Bringing it all together (p145 1 st class booklet)

First and Second Class			
Year 1 – November and December			
Strand: Myself and others Strand Unit: My friends and other people	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> Discuss personal friends and why he/she enjoys being with them Identify, explore and discuss qualities and skills associated with friendship 	Topic 2 – Friendship and Bullying Lesson 1: Friendship Lesson 2: What is bullying? Lesson 3: Exclusion Lesson 4: The effects of bullying Lesson 5: Class agreement	My Friends (p23) Guess Who? (p25) About our friends (p25) Our Friends (p27)	Unit 5 lesson 2 I belong with my class (p122 1 st class booklet)
<ul style="list-style-type: none"> Explore her friends can influence personal actions and decisions 		What would a friend do? (p117)	Unit 1 lesson 1 Friends influence each other (p19 2 nd class booklet)

<ul style="list-style-type: none"> Know how to treat people with dignity and respect 			Unit 5 lesson 1 We can help make rules (p131 2 nd class booklet) Unit 1 lesson 3 I'm learning to trust (p31 2 nd class booklet)
<ul style="list-style-type: none"> Recognise and explore bullying behaviour, who is involved and the effects on different people Know that bullying is always wrong and what should be done if one is being bullied or sees it happening to someone else 	(as above -Topic 2 Friendship and Bullying)		Unit 4 lesson 6 Bullying (p124 2 nd class booklet)

First and Second Class			
Year 1 – January and February			
Strand: Myself	Stay Safe	RSE	Walk Tall
Strand Unit: Safety and protection Personal safety <ul style="list-style-type: none"> Recognize and explore situations where children feel safe and those where safety might be at risk Discuss and practice appropriate strategies for 	Topic 1 - Feeling Safe and Unsafe (covered in Sept-Oct year 1) Topic 2 – Friendship and (covered in Nov-Dec		

<p>dealing with these situations</p> <ul style="list-style-type: none"> Explore how other people can persuade him/ her to engage in unsafe behaviour and how this may be counteracted 	<p>year 1)</p> <p>Topic 3 – Touches Lesson 1 Different types of touches Lesson 2 Dealing with inappropriate touch</p> <p>Topic 4 – Secrets and Telling Lesson</p> <p>Topic 5 – Strangers Lesson</p>		
<ul style="list-style-type: none"> Identify risky behavior and examine its positive and negative consequences 			<p>Unit 1 lesson 2 Smoking and Cigarettes (p25 2nd class booklet)</p>

First and Second Class			
Year 1 – March and April			
Strand: Myself Strand Unit: Safety and protection	Stay Safe	RSE	Walk Tall
<p>Safety issues</p> <ul style="list-style-type: none"> Develop and practice strategies for keeping safe when travelling 		<p>Safety strategies (p137)</p>	
<ul style="list-style-type: none"> Become familiar with and understand the need to 		<p>Safety Quiz (p138)</p>	

adhere to safety rules that apply in school, at home, on the farm, in water, for their own safety and that of others			
<ul style="list-style-type: none"> Recognize places where it is safe to play and understand the importance of adopting responsible and equitable behaviour when playing Recognise how accidents might be caused and what can be done in order prevent accidents happening 		Keeping safe (p39) What would I do? (p43) About keeping ourselves safe (p44)	Unit 4 lesson 5 I'm learning to use my own brain (p144 2 nd class booklet) <i>Already covered in Sept-Oct year 1</i>
<ul style="list-style-type: none"> Recognize and explore occasions when medicines are needed Distinguish between substances in the home or school that are safe and those that are dangerous and seek permission before exploring them 			Unit 4 lesson 3 Rules about medicines (p97 1 st class booklet)

First and Second Class			
Year 1 – May and June			
Strand: Myself and the wider world	Stay Safe	RSE	Walk Tall
Strand Unit: Media education			
<ul style="list-style-type: none"> Become aware of and learn 			Unit 6 lesson 2

about different ways in which information can be communicated			We are modern explorers (p136 1 st class booklet)
<ul style="list-style-type: none"> Begin to distinguish between fact and fiction in stories or situations in different media forms 			Unit 6 lesson 1 Facts or fiction (p133 1 st class booklet)
<ul style="list-style-type: none"> Discuss and explore advertising that is specifically aimed at children 			Unit 6 lesson 1 Adverts and Influences (p148 2 nd class booklet)

Third and Fourth Class			
Year 1 – September and October			
Strand: Myself Strand Unit: Self-identity	Stay Safe	RSE	Walk Tall
Self-awareness <ul style="list-style-type: none"> Recognise, describe and discuss individual personal traits, qualities, strengths, limitations, interests and abilities Identify personal preferences, dreams for the future and hopes 	Topic 1 – Feeling Safe and Unsafe Lesson 1 Feelings Lesson 2 Feeling safe and unsafe Lesson 3 Feeling safe and unsafe	Who am I? (p20) My Gifts (p23)	Unit 2 lesson 2 My strengths (p33 3 rd class booklet) Unit 1 lesson 1 Who am I? (p20 4 th class booklet)
<ul style="list-style-type: none"> Explore factors that influence their self-image 		Pass the compliment (p21)	Unit 2 lesson 1 My name is special (p29 3 rd class booklet)

<ul style="list-style-type: none"> Identify realistic personal goals and targets and how these can be achieved in the short or long term Realise that each person has unique contribution to make to various groups 		Working alone, working together (p199) Teamwork (p121)	Unit 1 lesson 2 Self portrait (p24 4 th class booklet) Unit 2 lesson 3 Everyone is unique (p37 3 rd class booklet)
Developing self-confidence <ul style="list-style-type: none"> Enhance their own learning Express personal opinions, feelings, thoughts and ideas with growing confidence 			Unit 1 lesson 3 I know, I think (p27 4 th class booklet) Unit 8 lesson 4 Practising I- statements (p180 4 th class booklet)
<ul style="list-style-type: none"> Become more confident in coping with change and with situations that are unfamiliar Become increasingly responsible autonomous 			Unit 8 lesson 1 Easy talking – difficulty talking (p161 4 th class booklet)

Third and Fourth Class			
Year 1 – November and December			
Strand: Myself and others Strand Unit: My friends and other people	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> Appreciate the need for and the importance of friendship 	Topic 2 – Friendship and Bullying	A friendship timeline (p29)	Unit 5 lesson 1 Having friends

<p>and interacting with others</p> <ul style="list-style-type: none"> • Explore the different aspects of friendship • Examine different types of friendship 	<p>Lesson 1 Friendship Lesson 2 What is bullying? Lesson 3 Other types of bullying Lesson 4 Cyberbullying Lesson 5 Coping with bullying Lesson 6 Class Agreement</p>		<p>(p82 4th class booklet)</p>
<ul style="list-style-type: none"> • Begin to cope with disharmony in, or loss of, friendships • Practice and recognize the importance of care and consideration, courtesy and good manners when interacting with others • Explore and examine ways of dealing with bullying 		<p>How to make friends again (p31) Arguments and making up (p34)</p>	<p>Unit 5 lesson 2 When friendships go wrong (p86 4th class booklet)</p>
<ul style="list-style-type: none"> • Acknowledge that friends often circulate in groups which can be healthy and unhealthy • Recognize, discuss and understand bullying 		<p>Bullying behaviour (p127) Understanding bullying (p133)</p>	<p>Unit 4 lesson 1 What is bullying (p97 3rd class booklet)</p> <p>Unit 4 lesson 2 The effects of bullying (p105 3rd class booklet)</p>
<ul style="list-style-type: none"> • Respect and show consideration for the views beliefs and values of others 		<p>Both perspectives (p134)</p>	<p>Additional resource: All together now – homophobic and</p>

			transphobic bullying (www.belongto.org)
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Third and Fourth Class

Year 1 – January and February

Strand: Myself Strand Unit: Safety and protection	Stay Safe	RSE	Walk Tall
<p>Personal safety</p> <ul style="list-style-type: none"> • Explore the rules and regulations that exist in school, at home and in society and the importance of adhering to these rules for keeping themselves and others safe. • Identify people, places and situations that threaten my safety. • Begin to assess the consequences of risky behaviour. • Begin to realize that as independence increases, responsibility for personal safety increases, and that a strategy for keeping safe with people has to be developed and adhered to by each individual. 	<p>Topic 3 – Touches Lesson 1 Different types of touches Lesson 2 Touches</p> <p>Topic 4 – Secrets and Telling lesson</p> <p>Topic 5 – Strangers lesson (can be covered now or in March/April)</p>		

<p>Safety issues</p> <ul style="list-style-type: none"> • Be aware of potential travel hazards and the need for responsible behavior when travelling. • Adopt responsible behavior at play and know the appropriate safety measures when playing. • Identify some potential risks to health and safety in the environment. 		<p>Rights, Responsibilities and Rules (p149)</p>	<p>Unit 5 lesson 2 Safety Audit for the Toddler (p136 3rd class booklet)</p>
<ul style="list-style-type: none"> • Explore and examine how accidents are caused, identifying ways in which some of these can be prevented and the appropriate action to be taken if an accident or emergency occurs. • Identify substances in the home or school that may be dangerous if not used properly and devise a safety strategy for dealing with them. • Explore and examine the use of medicines. 			<p>Unit 5 lesson 1 Who Made the Mistake? (p133 3rd class booklet)</p> <p>Unit 5 lesson 3 Growing in Responsibility (p138 3rd class booklet)</p>
<p>Enrichment resources</p>	<p>Safety Issues</p> <ul style="list-style-type: none"> • Road Safety https://www.rsa.ie/road-safety/education • HSE Child Safety Corner 		

Third and Fourth Class

Year 1 – March and April

Strand: Myself Strand Unit: Making decisions	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> • Become aware and think about choices and decisions that he/she makes every day • Explore and discuss the factors that influence personal decisions and choices and the different levels of thoughts in making a decision 	Topic 5 – Strangers lesson (can be covered now or in Jan/Feb)	Shared ideas (p108)	Unit 4 lesson 1 How we make decisions (p62 4 th class booklet) Unit 1 lesson 5 What influences me (p32 4 th class booklet)
<ul style="list-style-type: none"> • Discuss why and how adults make decisions and set boundaries for young people • Learn and begin to devise a simple decision-making strategy • Recognize and explore the risks and the consequences of making a particular decision 		What will I do? (p111) Solve the problem (p208)	Unit 4 lesson 3 What happens next? (p69 4 th class booklet)
<ul style="list-style-type: none"> • Recognize that opportunities to exercise choice can increase as responsibilities are expected and as trust of others is earned 			Unit 4 lesson 2 Boundaries (p65 4 th class booklet)

<ul style="list-style-type: none"> Recognize and explore how the views, opinions, expectations and responsibilities of others can influence personal decisions over actions 			
<ul style="list-style-type: none"> Make individual and group decisions 		Solving scenarios (p213)	Unit 4 lesson 4 What influences us? (p75 4 th class booklet)

Third and Fourth Class			
Year 1 – May and June			
Strand: Myself and the wider world Strand Unit: Media education	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> Explore the different ways in which information can be transmitted and learned to be discerning and selective about this information, with particular regard to language, behaviour, authenticity and attitudes 			Unit 6 lesson 4 Producing our own TV programme (p171 3 rd class booklet)
<ul style="list-style-type: none"> Discuss and explore television, radio, videos, computer games, the Internet and other media Explore and examine some issues that are frequently raised in the media, the way 			Unit 6 lesson 1 My favourite TV programme (p161 3 rd class booklet) Unit 6 lesson 2 Documentary

they are portrayed and the accuracy of these presentations			(p165 3 rd class booklet)
<ul style="list-style-type: none"> Begin to explore some techniques that are used in marketing and advertising 			Unit 6 lesson 3 Advertising (p167 3 rd class booklet)
<ul style="list-style-type: none"> Become aware of advertising and its purpose and nature 			Unit 1 lesson 5 What influences me (p32 4 th class booklet) <i>Previously covered in March/April</i>
Enrichment resources	www.webwise.ie www.mediawise.ie		

Year 2

Junior and Senior Infants			
Year 2 – September and October			
Strand: Myself and others Strand Unit – Myself and my family	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> Identify and name the people who constitute a family and appreciate that all family units are not the same Realise that he/she belongs to a family and that each person has a place and role within a family 		A celebration at home (p45) Families celebrate (p48) Looking at photographs (p119)	Unit 3 lesson 1 Who lives inside my door (p75 JI booklet) Unit 3 lesson 1 My special peoples booklet

<ul style="list-style-type: none"> Explore the things that families do together explore and acknowledge many of the things that can be learned at home 			(p74 SI booklet)
<ul style="list-style-type: none"> Realize how families take care of, support and love each other 		<p>Happy families (p121)</p> <p>A surprise for Conor (p118)</p>	

Junior and Senior Infants			
Year 2 – November and December			
Strand: Myself and others Strand Unit: Relating to others	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> Listen and respond to opinions and views of others 			Unit 3 lesson 2 Jack's story (co-operation) (p78 JI booklet)
<ul style="list-style-type: none"> Use verbal and nonverbal behaviour to perform social functions Resolve conflict with others 	Topic 2 – Friendship and Bullying		Unit 5 lesson 6 Caring and sharing (p131 JI booklet) Unit 1 lesson 1 What a lovely bunch (p20 JI booklet)
<ul style="list-style-type: none"> Practice consideration, courtesy and good manners 			Unit 1 lesson 2 This is me!

when interacting with others			(p23 JI booklet) Unit 1 lesson 9 I am, I can, I like (p42 SI booklet)
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Junior and Senior Infants			
Year 2 – January and February			
Strand: Myself Strand Unit: Growing and changing	Stay Safe	RSE	Walk Tall
<i>As I grow I change</i> <ul style="list-style-type: none"> Identify some factors that promote growth Realize that growth and change are part of the process of life and are unique to each individual Recognize that the ability to take responsibility for himself/herself and others increases as he/she gets older 		About growing (p78) Watch it grow (p82) Inner growth (p82) Measuring growth (p162)	
<i>New life</i> <ul style="list-style-type: none"> Become aware of new life and birth in the world Develop an awareness of human birth Identify what babies need to help them grow and develop 		Signs of new life in spring (p69) New life in spring (p73) Conor's new baby sister (p139) Nature walk (p143)	

		Growing plants from seeds (p143)	
<p>Feelings and emotions</p> <ul style="list-style-type: none"> Name a variety of feelings and talk about situations where these may be experienced Explore a variety of ways in which feelings are expressed and coped with 	Topic 1 – Feeling Safe and Unsafe		<p>Unit 5 lesson 1 Feelings faces (p110 JI booklet)</p> <p>Unit 5 lesson 2 A surprise (p118 JI booklet)</p> <p>Unit 5 lesson 3 Things that go bump in the night (p121 JI booklet)</p> <p>Unit 5 lesson 4 I'm lonely (p125 JI booklet)</p> <p>Unit 5 lesson 5 Little Miss Angry (p128 JI booklet)</p> <p>Unit 5 lesson 6 Caring and sharing (p131 JI booklet)</p>
<ul style="list-style-type: none"> Begin to be sensitive to the feelings of others and to realize that the actions of one individual can affect the 	Topic 2 – Friendship and Bullying		Unit 3 lesson 2 Our Class (p77 SI booklet)

feelings of another			Unit 3 lesson 3 We can help (p82 SI booklet)
<ul style="list-style-type: none"> Explore and discuss occasions that can promote feelings in himself/herself 			Unit 5 lesson 1 Things to be happy about (p105 SI booklet)

Junior and Senior Infants			
Year 2 – March and April			
Strand: Myself Strand Unit: Taking care of my body	Stay Safe	RSE	Walk Tall
Knowing about my body <ul style="list-style-type: none"> Appreciate the need, and understand how to care for their own body in order to keep it healthy and well Realize that each individual has some responsibility for taking care of his or her self Respect their own bodies and that of others 			Unit 4 lesson 2 Our amazing bodies (p94 SI booklet)
<ul style="list-style-type: none"> Name parts of the male and female body parts using appropriate anatomical terms Recognize and practice basic hygiene skills 	Topic 3 - Touches	Giving the doll a bath (p150) Keeping clean (p152)	
<ul style="list-style-type: none"> Explore and discuss the 			Unit 2 lesson 1

different things the body can do			The Five Senses (p47 SI booklet) Unit 2 lesson 4 What do you smell? (p63 SI booklet)
Food and nutrition <ul style="list-style-type: none"> • Become aware of the importance of food for growth and development • Explore food preferences and their role in a balanced diet • Discuss and explore some qualities and categories of food • Realize the importance of good hygiene when preparing food to eat 			Unit 2 lesson 2 Taste test (p53 SI booklet)

Junior and Senior Infants			
Year 2 – May and June			
Strand: Myself and the wider world Strand Unit: Developing citizenship	Stay Safe	RSE	Walk Tall
My school community <ul style="list-style-type: none"> • Recognize and name the name of his/her own school and the people who contribute to life of the school 	Topic 2 – Friendship and bullying		Unit 1 lesson 5 Name train (p32 JI booklet)
<ul style="list-style-type: none"> • Realize that each person is 			Unit 1 lesson 8

important and has a unique and valuable contribution to make to the class tell me more			The magic box (p40 SI booklet)
<ul style="list-style-type: none"> Recognize the importance of sharing and cooperating and being fair and all activities in the class and school 			Unit 1 lesson 7 Bear hugs (p42 JI booklet)
<ul style="list-style-type: none"> Explore and respect the diversity of children in the class and school 			Unit 6 lesson 1 Respecting differences (p114 SI booklet)
<ul style="list-style-type: none"> Realize and understand the necessity of adhering to the class and school rules 			Unit 6 lesson 2 Do we need rules? (p118 SI booklet)
<ul style="list-style-type: none"> Living in the local community Recognize and appreciate people or groups who serve the local community and how their contribution enhances the quality of lives of others Recognize that each person has an important contribution to make to the life of the community Begin to become aware of local identity and to participate in and enjoy celebrating local events Suggest ways of helping other people at home, in 			Unit 6 lesson 3 Where I live (p120 SI booklet)

school and in the local community			
<ul style="list-style-type: none"> Recognize and become familiar with the rules within a group or a wider community, those who safeguard these rules and the importance of obeying these rules in order to keep us safe 			Unit 6 lesson 2 Do we need rules? (p118 SI booklet)
<p>Environmental care</p> <ul style="list-style-type: none"> Appreciate the environment and realise that each individual has a community and individual responsibility for protecting and caring for the environment 			Unit 6 lesson 4 Taking care of our world (p122 SI booklet)

First and Second Class			
Year 2 – September and October			
Strand: Myself and others Strand Unit: Myself and my family	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> Identify and talk about those who live at home and recognize that homes and families vary Recognise his/her role and place in the family unit and the contribution made by 		A map of responsibility (p125) About ways we can help at home (p126)	Unit 5 lesson 1 I belong in my home (p108 1 st Class booklet)

each member to the family			
<ul style="list-style-type: none"> • Appreciate his/ her own family and identify ways in which members of families can help, support and care for children • Explore many of the things that are learned in families both practical and otherwise 		About my family (p33) Draw a map of my family (p34)	

First and Second Class			
Year 2 – November and December			
Strand: Myself and others Strand Unit: Relating to others	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> • Distinguish between verbal and non verbal behavior and know how they are used in performing social functions • Listen, hear and respond to what is being said 	Topic 2 – Friendship and Bullying		
<ul style="list-style-type: none"> • Express and record experiences, opinions, feelings and emotions in a variety of ways 	Topic 1 – Feeling safe and unsafe		Unit 4 lesson 1 I have opinions (p99 2 nd Class booklet)
<ul style="list-style-type: none"> • Explore and practice how to handle conflict without being aggressive 	Topic 2 – Friendship and bullying		Unit 4 lesson 2 I am learning to ask for what I want (p102 2 nd class booklet)

			Unit 4 lesson 4 I am learning to say no (p110 2 nd class booklet)
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First and Second Class			
Year 2 – January and February			
Strand: Myself Strand Unit: Growing and changing	Stay Safe	RSE	Walk Tall
<p><i>New life</i></p> <ul style="list-style-type: none"> • Begin to understand that reproduction, birth, life, growth and death are all part of a life cycle • Appreciate what is necessary in order to provide and care for newborn babies both the animal and human world • Realize the various roles parents and other family members have in providing for newborn babies 		<p>The wonder of new life (p59) New life in spring (p61) When I was a baby (p155) About babies (p156)</p>	<p>Unit 2 lesson 1 All shiny and new (p33 1st Class booklet)</p>
<p><i>As I grow I change</i></p> <ul style="list-style-type: none"> • Begin to recognize the physical, emotional, social and spiritual factors that promote growth • Realize that growth takes place in many different ways and is unique to each 		<p>Growing and changing (p171) What I was like when I was little (p173) The story of my life (p174) Looking at photographs (p82)</p>	<p>Unit 3 lesson 1 I change as I grow (p75 2nd Class booklet)</p>

individual			
<ul style="list-style-type: none"> Realize that growing up brings increased responsibility for himself/herself and others 		Changing and growing (p83) A poem of ages (p177)	
<ul style="list-style-type: none"> Realize the various roles parents and other family members have in providing for newborn babies Appreciate what is necessary in order to provide and care for newborn babies in both the animal and human world 		About minding babies (p153) About babies (p156)	
Feelings and emotions <ul style="list-style-type: none"> Name and identify a wide range of feelings and talk and explore feelings in different situations 	Topic 1 – Feeling safe and unsafe Topic 2 – Friendship and bullying	Music with feelings (p55)	Unit 3 lesson 1 Name that feeling (p49 1 st Class booklet) Unit 3 lesson 4 True feelings (p87 2 nd Class booklet)
<ul style="list-style-type: none"> Realise and explore the various ways feelings can be expressed and dealt with and choose which are most appropriate and acceptable 		The princess who never smiled (p51) Miming feelings (p54)	Unit 3 lesson 3 Being happy (p65 1 st Class booklet) Unit 3 lesson 4 It's OK to cry when I am sad (p69 1 st Class booklet) Unit 3 lesson 5 Letting off steam

			(p72 1 st Class booklet)
<ul style="list-style-type: none"> Identify people with whom they can discuss feelings and emotions 		About ways we sometimes feel (p146)	Unit 3 lesson 5 My special person and me (p90 2 nd Class booklet)
<ul style="list-style-type: none"> Become aware of and be able to choose healthy ways of feeling good about himself/herself 		Painting a feeling (p147)	Unit 3 lesson 7 I can think positively (p80 1 st class booklet)
<ul style="list-style-type: none"> Explore the various feelings that change as one grows Recognize that individual actions can affect the feelings of others 		A poem about someone I love (p177)	Unit 5 lesson 4 Random acts of kindness (p141 2 nd Class booklet)

First and Second Class			
Year 2 – March and April			
Strand: Myself	Stay Safe	RSE	Walk Tall
Strand Unit: Taking care of my body Making decisions <ul style="list-style-type: none"> Recognize and reflect on choices that are made every day Discuss the factors that may influence personal responsibility choices or decisions Realize that being involved in decision making demands 	Topic 3 – Touches Topic 4 – Secrets and telling Topic 5 - Strangers	How do I decide what to do? (p183) About the reasons I do things (p184)	Unit 6 lesson 3 Adverts and messages (p139 1 st Class booklet)

more personal			
<p>Knowing about my body</p> <ul style="list-style-type: none"> Appreciate the need and understand how to care for the body in order to keep it strong and healthy 			<p>Unit 2 lesson 2 What does healthy mean? (p37 1st Class booklet)</p>
<ul style="list-style-type: none"> Name parts of the male and female body using appropriate anatomical terms, and some of their functions 	Topic 3 – Touches	How our bodies work (p166)	<p>Unit 2 lesson 1 Our amazing bodies (p37 2nd Class booklet)</p>
<ul style="list-style-type: none"> Recognize the importance of treating the body with respect and dignity Explore the various things the body can do 		<p>How my body works (p67) Our senses (p70) A listening walk (p72) A poem about our senses (p73) In my imagination (p74)</p>	<p>Unit 2 lesson 2 My heart and my lungs (p41 2nd Class booklet)</p> <p>Unit 2 lesson 3 My brain (p45 2nd Class booklet)</p>
<ul style="list-style-type: none"> Recognize and examine some of the substances that are taken into the body and the purpose and function of each one 			<p>Unit 2 lesson 6 Medicines are powerful drugs (p62 2nd Class booklet)</p> <p>Unit 2 lesson 7 Injections (p69 2nd Class booklet)</p>
<ul style="list-style-type: none"> Develop and practice basic hygiene skills Realise that each individual must take responsibility for 		<p>When my body needs special care (p161) A visit to the doctor (p164)</p>	<p>Unit 2 lesson 4 Being clean helps us keep healthy (p43 1st Class booklet)</p>

<p>self-care</p> <ul style="list-style-type: none"> • Become aware of how infection spreads easily and the importance of adhering to a code of hygiene 			<p>Unit 2 lesson 3 What does healthy mean? (p37 1st Class booklet)</p>
<p>Food and nutrition</p> <ul style="list-style-type: none"> • Explore the importance of food for promoting growth, keeping healthy, and providing energy • Appreciate that balance, regularity and moderation are necessary in diet 			<p>Unit 2 lesson 3 Types of food we need to be healthy (p40 1st Class booklet)</p>
<ul style="list-style-type: none"> • Identify some foods that are derived from plant and animal sources • Recognize and practice good hygiene when dealing with food 			<p>Unit 2 lesson 4 My body needs different types of food (p52 2nd Class booklet)</p>

First and Second Class			
Year 2 – May and June			
Strand: Myself and the wider world	Stay Safe	RSE	Walk Tall
<p>Strand Unit: Developing citizenship</p> <p>My school community</p> <ul style="list-style-type: none"> • Explore what it means to belong and recognize some of the different groups in which he/she can belong 			<p>Unit 5 lesson 2 I belong with my class (p112 1st Class booklet)</p> <p>Unit 5 lesson 3</p>

<ul style="list-style-type: none"> Recognize and write the name and location of his/her own school and identify those who constitute the school community 			Taking care of the yard (p138 2 nd Class booklet)
<ul style="list-style-type: none"> Discuss and appreciate how the positive contributions of each person can make the class or school a better place for everyone 			Unit 5 lesson 3 Taking care of our classroom environment (p120 1 st Class booklet)
<ul style="list-style-type: none"> Be involved in making the classroom rules and recognize the importance of adhering to these rules for the safety of all 			Unit 4 lesson 1 Our classroom rules are important (p86 1 st Class booklet)
<ul style="list-style-type: none"> Engage in Group activities in the class and learn how to share, cooperate, listen to work and play together 			Unit 1 lesson 1 My name (p19 1 st Class booklet) Unit 5 lesson 2 I am learning to co-operate (p134 2 nd Class booklet)
<p>Living in the local community</p> <ul style="list-style-type: none"> Begin to appreciate how people depend on each other in many aspects of life Developing a sense of belonging to their own local community 			Unit 5 lesson 4 I belong in my community (p125 1 st Class booklet)
<ul style="list-style-type: none"> Be aware of and appreciate 			Unit 5 lesson 5

<p>the diversity of cultures and people in the local community, recognize their contributions and be aware of how differences can enrich their experiences</p> <ul style="list-style-type: none"> • Develop an awareness of people in other places 			Nationalities Day (p143 2 nd Class booklet)
<ul style="list-style-type: none"> • Identified those who have special responsibilities for looking after people in the community and the importance of the contribution of each individual to community life 			Unit 4 lesson 3 I'm learning about my rights (p106 2 nd Class booklet)
<p>Environmental care</p> <ul style="list-style-type: none"> • Appreciate the environment and realize that there is a community and individual responsibility in caring for and protecting the environment 			Unit 5 lesson 3 Taking care of our yard (p138 2 nd Class booklet)

Third and Fourth Class			
Year 2 – September and October			
Strand: Myself and others Strand Unit: Myself and my family	Stay Safe	RSE	Walk Tall

<ul style="list-style-type: none"> • Explore and discuss different types of families, recognizing that families vary in structure, in the way they communicate and in the way family members spend their time • Explore how belonging to a family means that family members love, protect, provide and care for each other 		<p>How families are the same and how families are different (p139) A star family (p39)</p>	<p>Unit 2 lesson 1 My family (p38 4th Class booklet)</p>
<ul style="list-style-type: none"> • Recognize that each family member has a place and role in the family and contributes to the effective functioning of the family unit 		<p>A family time line (p40) Families; block graphs (p143)</p>	
<ul style="list-style-type: none"> • Understand that families often undergo planned or unplanned changes that may be pleasant or difficult • Identify behaviour that is important for harmony in families • Compare and contrast lifestyles of families in urban and rural areas, in different countries, and in different cultures within and outside Ireland 		<p>Recipe for a family (p4)</p>	<p>Unit 2 lesson 2 Changes in the family (p40 4th Class booklet)</p>

Third and Fourth Class

Year 2 – November and December

Strand: Myself and others Strand Unit: Relating to others	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> • Communicating • Recognize and explore various verbal and nonverbal means of communicating • Listen carefully and reflectively to others • Use language, gestures and other appropriate behaviour to perform social functions 			<p>Unit 1 lesson 3 Listening (p24 3rd Class booklet)</p> <p>Unit 8 lesson 1 Easy talking ...difficult listening (p161 4th Class booklet)</p>
<ul style="list-style-type: none"> • Explore and examine ways of dealing with bullying 	<p>Topic 2 Friendship and Bullying</p>	<p>Bullying experience (p135)</p>	<p>Unit 5 lesson 3 Dealing with bullying (p93 4th Class booklet)</p> <p>Unit 4 lesson 4 Witnessing bullying (p116 3rd Class booklet)</p> <p>Unit 4 lesson 5 A bullying free zone (p121 3rd Class booklet)</p>
<ul style="list-style-type: none"> • Examine the power of persuasion in relating to others and identify times when it can be used positively 			<p>Unit 3 lesson 2 Our actions affect the feelings of others (p67 3rd Class booklet)</p>

<ul style="list-style-type: none"> • Give and receive compliments and constructive criticism in different situations • Recognize and explore how language can be used to foster inclusiveness 			
<ul style="list-style-type: none"> • Resolving conflict • Identify reasons for conflict in different situations • Identify and discuss various responses to conflict situations and decide on and practice those that are most appropriate or acceptable 			Unit 8 lesson 3 The journey of anger (p174 4 th Class booklet) Unit 4 lesson 6 Standing up to bullying and other things (p127 3 rd Class booklet)

Third and Fourth Class			
Year 2 – January and February			
Strand: Myself	Stay Safe	RSE	Walk Tall
Strand Unit: Growing and changing As I grow I change <ul style="list-style-type: none"> • Realize that growing and changing are continuous throughout life • Recognize and discuss how feelings and emotions are affected by the physical changes that take place at puberty 		*revisit Knowing about my body Growing up (p198) A list of changes (p203)	Unit 3 lesson 1 Feeling proud (p63 3 rd Class booklet)

<ul style="list-style-type: none"> Identify the skills and abilities acquired and the interests and pursuits taken up in recent years recognize how independence and responsibilities are continually changing 			Unit 7 lesson 1 As I grow I change (p175 3 rd Class booklet)
<ul style="list-style-type: none"> Recognize the emotional changes that have taken place since infancy Recognize how spiritual development has taken place in recent years Begin to appreciate the need for space and privacy in life 		The growing and changing I've done (p95) Stages of ages (p99)	Unit 7 lesson 2 Changing bodies (p146 4 th Class booklet)
<p>Birth and new life</p> <ul style="list-style-type: none"> Discuss the stages and sequence of development of the human baby, from conception to birth Identify the care that needs to be taken while waiting for a baby to be born Develop an appreciation of the wonder of a newborn baby 		Someone special (p171) Caring for baby (p73)	Unit 7 lesson 3 The wonder of new life (p150 4 th Class booklet)
<p>Feelings and emotions</p> <ul style="list-style-type: none"> Talk about and reflect on a wide variety of feelings and emotions and the various situations where these may 		How are you feeling? (p59) Alphabetical feelings (p62)	Unit 3 lesson 1 How do you feel? (p47 4 th Class booklet) Unit 3 lesson 2

be experienced and how they may be expressed			Expressing feeling (p51 4 th Class booklet)
<ul style="list-style-type: none"> Identify strong feelings and learn how to express and cope with these feelings in a socially appropriate way Explore how feelings can influence one's life 			Unit 3 lesson 4 When someone special dies (p75 3 rd Class booklet)
<ul style="list-style-type: none"> Identify and recognize the difference between needs and wants and come to realize that some rewards or experiences may be or should be postponed until later 			Unit 3 lesson 3 What I need and what I want (p56 4 th Class booklet)

Third and Fourth Class			
Year 2 – March and April			
Strand: Myself Strand Unit: Taking care of my body	Stay Safe	RSE	Walk Tall
<ul style="list-style-type: none"> Health and wellbeing Understanding and appreciate what it means to be healthy and to have a balanced lifestyle Realize that each individual has some responsibility for their health and that this responsibility increases as 		A recipe for good health (p192)	Unit 6 lesson 1 As I grow older I can learn to look after myself (p101 4 th Class booklet)

he/she gets older			
<ul style="list-style-type: none"> Begin to develop strategies to cope with various worries or difficulties that he/ she may encounter 	Topic 2 – Friendship and Bullying	Who, what, when, why? (p52)	Unit 6 lesson 4 Keeping my thinking healthy (p114 4 th Class booklet)
<ul style="list-style-type: none"> Be aware of the dangers in using tobacco or alcohol and explore the reasons why people may choose to smoke or drink 			Unit 5 lesson 4 The risk of smoking cigarettes (p142 3 rd Class booklet) Unit 5 lesson 5 The risk of drinking alcohol (p149 3 rd Class booklet)
<ul style="list-style-type: none"> Know and understand the meaning of the word drug and when it is appropriate or inappropriate to take drugs Identify and categorize a variety of substances that are taken into or onto the body into those that are helpful or harmful, legal or illegal 			Unit 6 lesson 5 What is a drug? (p125 4 th Class booklet) Unit 6 lesson 7 The dangers of solvents (p136 4 th Class booklet)
<ul style="list-style-type: none"> Recognize and discuss some people who are concerned with health and welfare 			Unit 5 lesson 6 Sometimes adults need rules (p154 3 rd Class booklet)
<p>Knowing about my body</p> <ul style="list-style-type: none"> Understand the physical changes taking place in both 		Growing up (p198) A list of changes (p203)	

<p>male and female body</p> <ul style="list-style-type: none"> Realize that these changes do not occur at the same time but nonetheless are predictable and natural and that being different is normal 			
<ul style="list-style-type: none"> Realize the importance of caring for and treating their own body and that of others with dignity and respect 		Healthy choices and decisions (p105)	
<ul style="list-style-type: none"> Recognize and practice good personal hygiene, know how it is maintained and understand its importance in social interaction understand and explore the relationship between health and hygiene 		Being clean – keeping healthy (p185) Body protection (p189)	Unit 6 lesson 2 Clean and healthy (p107 4 th Class booklet)
<ul style="list-style-type: none"> Realize the adverse effects of sexual stereotypes and realise that these effects can become more exaggerated as the physical differences between males and females become more apparent 			
<p>Food and nutrition</p> <ul style="list-style-type: none"> Differentiate between a healthy and unhealthy diet and appreciate the role of 			Unit 2 lesson 5 Balancing our food (p49 3 rd Class booklet)

<p>balance and moderation</p> <ul style="list-style-type: none"> Recognize the wide choice of food available and categorize the food into the four main food groups and their places on the food pyramid Examine the dietary needs of their own age group and other groups in society 			
<ul style="list-style-type: none"> Explore some factors that influence the consumption of different food products Discuss and examine the importance of proper food hygiene 			Unit 6 lesson 3 Food choices (p110 4 th Class booklet)

Third and Fourth Class			
Year 2 – May and June			
Strand: <i>Myself and the wider world</i> Strand Unit: <i>Developing citizenship</i>	Stay Safe	RSE	Walk Tall
<p><i>My school community</i></p> <ul style="list-style-type: none"> Identify the people who constitute the school community and the role of individuals in contributing to life of the school Explore the various ways in which the school promotes a sense of belonging 			Unit 3 lesson 5 Success (p82 3 rd Class booklet)

<ul style="list-style-type: none"> • Explore and recognise the rights and responsibilities of both adults and children in the school community 			
<ul style="list-style-type: none"> • Be aware of the importance of mutual respect and sensitivity to different values and attitudes held by others 			Unit 8 lesson 2 Holding onto my values (p170 4 th Class booklet)
<ul style="list-style-type: none"> • Play a role in deciding classroom rules and discuss and examine the importance of adhering to the school code of behaviour and discipline 			Unit 1 lesson 1 Rules in the classroom (p19 3 rd Class booklet)
<ul style="list-style-type: none"> • Develop and practice leadership roles and learn to work together in different group situations • Discuss and explore the concepts of sharing and cooperating and the ways in which they can be put into practice in an effective manner • Examine the traditional roles that may be assigned to boys and girls in school because of their sex and become aware of the ways of counteracting this 			Unit 3 lesson 6 All the feelings along the way (p86 3 rd Class booklet)

stereotyping			
Local and wider communities <ul style="list-style-type: none"> Realize what it means to belong to a group 			Unit 7 lesson 1 We are unique (p142 4 th Class booklet)
<ul style="list-style-type: none"> Recognize how each person has both individual and communal responsibilities to the community 			
<ul style="list-style-type: none"> Appreciate the diversity of people or groups with communities and the importance of mutual respect, empathy and understanding for living together in peace and harmony Examine how justice, fairness and equality may or may not be exemplified in the community 			Unit 3 lesson 3 Feeling left out (p71 3 rd Class booklet)
<ul style="list-style-type: none"> Explore some of the issues and concerns in the local or national community Discuss the role of leaders and organizations that serve the community at different levels and the influence that they have 			Unit 8 lesson 5 Speaking up in a democracy (p183 4 th Class booklet)
<ul style="list-style-type: none"> Become aware of their own culture and recognize traditions, festivals and 			Unit 2 lesson 4 It's a wonderful world (p45 3 rd Class booklet)

<p>celebrations that are unique to the locality, region or country</p> <ul style="list-style-type: none"> • Begin to develop an awareness of the lives and culture of some people in the European Union 			
<p>Environmental care</p> <ul style="list-style-type: none"> • Appreciate and respect the environment and learn that there is an individual and community responsibility in caring for the environment and protecting it for future generations 			<p>Unit 2 lesson 6 I want...I need (p53 3rd Class booklet)</p> <p>Unit 2 lesson 7 I want...I need (wider world) (p56 3rd Class booklet)</p>