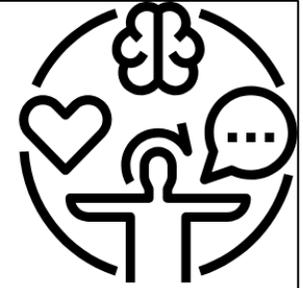


SPHE for Senior Cycle

New Curriculum 2025-2026



Modules in SPHE

1. Strand 1: Health and Wellbeing
2. Strand 2: Relationships and Sexuality
3. Strand 3: Into Adulthood
4. Digital Literacy
5. Careers
6. Guidance

Types of Learning

Wide variety of different learning materials provided to students

Modules for SPHE

Six weeks per module
Teacher specific module
Rotation to different rooms

Key Assignments

Eight key assignments required over two years
Choice of 18 assignments
Two assignments per module

Compulsory Subject

SPHE is a compulsory subject for all students in Senior Cycle

The above image explains the key components of Senior Cycle SPHE in MPPS. It is a core subject that provides students with a non-exam subject space to engage in learning that broadens their understanding of the world.

The full curriculum is available [here](#)