

Fifth Year SPHE Course Calendar

	Summer – Midterm 1 No. of weeks: 8 weeks	Midterm 1 – Christmas No. of weeks: 6 weeks	Christmas – Midterm 2 No. of weeks: 5 weeks	Midterm 2 – Easter No. of weeks: 6 weeks	Easter – Summer No. of weeks: 5 weeks	
Year 5 Unit Title Learning Outcomes Assessment Reporting	AUGUST/SEPTEMBER–OCTOBER UNIT 1: Building Personal Health and Wellbeing Topics: • What Determines Good Health? • Goal Setting for the Year Ahead • Holistic Health • Physical Activity as a Form of Self-Care • Striking a Balance with Sleep • Managing Social Comparisons • Spotting Fake Lifestyles on Social Media • Building Emotional Granularity LOs: 1.1, 1.2, 1.4, 1.5, 3.1, 3.2, 3.5 Assessment: Opening/closing questions; Think, Discuss, Watch, Read, Create and Research activities; reflection questions; Key Assignment 3.1, Key Assignment 5.3. Reporting: ongoing teacher feedback and end-of-unit reflection.	NOVEMBER–DECEMBER UNIT 2: Mental Health, Coping and Substance Use Topics: • Tackling Unhelpful Thinking Patterns • Understanding Low Mood, Stress and Anxiety • Healthy Coping Tools for Low Mood, Stress and Anxiety • Self-Care through Nutrition • Substance Use • Social Norms in Ireland: Alcohol and Drug Use LOs: 1.2, 1.3, 1.4, 1.5, 1.6, 1.7, 1.8, 3.1, 3.4 Assessment: Opening/closing questions; Think, Discuss, Watch, Read, Create and Research activities; reflection questions; Key Assignment 9.3, Key Assignment 10.4, Key Assignment 12.4. Reporting: ongoing teacher feedback and end-of-unit reflection.	JANUARY–FEBRUARY UNIT 3: Addiction and Healthy Relationships Topics: • Understanding Addiction • Seeking Help for Addiction • Values in Relationships • The Influence of Movies and TV Shows on Relationships • Boundaries in Intimate Relationships LOs: 1.9, 2.1, 2.2 Assessment: Opening/closing questions; Think, Discuss, Watch, Read, Create and Research activities; reflection questions; Key Assignment 16.3, Key Assignment 17.3. Reporting: ongoing teacher feedback and end-of-unit reflection.	FEBRUARY–APRIL UNIT 4: Intimate Relationships and Sexual Health Topics: • Consent • Healthy Sexual Relationships • Safer Sexual Practices • Fertility • The Influence of Pornography • Gender Stereotypes LOs: 2.1, 2.3, 2.4, 2.7, 2.9 Assessment: Opening/closing questions; Think, Discuss, Watch, Read, Create and Research activities; reflection questions; role play; Key Assignment 21.5, Key Assignment 25.1. Reporting: ongoing teacher feedback and end-of-unit reflection.	APRIL–MAY UNIT 5: Safety, Respect and Healthy Relationships Topics: • Understanding and Combatting Sexual Harassment • Abusive Relationships • Domestic, Sexual and Gender-Based Violence • Staying Safe in Social Situations • End-of-Year Reflection LOs: 1.10, 2.5, 2.6, 2.8; revisits learning outcomes Assessment: Opening/closing questions; Think, Discuss, Watch, Read, Create and Research activities; reflection questions; Key Assignment 27.5, Key Assignment 28.4. Reporting: ongoing teacher feedback and end-of-unit reflection.	