

First Year SPHE Course Calendar

	Summer – Midterm 1 No. of weeks: 8/9 weeks	Midterm 1 – Christmas No. of weeks: 6 weeks	Christmas – Midterm 2 No. of weeks: 5 weeks	Midterm 2 – Easter No. of weeks: 5 weeks	Easter – Summer No. of weeks: 7 weeks	
Year 1	AUGUST/SEPTEMBER–OCTOBER	NOVEMBER–DECEMBER	JANUARY–FEBRUARY	FEBRUARY–MARCH	APRIL–MAY	
Unit Title	UNIT 1: Understanding Myself and Building Connections	UNIT 2: Building a Healthy Mind and Body	UNIT 3: Substance Abuse	UNIT 4: Relationships and Sexuality	UNIT 5: Being Safe and Respectful Online and In Person	
Learning Outcomes	Topics: • Creating a Safe SPHE Classroom • Coping with Change • Making Connections • Knowing Myself • Managing Myself • Loving Myself • Understanding Boundaries • Respecting Myself and Others	Topics: • Emotional Wellbeing • The Impact of Stress • Building Resilience • Teenage Nutrition • Physical Exercise • Sleep Hygiene	Topics: • Alcohol • Smoking • Vaping: What Is It? • Vaping: Effects on Brain and Body • Vaping: Consequences	Topics: • Changes During Adolescence • Reproduction and Sexuality • Gender Identity and Expression • Sexual Orientation • Gender Stereotypes • Equality, Equity and Inclusivity • Healthy and Unhealthy Relationships • Challenges in Relationships	Topics: • Communicating with Empathy Online • Respectfully Sharing Information Online • What Is Bullying? • Witnessing Bullying • Accessing Help and Support for Bullying	
Assessment	LOs: 1.1, 1.2, 1.3, 1.4, 1.7, 1.8, 1.9, 3.1, 3.4 Assessment: opening/closing questions; activities; reflection. Reporting: ongoing teacher feedback and end-of-unit reflection.	LOs: 1.7, 1.8, 1.9, 2.1, 2.4, 4.1, 4.2, 4.3, 4.4, 4.5 Assessment: questions, activities, food/stress diaries and reflection. Reporting: ongoing teacher feedback and end-of-unit reflection.	LOs: 2.2, 2.3, 2.4, 2.5, 2.10, 4.5 Assessment: questions, activities, alcohol leaflet, smoking ad campaign and vaping campaign. Reporting: ongoing teacher feedback and end-of-unit reflection.	LOs: 1.1, 1.4, 1.5, 1.6, 1.7, 2.1, 3.1–3.6, 4.4 Assessment: questions, activities, presentations/posters and reflection. Reporting: ongoing teacher feedback and end-of-unit reflection.	LOs: 1.7, 1.8, 2.4, 2.7, 2.8, 4.5, 4.6, 4.7, 4.8, 4.9 Assessment: media campaign, bullying survey, upstander infographic, anti-bullying campaign and reflection. Reporting: ongoing teacher feedback and end-of-unit reflection.	
Reporting						