

Two-Year Grid for SPHE

Create a two-year grid for SPHE. Ensure that five strand units are taught each year, at least one from every strand.

Myself:
 Self-identity
 Taking care of my body
 Growing and Changing
 Safety and Protection
 Making decisions (3rd – 6th Class)

Myself and Others
 Myself and My Family
 My friends and other people
 Relating to others

Myself and the Wider World
 Developing Citizenship
 Media Education

		Year One		Year Two	
		Strand	Strand Unit	Strand	Strand Unit
Sept/Oct	Myself	Myself	Self-Identity	Myself and others	My friends and other people
Nov/Dec	Myself	Myself	Taking care of my body	Myself	Making Decisions (3-6) Self-Identity (J-S)
Jan/Feb	Myself and others	Myself and others	Myself and my family	Myself	Safety and Protection (Stay Safe)
March/April	Myself and Others Myself	Myself and Others Myself	Anti Bullying RSE Sensitive Lessons (Taking Care of my Body) Relating to others	Myself	Anti Bullying Growing and Changing
May/June	Myself and the wider world	Myself and the wider world	Developing Citizenship	Myself and the wider word	Media Education

