



Overview of Content for SPHE

Strands	Strand Units (Year 1)	Strand Units (Year 2)
Myself	Self-Identity (Sep/Oct)	
	Taking care of my body (Nov/Dec)	
	Growing and changing (Jan/Feb)	
		Safety and protection (Sep/Oct)
		Making decisions (Nov/Dec)
Myself and others	Myself and my family (Mar/Apr)	
		My friends and other people (Jan/Feb)
		Relating to others (Mar/Apr)
Myself and the wider world	Developing citizenship (May/June)	
		Media Education (May/June)



Another possibility

Strands	Strand Units (Year 1)	Strand Units (Year 2)
Myself	Self-Identity (Sep/Oct)	
		Taking care of my body (Sep/Oct)
		Growing and changing (Nov/Dec)
	Safety and protection (Nov/Dec)	
	Making decisions (Jan/Feb)	
Myself and others	Myself and my family (Mar/Apr)	
		My friends and other people (Jan/Feb)
		Relating to others (Mar/Apr)
Myself and the wider world	Developing citizenship (May/June)	
		Media Education (May/June)