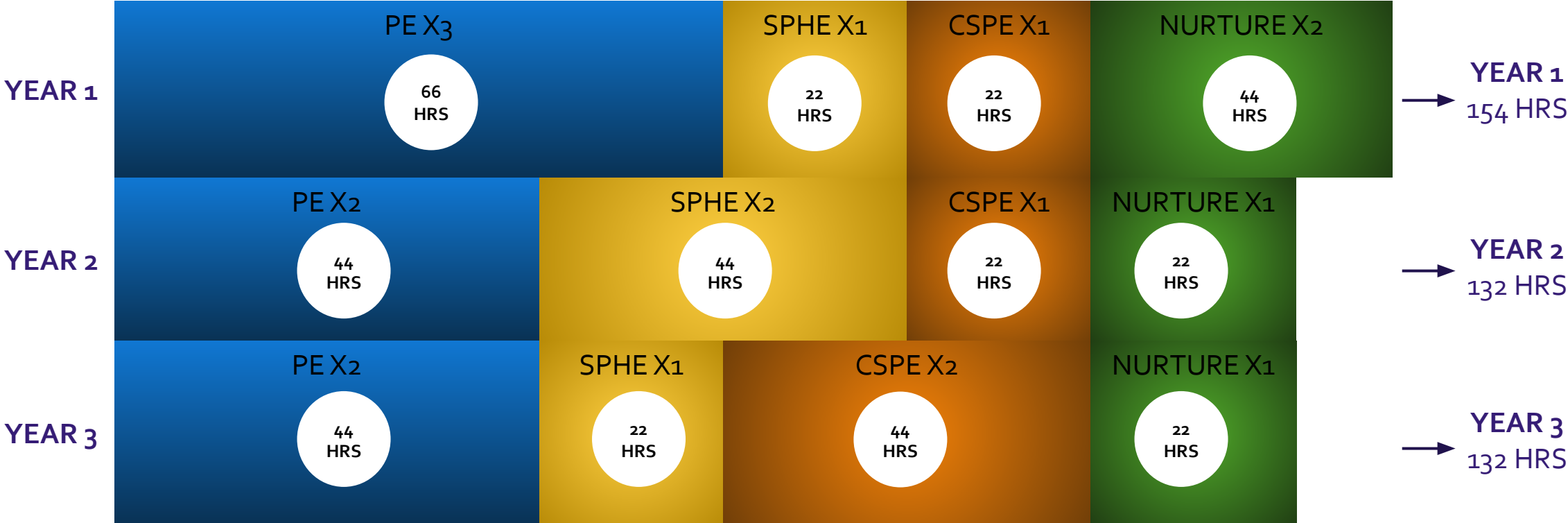


# WHERE DOES IT ALL FIT WITHIN THE JUNIOR CYCLE?

## SUGGESTED JUNIOR CYCLE WELLBEING LESSON ALLOCATION WITH NURTURE

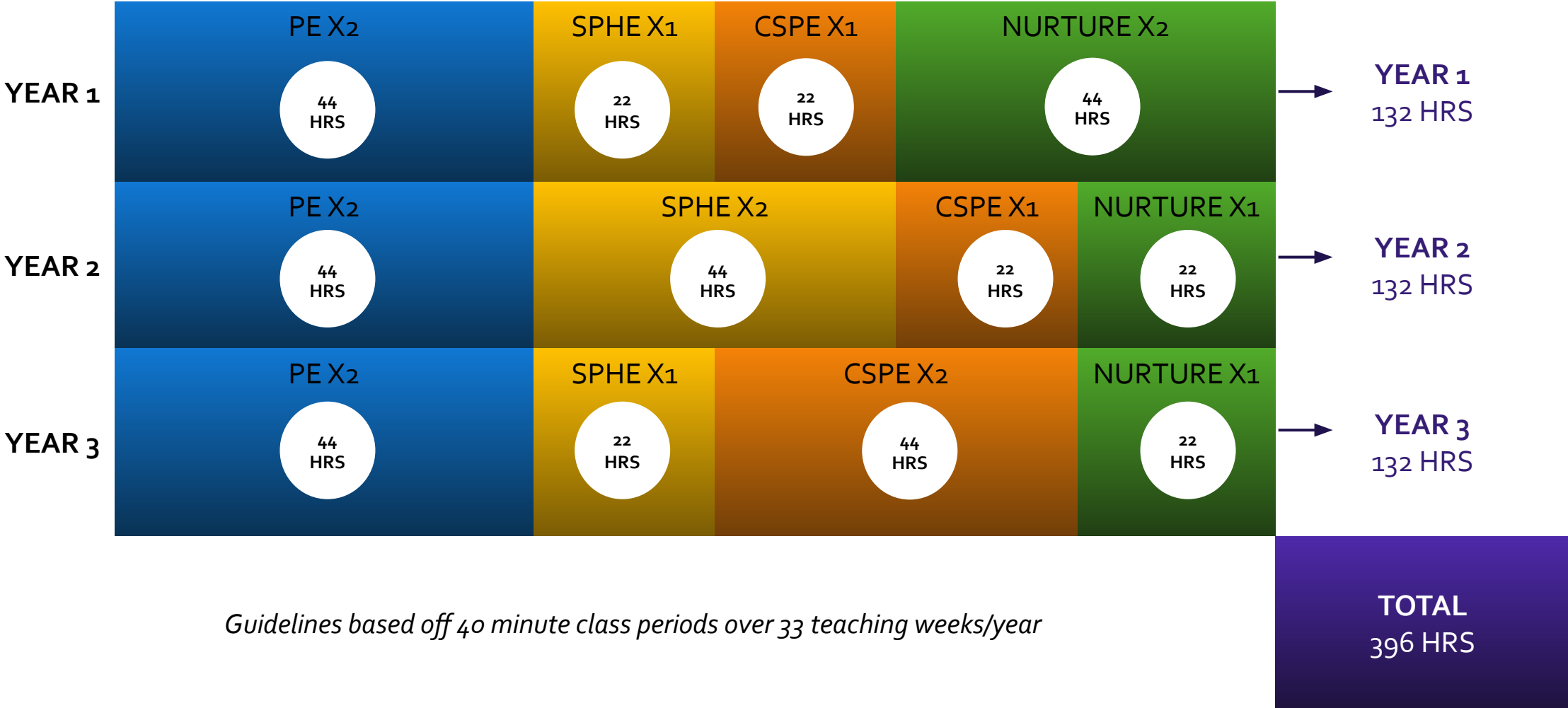


Guidelines based on 40 minute class periods over 33 teaching weeks/year

**TOTAL**  
418 HRS

# WHERE DOES IT ALL FIT WITHIN THE JUNIOR CYCLE?

## SUGGESTED JUNIOR CYCLE WELLBEING LESSON ALLOCATION WITH NURTURE



*Guidelines based off 40 minute class periods over 33 teaching weeks/year*

# WHERE DOES IT ALL FIT WITHIN THE JUNIOR CYCLE?

## SUGGESTED JUNIOR CYCLE WELLBEING LESSON ALLOCATION WITH NURTURE



YEAR 1	PE X2 44 HRS	SPHE X1 22 HRS	CSPE X1 22 HRS	NURTURE X2 44 HRS	YEAR 1 132 HRS	
YEAR 2	PE X2 44 HRS	SPHE X2 22 HRS	CSPE X1 22 HRS	NURTURE X1 22 HRS	MISC. 22 HRS	YEAR 2 132 HRS
YEAR 3	PE X2 44 HRS	SPHE X1 22 HRS	CSPE X2 22 HRS	NURTURE X1 22 HRS	MISC. 22 HRS	YEAR 3 132 HRS

Guidelines based off 40 minute class periods over 33 teaching weeks/year

These 'misc' hours may comprise of wellbeing activities such as:  
 sports day                      school retreat                      awareness events

**TOTAL**  
396 HRS

# WHERE DOES IT ALL FIT WITHIN THE JUNIOR CYCLE?

## SUGGESTED JUNIOR CYCLE WELLBEING LESSON ALLOCATION WITH NURTURE



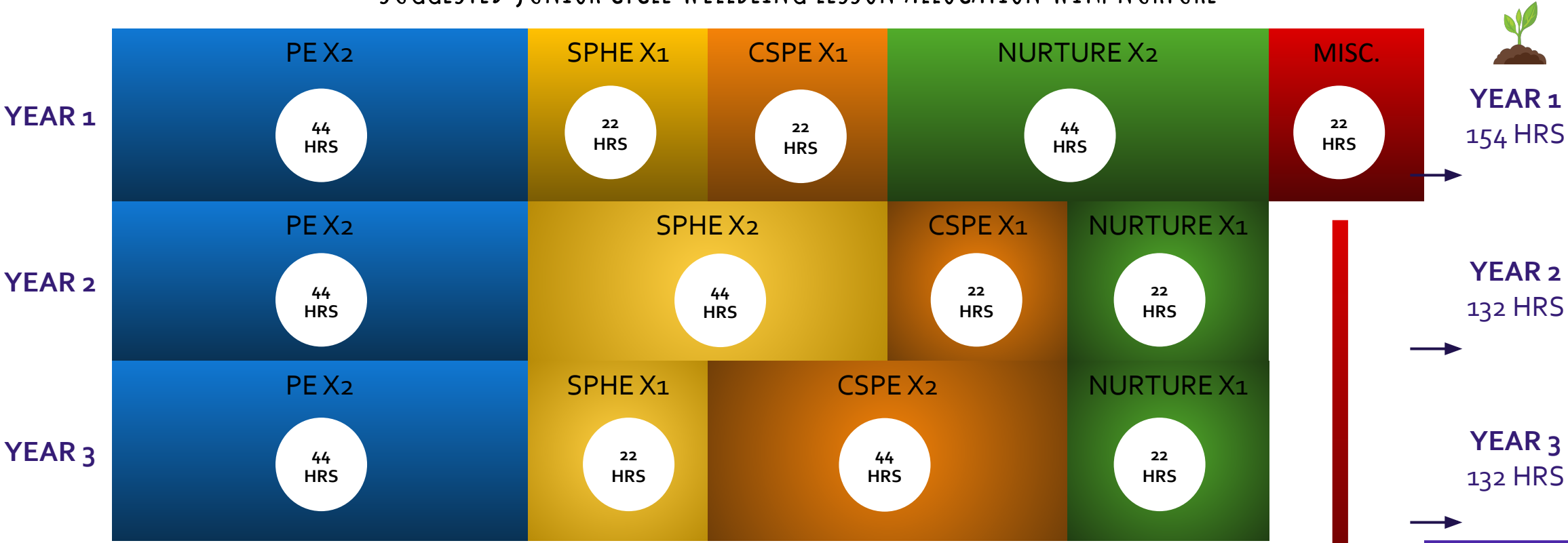
YEAR 1	PE X2 44 HRS	SPHE X1 22 HRS	CSPE X1 22 HRS	NURTURE X2 44 HRS	YEAR 1 132 HRS	
YEAR 2	PE X2 44 HRS	SPHE X2 22 HRS	CSPE X1 22 HRS	NURTURE X1 22 HRS	GUIDANCE. 22 HRS	YEAR 2 132 HRS
YEAR 3	PE X2 44 HRS	SPHE X1 22 HRS	CSPE X2 22 HRS	NURTURE X1 22 HRS	GUIDANCE 22 HRS	YEAR 3 132 HRS

*Guidelines based off 40 minute class periods over 33 teaching weeks/year*

**TOTAL**  
396 HRS

# WHERE DOES IT ALL FIT WITHIN THE JUNIOR CYCLE?

## SUGGESTED JUNIOR CYCLE WELLBEING LESSON ALLOCATION WITH NURTURE



Guidelines based on 40 minute class periods over 33 teaching weeks/year

These 'misc' hours may comprise of wellbeing activities such as:  
 sports day                      school retreat                      awareness events

**TOTAL**  
4,18 HRS