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| **SPHE – Strands - Strand Units**  **Myself**  • Self-identity  *Self-awareness*  *Developing self-confidence*  • Taking care of my body  *Health and well-being*  *Knowing about my body*  *Food and nutrition*  • Growing and changing  *As I grow I change*  *Birth and new life*  *Feelings and emotions*  • Safety and protection  *Personal safety*  *Safety issues*   * Making decisions   **Myself & Others**   * Myself and my Family * My friends and other people * Relating to Others   Communicating  Resolving conflict  **Myself & the Wider World**  • Developing citizenship  *Living in the local community*  *National, European and wider*  *communities*  *Environmental care*  *The sub-unit ‘Environmental care’ is developed in detail in SESE science*  *and geography*  • Media education |  | | | **CM** |  | | **CM** |
| **Assessment** | | **Differentiation** | **Linkage & Integration** | **Resources** | | **Methodologies** | |