

PE and SPHE for Wellbeing

Let's Do This!

New
for
2026!

The exciting new Junior Infants–6th Class series for Wellbeing!

✓ Fully prepares you when it comes to teaching the new curriculum area of **Wellbeing**, which integrates the subject areas of **PE and SPHE**

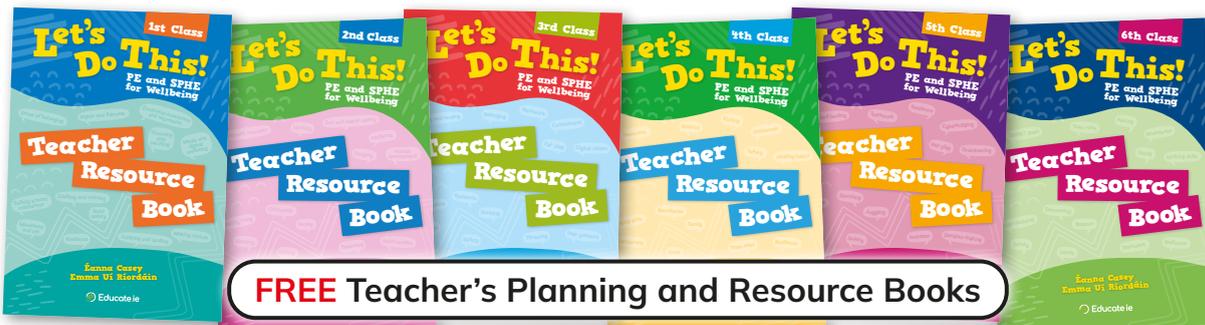
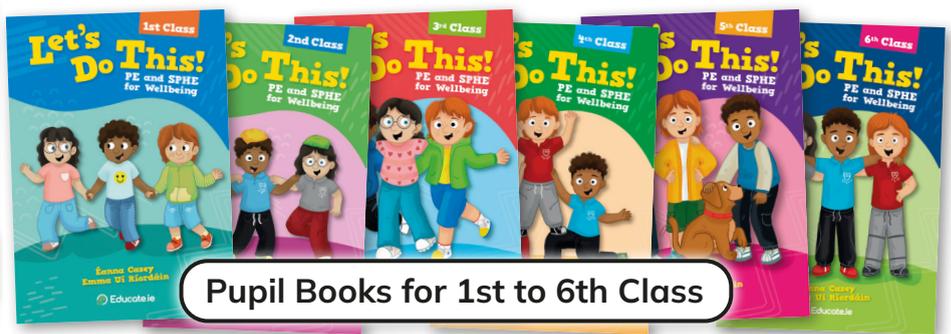
✓ **Comprehensively covers all 18 strand units** of the new Wellbeing specification

✓ Ensures that you deliver the new Wellbeing specification for all four stages **comprehensively and with confidence**

✓ **Exciting and engaging digital content** further enhances this innovative programme, giving you all the tools you need to deliver Wellbeing for your classroom

✓ **Fully reviewed** by subject matter experts and teachers across a range of classroom settings

What you get



- STAGE 1**
Junior & Senior Infants
- STAGE 2**
1st & 2nd Classes
- STAGE 3**
3rd & 4th Classes
- STAGE 4**
5th & 6th Classes

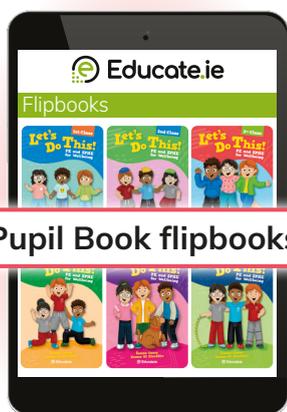
How we support you to teach Wellbeing

Digital Library for Junior Infants to 6th Class

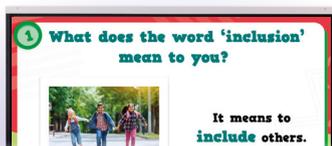
Let's Do This! PE and SPHE for Wellbeing is fully supported by a **free comprehensive suite of digital material** – available exclusively to schools adopting the Pupil Book series.



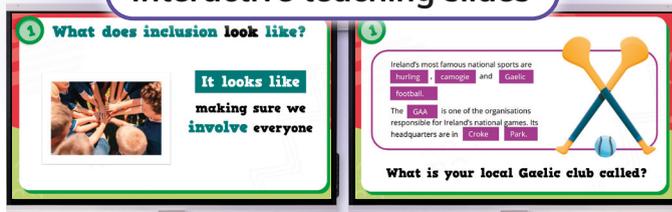
Interactive and downloadable digital content, accessed through our specially created Primary Wellbeing website, helps ensure the delivery of all strand units and their Learning Outcomes, including:



Pupil Book flipbooks



Interactive teaching slides



Downloadable worksheets

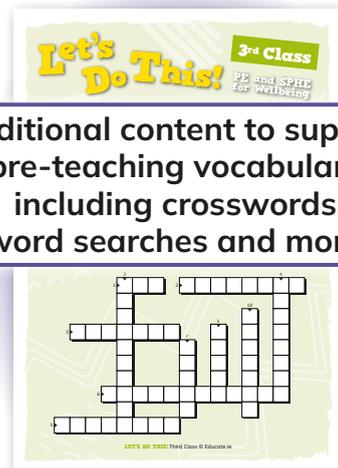
Downloadable planning resources

Fundamental Movement Skills posters, video and animation content and games suite



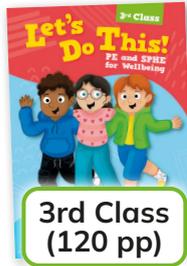
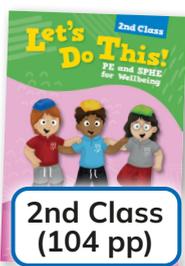
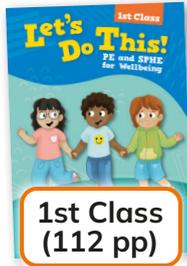
Self- and peer assessment templates and teacher observation templates

Additional content to support pre-teaching vocabulary, including crosswords, word searches and more!



Pupil Books for 1st to 6th Class

Engaging, high-quality **Let's Do This! PE and SPHE for Wellbeing Pupil Books**, written by PE and SPHE specialists, fully support all Learning Outcomes of the new Wellbeing specification.



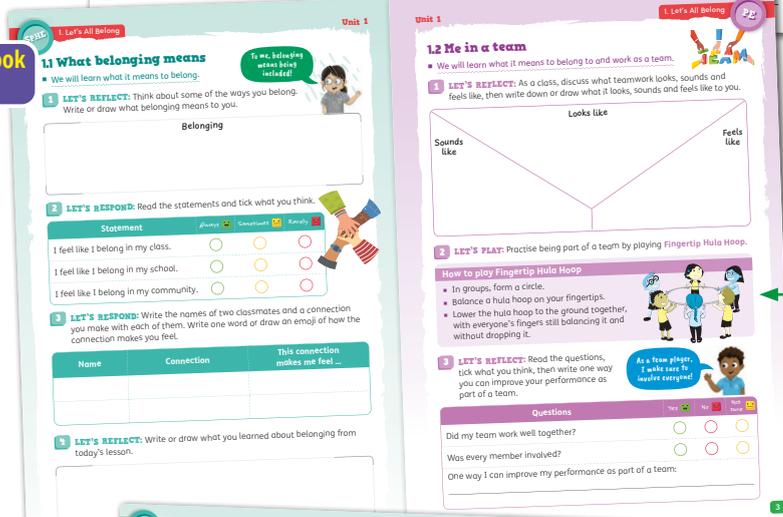
1st Class Pupil Book (Stage 2)



A clear, spiral approach ensures children revisit key topics from fresh perspectives as they progress through the class levels, with built-in support for multigrade classrooms.

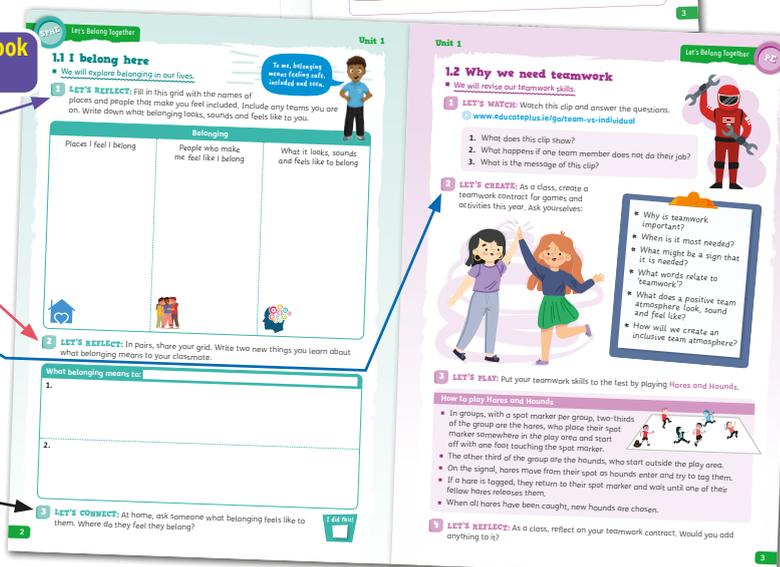
Social, personal and interpersonal skills are seamlessly integrated through active, child-centred methodologies across PE and SPHE.

3rd Class Pupil Book (Stage 3)



Integrated lessons at Stage 2 (1st and 2nd Classes) and distinct subject-specific lessons at Stages 3 (3rd and 4th Classes) and 4 (5th and 6th Classes) fully aligns with the new Wellbeing specification.

5th Class Pupil Book (Stage 4)



Pupils develop confidence through independent learning as well as through cooperative and collaborative learning with partners and in groups.

Meaningful Home-School links encourage continued learning and engagement beyond the classroom.

Human Development* Digital Library and Booklets

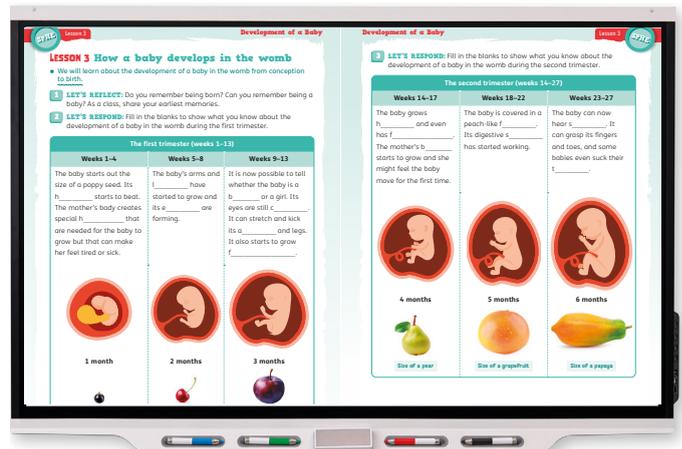
*Human Development is the strand unit that covers the topics previously explored in the Sexuality section of Relationships and Sexuality Education (RSE). It also covers emotional and social changes. Children learn about body changes, correct body terms, boundaries, privacy and the human life cycle. From 3rd Class, they explore puberty and its physical, social and emotional changes, and in 5th and 6th Classes they learn about human reproduction, including conception, pregnancy and birth, while being encouraged to view development positively and seek support when needed.

The **Let's Do This! PE and SPHE for Wellbeing** programme fully supports the delivery of the **Human Development** strand unit for each of the four stages (Junior Infants through to 6th Class).

Access all our exciting and innovative digital content through our specially created Primary Wellbeing website, available exclusively to schools adopting the Pupil Book series.

Comprehensive digital content, pupil booklets and ready-to-use support materials means you can teach this sensitive area with confidence and clarity.

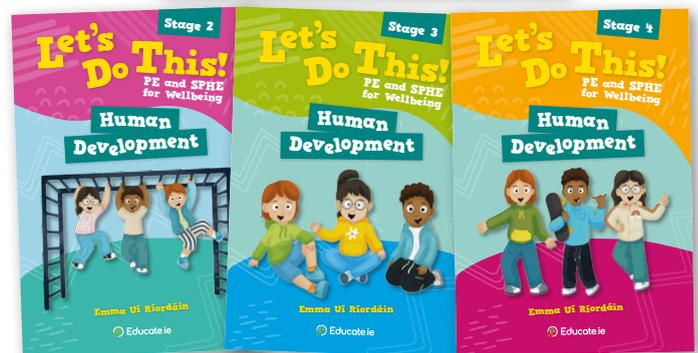
- ☑ A comprehensive, specialist **Human Development Digital Library** for all four stages – including interactive teaching slides, videos, animations and worksheets – provides everything you need to deliver this strand unit confidently and effortlessly.



- ☑ **Fully supportive digital content for Stage 1** includes interactive teaching slides, videos, worksheets and comprehensive lesson plans.



- ☑ **Pupil booklets for Stages 2, 3 and 4** and packaged with the 2nd, 4th and 6th Class Pupil Books, written by a content specialist, provide step-by-step support for teaching Human Development across Stages 2–4 (1st Class–6th Class) and are **fully complemented by the Digital Library**.

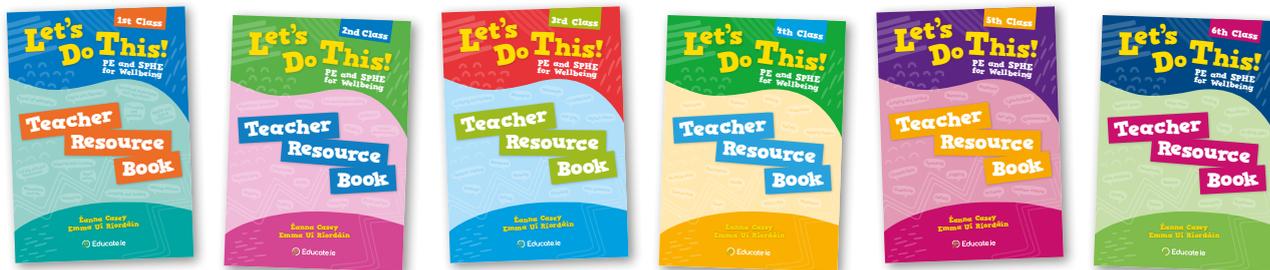


- ☑ **Complete lesson plans** in our Teacher's Planning and Resource Books and fully resourced support materials, including printable 'Human Development Explained' resources, make it easy to clearly communicate the content and delivery of this strand unit to parents and guardians.

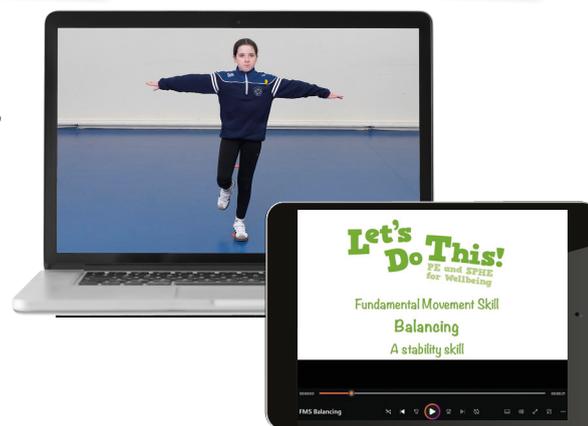


Teacher's Planning and Resources Books

The **Let's Do This! PE and SPHE for Wellbeing Teacher's Planning and Resource Books**, fully supported by digital content, provide everything you need to effortlessly plan and deliver Wellbeing across all eight class levels.



- ☑ **Downloadable and editable yearly and fortnightly plans** for seamless curriculum organisation
- ☑ **Fully structured lesson plans with notes and supports**, including guidance on differentiation, modification, extension activities and cross-curricular links
- ☑ **Assessment documents and templates**, ready to use and editable for your classroom
- ☑ **Specialist support for Movement Competence**, including clear, practical guidance from an area expert
- ☑ **Fundamental Movement Skills resources**, featuring innovative, fun games to put skills into practice
- ☑ **Games-based approach with the Sports Education Model**, where children take active roles to direct, create, modify, assess and reflect on their movement learning
- ☑ **Specialist support for the Human Development strand**, ensuring sensitive topics are delivered confidently
- ☑ **Flexible content**, designed to be tailored, adapted and supplemented to suit your classroom context



Overview of the new Wellbeing Specification

The new **Wellbeing specification** comprises **four strands** broken down into **18 strand units**.

STRANDS			
Movement Competence (PE only)	Emotional and Relational Education	Health Education	Community and Belonging
STRAND UNITS			
Movement skills	Identity	Healthy living	Sense of belonging
Movement concepts	Emotional awareness and expression	Substances (SPHE only)	Family (SPHE only)
Movement strategies	Relationships	Human development (SPHE only)	Rights and fairness
Movement and me	Resilience	Safety	Citizenship
	Making choices	Media and digital wellbeing (SPHE only)	
LEARNING OUTCOMES			
Stages 1 and 2: The Learning Outcomes are integrated and apply to both subjects.		Stages 3 and 4: The Learning Outcomes become more distinct, with clear differentiation between PE and SPHE, allowing for subject-specific teaching while maintaining connections.	

Timetabling (as directed in the Primary Curriculum Framework)

Stage 1: A minimum of two hours and 30 minutes per week

Stages 2–4: Three hours per week

Schools are encouraged to use a **2:1 ratio**, allocating more time to PE than SPHE.

Implementation

Schools are required to begin enacting the new Wellbeing specification as part of the phased rollout of the redeveloped primary curriculum from the **2026/2027 school year**, with Wellbeing being one of the first three curriculum areas to be fully enacted over the following years as part of a planned systemwide introduction through to **2031/2032 (or 2032/2033)**.

Funding

The DEY has announced funding in the form of grants to primary schools for the purchase of resources and materials, including books, to support the implementation of the Wellbeing Curriculum. Grants are calculated as follows:

Fixed payment per school: €400 – 1 to 30 pupils; €500 – 31 to 50 pupils; €750 – 51 to 150 pupils; €1000 – over 151 pupils

Per-pupil payment: €13.10; DEIS/SEN rate per pupil: €15.10

Our authors

Éanna Casey is a mainstream and SET teacher based in Ballina, Co. Mayo, with extensive experience as an advisor and content creator in the field of Physical Education. He has played a key role in the design and delivery of a wide range of innovative PE resources aligned with the Primary Physical Education curriculum. Éanna was the designer and co-creator of the hugely successful Virtual Sports Day (2020) and Sports Day Your Way (2021) for Sligo Education Centre.

As well as being a tutor with Hibernia College, specialising in Physical Education, Éanna has developed targeted intervention strategies to support the inclusion of children with additional needs and neurodiverse learners and has also designed programmes aimed at extending and challenging highly capable pupils within PE. Éanna is deeply passionate about physical activity, education and purposeful movement and their meaningful application at primary level.

Emma Uí Ríordáin is the principal of a rural DEIS multigrade school in West Cork and an experienced advisor and content creator in the area of SPHE. She has worked extensively as a tutor with Hibernia College across a range of areas, including SPHE and Physical Education, and as a School Placement tutor. Emma recently completed an MSc, with her research focusing on the Fundamental Movement Skills and health-related fitness of children with additional needs.

Emma has facilitated numerous workshops, evening courses and summer courses with a strong focus on the area of Wellbeing. A qualified yoga teacher and restorative practice facilitator, Emma is deeply passionate about supporting children to develop the skills and practices required to navigate both their interpersonal relationships and their relationship with themselves.



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