

WELLBEING (NCCA) · ALL CLASSES

Folláine — Wellbeing

NCCA Primary Curriculum — All Classes

Wellbeing in the NCCA curriculum

1 Wellbeing curriculum area

One of the six curriculum areas in the new NCCA Primary Framework. Encompasses both Physical Education (PE) and Social, Personal and Health Education (SPHE). Broader than either subject alone.

2 The four domains of wellbeing

1. Physical health and fitness; 2. Mental health; 3. Spiritual, moral, and emotional development; 4. Social wellbeing. The curriculum addresses all four.

3 Active School Flag (Vleatach Scoile)

An award scheme run by the Department of Education encouraging schools to become more physically active. Involves a school-wide audit, an action plan, and embedding physical activity beyond PE lessons.

4 SPHE in the NCCA framework

Social, Personal and Health Education — covers relationships, mental health, substance use awareness, and online safety. Taught through the class teacher. Often uses Wellbeing for Life programme.

5 Physical activity guidelines

Irish primary children should have 60 minutes of moderate-vigorous physical activity daily. Schools are recommended to include at least 30 minutes within the school day.



6

Cross-curricular wellbeing

The NCCA framework expects wellbeing to be threaded through the whole curriculum — not just delivered in PE and SPHE periods. Active learning strategies, relationships in the classroom, and positive school climate all contribute.

