



# 2024

## Plean Oideachas, Caidreamh agus Gnéasachta Ghaelscoil Uí Earcáin



## Plean Oideachas, Caidreamh agus Gnéasachta

<https://www.pdst.ie/primary/health-wellbeing/RSE>

Rang	Snáitheanna/Snáithaonaid	Ábhar Cuspóir	Foclóir	Lch sa leabhar Oideachas, Caidreamh agus Gnéasachta	Misneach	Acmhainní
Naíonáin Bheaga/Naíonáin Mhóra	<b>Mise:</b> <ul style="list-style-type: none"> <li>• Ag fás agus ag athrú</li> <li>• Ag tabhairt aire do mo chorp</li> </ul>	<b>Ábhar:</b> <ul style="list-style-type: none"> <li>- Ag fás agus ag athrú</li> <li>--</li> <li>feasacht faoi bhreith dhaonna a fhorbairt</li> <li>- Ag tabhairt aire do mo chorp</li> <li>--</li> <li>codanna den chorp fireann is</li> </ul>	<b>Gaeilge:</b> <ul style="list-style-type: none"> <li>• Broinn</li> <li>• Péineas</li> <li>• Cothú cíche</li> <li>• Vulva</li> </ul> <b>Béarla:</b> <ul style="list-style-type: none"> <li>• Womb</li> <li>• Penis</li> <li>• Breastfeeding</li> <li>• vulva</li> </ul>	Beatha nua lch 67  Mo Chorp lch 147  Ag tabhairt aire do bheatha nua lch 137  Ag an trá/ linn snámha lch 153  <a href="https://www.pdst.ie/sites/default/files/Leabhar%20OCG%20NShi%20%26%20NSho.pdf">https://www.pdst.ie/sites/default/files/Leabhar%20OCG%20NShi%20%26%20NSho.pdf</a> – Gaeilge	Ár gCorp Iontach lch 94 (leabhar naíonáin mhóra)  <a href="https://www.pdst.ie/sites/default/files/02%20Misneach%20-%20Nai%E2%95%A0%C3%BCona%E2%95%A0%C3%BCin%20Shinsearach-min.pdf">https://www.pdst.ie/sites/default/files/02%20Misneach%20-%20Nai%E2%95%A0%C3%BCona%E2%95%A0%C3%BCin%20Shinsearach-min.pdf</a> – Gaeilge  <a href="https://www.pdst.ie/sites/default/files/02%20Walk%20Tall%20Senior%20Infants%20%281%29%20%281%29.pdf">https://www.pdst.ie/sites/default/files/02%20Walk%20Tall%20Senior%20Infants%20%281%29%20%281%29.pdf</a> – Béarla	<ul style="list-style-type: none"> <li>• Bábóg anata maíochta</li> <li>• Leabhair phictiúir de leanbh nua</li> </ul>

		den chorp baineann a ainmniú, ag úsáid téarmaí anatamaí ocha oiriúnacha  -- a bheith feasach ar thábhacht bia le haghaidh fáis is forbartha		<a href="https://www.pdst.ie/sites/default/files/RSE%20Manual%20I%20and%20S%20V2.pdf">https://www.pdst.ie/sites/default/files/RSE%20Manual%20I%20and%20S%20V2.pdf</a> – Béarla		
Rang 1/Rang 2	<b>Mise:</b> <ul style="list-style-type: none"> <li>• Ag fás agus ag athrú</li> <li>• Ag tabhairt aire do mo chorp</li> </ul>	<b>Ábhar</b> - Ag tabhairt aire do mo chorp -- na rudaí éagsúla is féidir leis an gcorp a dhéanamh a iniúchadh agus a	<b>Gaeilge:</b> <ul style="list-style-type: none"> <li>• Broinn</li> <li>• Péineas</li> <li>• Cothú cíche</li> <li>• Vulva</li> <li>• Faighin</li> <li>• Úiréadra</li> </ul> <b>Béarla:</b> <ul style="list-style-type: none"> <li>• Womb</li> <li>• Penis</li> <li>• Breastfeeding</li> <li>• Vulva</li> </ul>	lontas beatha nua Ich 59/151  An chaoi a bhfeidhmíonn mo chorp Ich 67/161  Leis an bhfás tagann athruithe Ich 77/171  Cuart ar an Dochtúir Ich 164	Ár gCorp Iontach Ich 37 (leabhar Rang 2)  <a href="https://www.pdst.ie/sites/default/files/Misneach%20R2.pdf">https://www.pdst.ie/sites/default/files/Misneach%20R2.pdf</a> – Gaeilge  <a href="https://pdst.ie/sites/default/files/04%20Walk%20Tall%20Second%20Class_0.pdf">https://pdst.ie/sites/default/files/04%20Walk%20Tall%20Second%20Class_0.pdf</a> – Béarla	<ul style="list-style-type: none"> <li>• Leabhair phictiúir – Cuairt ar an dochtúir</li> <li>• Bláth Chumhachtach Thomáis (ar líne)</li> </ul>

		<p>phlé</p> <p>- Ag fás agus ag athrú</p> <p>-- éirí feasach ar bheatha nua agus ar bhreith sa saol</p>	<ul style="list-style-type: none"> <li>Vagina</li> <li>Urethra</li> </ul>	<p><a href="https://www.pdst.ie/sites/default/files/Leabhar%20OCG%20R1%20%26%20R2.pdf">https://www.pdst.ie/sites/default/files/Leabhar%20OCG%20R1%20%26%20R2.pdf</a> – Gaeilge</p> <p><a href="https://www.pdst.ie/sites/default/files/RSE%20Manual%201st%20and%202nd%20V2.pdf">https://www.pdst.ie/sites/default/files/RSE%20Manual%201st%20and%202nd%20V2.pdf</a> – Béarla</p>		
Rang 3/Rang 4	<p><b>Mise:</b></p> <ul style="list-style-type: none"> <li>Ag fás agus ag athrú</li> <li>Ag tabhairt aire do mo chorp</li> </ul>	<p>Ábhar</p> <p>- Ag fás agus ag athrú</p> <p>-- an tslí ina gcuidíonn braistintí le féintuisceint a thuiscint</p> <p>-- caidreamh collaí, giniúint agus breith a thuiscint i gcomhthé</p>	<p><b>Gaeilge:</b></p> <ul style="list-style-type: none"> <li>Broinn</li> <li>Péineas</li> <li>Cothú cíche</li> <li>Vulva</li> <li>Faighin</li> <li>Úiréadra</li> <li>Dlúthcheangal</li> <li>Caithreachtas</li> <li>Míostrú</li> </ul> <p><b>Béarla:</b></p> <ul style="list-style-type: none"> <li>womb</li> <li>penis</li> <li>breastfeeding</li> <li>vulva</li> <li>vagina</li> <li>urethra</li> </ul>	<p>Ag ullmhú do bheatha nua lch 69</p> <p>Iontas Beatha Nua lch 169</p> <p>Athraim de réir mar a fhásaim lch 93</p> <p>Fás agus Athrú lch 195</p> <p><a href="https://www.pdst.ie/sites/default/files/Leabhar%20OCG%20R3%20%26%20R4%20.pdf">https://www.pdst.ie/sites/default/files/Leabhar%20OCG%20R3%20%26%20R4%20.pdf</a> - Gaeilge</p> <p><a href="https://www.pdst.ie/sites/default/files/RSE%20Manual%203rd%20and%204th%20V2.pdf">https://www.pdst.ie/sites/default/files/RSE%20Manual%203rd%20and%204th%20V2.pdf</a> – Béarla</p>	<p>De réir mar a bhím ag Fás bím ag athrú lch 175 (leabhar rang 3)</p> <p><a href="https://www.pdst.ie/sites/default/files/05%20Misneach%20-%20Rang%20a%20Trí%20E2%95%A0%20C3%BC-min.pdf">https://www.pdst.ie/sites/default/files/05%20Misneach%20-%20Rang%20a%20Trí%20E2%95%A0%20C3%BC-min.pdf</a> – Gaeilge</p> <p><a href="https://www.pdst.ie/sites/default/files/05%20Walk%20Tall%20Third%20Class_0.pdf">https://www.pdst.ie/sites/default/files/05%20Walk%20Tall%20Third%20Class_0.pdf</a> – Béarla</p> <p>Ag fás agus athrú lch 140 (leabhar rang 4)</p> <p>Iontas na Beatha lch 150 (leabhar rang 4)</p> <p><a href="https://www.pdst.ie/sites/default/files/Walk%20Tall%20-%20Book%206%20-%20Irish.pdf">https://www.pdst.ie/sites/default/files/Walk%20Tall%20-%20Book%206%20-%20Irish.pdf</a> – Gaeilge</p>	<ul style="list-style-type: none"> <li>pictiúir fás agus athrú</li> <li>Córais chorp</li> </ul>

	<p>acs caidrimh dhúthrach taigh ghrámhair</p> <p>- Ag tabhairt aire do mo chorp</p> <p>-- na hathruith e fisiceacha agus eile a tharlaíonn i mbuachail lí agus i gcailíní agus iad ag teacht chun caithreach ais a aithint agus a phlé, agus a thuiscint go dtarlaíonn siad seo ag rátaí difriúla i gcás gach</p>	<ul style="list-style-type: none"> <li>• umbilical cord</li> <li>• puberty</li> <li>• menstrua tion</li> </ul>	<p><a href="https://pdst.ie/sites/default/files/06%20Walk%20Tall%20Fourth%20Class_0.pdf">https://pdst.ie/sites/default/files/06%20Walk%20Tall%20Fourth%20Class_0.pdf</a> – Béarla</p>
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		<p>duine</p> <p>-- an tábhacht a bhaineann le caitheamh lena c(h)orp féin agus le coirp daoine eile le dínit is le meas a aithint</p>				
Rang 5/Rang 6	<p><b>Mise:</b></p> <ul style="list-style-type: none"> <li>• Ag fás agus ag athrú</li> <li>• Ag tabhairt aire do mo chorp</li> </ul>	<p>- Ag tabhairt aire do mo chorp</p> <p>-- a aithint nach dtarlaíonn na hathruith e seo ag an am céanna ach gur féidir iad a thuar agus go</p>	<p><b>Gaeilge:</b></p> <ul style="list-style-type: none"> <li>• Dul siar ar an foclóir</li> <li>• Seamhan</li> <li>• Caidreamh collaí</li> </ul> <p><b>Béarla:</b></p> <ul style="list-style-type: none"> <li>• Revise above</li> <li>• Semen</li> <li>• Sexual intercourse</li> </ul>	<p>Fásann agus athraíonn mo chorp lch 81</p> <p>Iontas Beatha Nua lch 93</p> <p>Ag tabhairt aire do bheatha nua lch 103</p> <p>Cineálacha Difriúla Grá lch 141</p> <p><a href="https://www.pdst.ie/sites/default/files/Leabhar%20OCG%20R5%20%26%20R6.pdf">https://www.pdst.ie/sites/default/files/Leabhar%20OCG%20R5%20%26%20R6.pdf</a> – Gaeilge</p>	<p>My Amazing Body p345 (leabhar Rang 5)</p> <p><a href="https://pdst.ie/sites/default/files/07%20Walk%20Tall%20Fifth%20Class_0.pdf">https://pdst.ie/sites/default/files/07%20Walk%20Tall%20Fifth%20Class_0.pdf</a></p> <p>Creation p121 (leabhar rang 6)</p> <p><a href="https://pdst.ie/sites/default/files/08%20Walk%20Tall%206th%20Class_0.pdf">https://pdst.ie/sites/default/files/08%20Walk%20Tall%206th%20Class_0.pdf</a></p>	

		<p>bhfuil siad nádúrtha mar sin féin, agus gur nádúrtha an rud é bheith difriúil</p> <p>- Ag fás agus ag athrú</p> <p>-- an tslí a mbíonn tionchar ag athruithe fisiceacha a tharlaíonn le linn caithreachais ar bhraistintí agus ar mhothúcháin a aithint agus a phlé*</p>	<p><a href="https://www.pdst.ie/sites/default/files/RSE%20Manual%205th%20and%206th%20V2.pdf">https://www.pdst.ie/sites/default/files/RSE%20Manual%205th%20and%206th%20V2.pdf</a> – Béarla</p>	Níl siad seo ar fáil i nGaeilge go foil.	
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Class	Strand /strand Unit	Content Objectives <i>Consult curriculum for complete objectives in <u>Growing and changing</u> and <u>Taking care of my body</u></i>	Language	Pages in RSE Resource Materials Book	Pages in Walk Tall	Supplementary resources
Junior /Senior Infants	<b>Myself</b> <ul style="list-style-type: none"> <li>Growing and changing</li> <li>Taking care of my body</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Become aware of new life and birth in the world</li> <li>Develop an awareness of human birth</li> </ul> <b>Taking care of my body</b> <ul style="list-style-type: none"> <li>Name parts of the male and female body using anatomical terms</li> </ul>	womb breastfeeding penis vulva	New Life p68 My Body p147 Caring for new life p137 At the beach or swimming pool p.153	Our Amazing Bodies p94 (Senior Infants book)	<ul style="list-style-type: none"> <li>Anatomically correct dolls</li> <li>Picture books of new baby</li> <li>Visit of baby to class</li> </ul>
First/ Second Class	<b>Myself</b> <ul style="list-style-type: none"> <li>Growing and changing</li> <li>Taking care of my body</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Begin to understand that reproduction, birth, growth and death are all part of new life cycles</li> </ul> <b>Taking care of my body</b> <ul style="list-style-type: none"> <li>Name the parts of the male and female body using appropriate anatomical terms and identify some of their functions</li> </ul>	penis vulva vagina womb breastfeeding urethra	The Wonder of new life p59 /151 How my body works p67/ 161 Growing means changing p77/171 A Visit to the Doctor p.164	Our Amazing Bodies p37 (2 <sup>nd</sup> class book)	<ul style="list-style-type: none"> <li>Picture books of going to the doctors</li> <li>Tom's Power Flower</li> <li>Books / activities on Life cycles</li> <li>Birth and new life in nature</li> </ul>
Third/ Fourth Class	<b>Myself</b> <ul style="list-style-type: none"> <li>Growing and changing</li> <li>Taking care of my body</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Understand the physical changes taking place in both the male and female body</li> <li>Realise that changes do not occur at the same time but nonetheless are predictable and natural and that being different is normal</li> </ul> <b>Taking care of my body</b> <ul style="list-style-type: none"> <li>Recognise and discuss how feelings and emotions are affected by the physical changes that take place during puberty</li> <li>Discuss the stages and sequence of development of human baby from conception to birth</li> </ul>	Revise above umbilical cord changes in puberty menstruation	Preparing for new life p69 The wonder of new life p169 As I grow and change p93 Growing and changing p195	As I grow I change p175 (3 <sup>rd</sup> class book)  Changing and Growing p140 (4 <sup>th</sup> class book) The Wonder of New Life p.150	<ul style="list-style-type: none"> <li>Body Systems</li> <li>Picture books on Growing and Changing</li> </ul>
Fifth/ Sixth Class	<b>Myself</b> <ul style="list-style-type: none"> <li>Growing and changing</li> <li>Taking care of my body</li> </ul>	<b>Growing and changing</b> <ul style="list-style-type: none"> <li>Understand sexual intercourse, conception and birth within the context of a loving committed relationship</li> </ul> <b>Taking care of my body</b> <ul style="list-style-type: none"> <li>Identify and discuss the physical changes that occur in boys and girls with the onset of puberty and understand that these take place at different rates for everyone</li> <li>Understand the reproductive system of both male and female adults</li> </ul>	Revise above wet dreams <u>Busy Bodies language</u> semen sexual intercourse	My body grows and changes p81  The wonder of new life p92  Caring for new life p103  Different kinds of love p141	My Amazing body p345 (5 <sup>th</sup> class book)  Creation p121 (6 <sup>th</sup> class book)	<ul style="list-style-type: none"> <li>Busy Bodies</li> <li>Power points recap</li> <li>Question Box</li> <li>Puberty Quiz</li> </ul>



\_\_\_\_\_ **Dáta** \_\_\_\_\_