



An Roinn Oideachais
agus Óige
Department of Education
and Youth

Personal care and wellbeing

Junior Cycle Level 1

Priority Learning Unit (PLU)

Prepared by the National Council for Curriculum and Assessment (NCCA)

PLU 3: Personal care and wellbeing

In undertaking this PLU, students become aware of their own bodies, develop an understanding of routine bodily functions and take as much control as possible of their personal care and wellbeing. Care is something that is done with students, not to them, thus every care routine is an opportunity for learning, for involvement, and ultimately, where possible, for independence on the part of the student. They learn that they are valued for who they are. They are offered the chance of empowerment (making choices), increased self-esteem and as much autonomy as possible. Emotional and physical wellbeing are also enhanced through learning about food and nutrition as well as how to express feelings and stay safe in a range of contexts. Students identify and value their own skills and talents and learn to celebrate them.

This unit is broken down into six elements:

- Self-awareness
- Personal care and hygiene
- Food and nutrition
- Emotional wellbeing
- Physical wellbeing
- Personal safety.

A student will work on learning outcomes based on their strengths, interests and needs as indicated in their SSF. A student may achieve a learning outcome at any one of the eight progression pathways. Curriculum content from any curriculum area can be used to achieve the learning outcomes.

Element	Students should be able to...
Self-awareness	3.1 demonstrate awareness of their own body
	3.2 show awareness of self in the immediate and/or wider environment
	3.3 recognise their own features as being unique to them
	3.4 demonstrate awareness of their own abilities and skills such as self-help skills or kindness to others
	3.5 exhibit perseverance and the motivation to develop and improve personal abilities and skills
Personal care and hygiene	3.6 co-operate with adults who provide daily support
	3.7 participate in personal care routines
	3.8 indicate personal care needs or ask for help verbally or non-verbally
	3.9 make choices related to personal care
	3.10 complete personal care tasks independently

Element	Students should be able to...
Food and nutrition	<p>3.11 use the senses to explore different types of foods</p> <p>3.12 show preferences for foods</p> <p>3.13 communicate hunger, thirst and messages such as 'more please' or 'no more' when being supported to eat and drink</p> <p>3.14 use eating and drinking utensils</p> <p>3.15 participate in preparing food</p> <p>3.16 demonstrate basic hygiene procedures around food</p> <p>3.17 follow safety rules for using kitchen equipment</p> <p>3.18 participate in making healthy snacks</p> <p>3.19 plan, shop for and prepare personalised healthy food (with support if necessary)</p>
Emotional wellbeing	<p>3.20 express some feelings consistently (with or without intent) so that a familiar adult can respond appropriately</p> <p>3.21 Show interest in the feelings expressed by others and react appropriately</p> <p>3.22 develop an awareness of strategies that support self-regulation, with support as necessary</p> <p>3.23 show interest and enjoyment in being with particular peers or familiar adults especially while engaging in hobbies and extra-curricular activities</p>
Physical wellbeing	<p>3.24 use the body to have an effect on objects in the environment</p> <p>3.25 move to improve gross motor control of the body</p> <p>3.26 practise fine motor control for self-help</p> <p>3.27 participate in activities to develop a healthy lifestyle</p> <p>3.28 identify preferred physical activities</p> <p>3.29 demonstrate enjoyment of co-operating with peers in team games and group activities</p>
Personal safety	<p>3.30 accept appropriate attention from others</p> <p>3.31 differentiate between familiar and unfamiliar people</p> <p>3.32 object to inappropriate attention and/or show awareness of another person/people who can help if uncomfortable in a situation</p> <p>3.33 follow agreed social rules</p> <p>3.34 show awareness of risks in familiar environments</p> <p>3.35 recognise public and private places and how they are different</p> <p>3.36 identify or name body parts using correct anatomical language</p> <p>3.37 follow social conventions of privacy</p> <p>3.38 demonstrate awareness of appropriate and inappropriate physical contact with others</p>



An Roinn Oideachais
agus Óige
Department of Education
and Youth

