



Scoil San Eoin

Whole School Plan for Physical Education



Introductory Statement

The staff of Scoil San Eoin have collaboratively drawn up this whole school physical education plan. This plan was discussed and revised before being put to the Board of Management for ratification. This plan is for the information of all teachers and staff, Board of Management and other relevant members of the school community.

Rationale

This physical education policy has been formulated to provide practical guidelines for teachers for the provision of effective teaching of pe in our school. In Scoil San Eoin, we wish to provide all children with learning opportunities through movement, which will help them to lead active and healthy lives.

Vision and Aims

As outlined in our mission statement and as part of our school ethos we are committed to the holistic development of all pupils. The children will enjoy a rich variety of experience in physical education. This plan also ensures for the provision of opportunities to develop the concept of fair play, the acceptance of success and failure, and the ability to co-operate in group situations.

We endorse the aims of the Primary School Curriculum for PE:

- To promote the physical, social, emotional and intellectual development of the child
- To develop positive personal qualities
- To help in the acquisition of an appropriate range of movement skills in a variety of contexts
- To promote understanding and knowledge of the various aspects of movement
- To develop an appreciation of movement and the use of the body as an instrument of expression and creativity
- To promote enjoyment of, and positive attitudes towards, physical activity and its contribution to lifelong health-related fitness, thus preparing the child for the active and purposeful use of leisure time

Curriculum Planning

(a) Strands and Strand Units

1. **Athletics** - Running, Jumping, Throwing, Understanding and appreciation of Athletics
2. **Games** - Sending, receiving and travelling, Creating and playing games, Understanding and appreciation of games
3. **Dance** - Exploration, Creation and performance of dance, Understanding and appreciation of dance
4. **Gymnastics** - Movement, Understanding and appreciation of gymnastics
5. **Outdoor and Adventure Activities** - Walking, Orienteering, Outdoor challenges, Understanding and appreciation of outdoor and adventure activities
6. **Aquatics** - Hygiene, Water safety, Entry and to and exit from the water, buoyancy and propulsion, Stroke development, Water-based ball games, Understanding and appreciation of aquatics

All PE lessons in Scoil San Eoin will follow the following structure:

Warm up - Main Activity* - Cool down

*The main activity will vary between individual, pair and small group activity

Children with Different Needs

At Scoil San Eoin every attempt will be made to ensure all pupils have access to all PE activities provided by the school. Children with different needs will be encouraged to participate fully in PE lessons with activities adapted to accommodate their needs and abilities. Children with exceptional ability in the area of PE will be encouraged and supported while we will also encourage shy or self-conscious children to participate in PE activities.

Linkage and Integration

Every effort will be made to integrate the PE curriculum with other subject areas. For example the aquatics strand of the PE curriculum lends itself to linkage with SPHE. Counting and instructions during PE lessons can be delivered as Gaeilge. Spatial awareness and counting skills are basic maths skills which easily transfer to PE activities. Outdoor and adventure activities have a strong link with Geography while game rules and written work about PE activities links seamlessly with English.

Assessment and Record Keeping

Most assessment in the area of PE, due to the physical nature of the activities, will be done by observing, listening and giving feedback to pupils achievements. Teachers will provide feedback to parents/guardians on the pupils progress in PE at parent teacher meetings and in end of year reports. In their observations teachers will be assessing: (a) Readiness to engage in activities, (b) Competence in carrying out an activity, (c) Willingness to cooperate in individual, pair and group activities.

Equality of Participation and Access

In Scoil San Eoin all children from Junior Infants to sixth class will partake in all strands of the PE curriculum. Equal opportunities will be given to boys/girls to access all strands of the curriculum and we will endeavour not to group children for PE activities solely on the basis of gender. Every child has access to all strands of the PE curriculum provided in Scoil San Eoin and financial difficulties will not hinder participation. The Parents Association meet the cost of bus transport to and from the swimming pool. The school also provides a school bank where pupils have the opportunity to save weekly for swimming costs and other activities.

Timetables

In line with the Primary Curriculum guidelines for PE children we ensure children receive one hour of physical education weekly. The school also organises annual activities such as Sports Day, Seachtain na Gaeilge (Irish Dancing) and Active Schools Week. The typically yearly timetable see the strands provided for in the following manner:

Games - Term One

- Gaelic Games - 6/8 Weeks
- Rugby - 6/8 Weeks

Gymnastics - Term Two

- 4/6 Weeks

Timetables

Dance - Term Two

- Hip Hop 4/6 Weeks
- Irish Dancing - Seachtain na Gaeilge

Athletics - Term Two/Term Three

- Fit4Class programme
- Sports Day

Aquatics - Term Three

- Swimming

Outdoor and Adventure Activities - Term Three

- Orienteering
- Sports Day
- Active Schools Week

Resources

Scoil San Eoin has one large green area suitable for all outdoor games. To the front of the school there is also a small yard area suitable for playground games and ball games. To the side of the school there is another grass area with a sandpit, tyres, swings and slide for younger children to play.

A comprehensive list of PE equipment available in the school can be found in appendix A. Teaching manuals and CD resources are stored in the resource room in the school.

Health and Safety

Scoil San Eoin has a health and safety policy which is available in the school office and will be adhered to at all times during PE activities. Should an incident occur during a PE lesson staff will follow the procedures outlined in our Health and Safety policy. First Aid kits are stored in the press in the teacher's toilet and are easily accessible from all areas of the school. All incidents will be recorded on an incident form which will be kept in the class teachers file or on Aladdin.

Individual Teacher's Planning and Reporting

This whole school plan provides information and guidance to individual teachers for both their long term and short term planning. Teachers will record their month's work in their Cuntas Miosúil which will be reviewed and signed by the principal.

Staff Development

Visiting coaches to Scoil San Eoin are recognised as up-skilling opportunities for teachers in a particular area of physical education. Teachers are notified of any CPD courses available through the education centre and are encouraged to share any knowledge acquired on courses with other staff members. Any new resource materials and teaching manuals acquired by the school on physical education are stored in the resource room.

Parental Involvement

Sports Day in Scoil San Eoin is largely organised by the Parents Association with parental participation encouraged on the day. Other family members and younger siblings as well as past pupils are invited to come and help or enjoy the day.

Community Links

Scoil San Eoin is at the heart of the community in Redcross. We strive to ensure that all members of the school and wider community are involved in school projects and activities where appropriate e.g. sports day. The school has easy access to Cullen Park for activities. At present, due to the lack of toilet facilities in Cullen Park, the school is unable to utilise it fully for long periods of time.

Success Criteria

The success of this plan will be viewed based on the following criteria:

- That teachers have based their short and long term plans on this whole school plan
- That, from viewing the Cúntas Míósúil, the principal can clearly see that procedures and approaches have been followed
- That feedback from teachers, parents/guardians and pupils is positive

Implementation and Review

This plan will be implemented by all staff of Scoil San Eoin from _____ and will be reviewed on a bi-annual basis, or whenever it is deemed by staff members that updates are necessary.

Ratification and Communication

This policy was ratified by the Board of Management of Scoil San Eoin on _____. It will then be circulated to each teacher. It will then also be made available on the school website.

Signed:

Mr. Henry Fleming

Chairperson

Date: _____

Ms. Linda Greene

Principal

Date: _____