

St. Aidan's National School

Clonroche, Enniscorthy, Co. Wexford. Y21PY59

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PHYSICAL EDUCATION PLAN

This plan was formulated by the staff of St. Aidan's National School, Clonroche following relevant research, consultation and discussion over a number of months in 2006 and is reviewed biennially.

Latest review March 2020

▪ RATIONALE:

This plan was drawn up to conform with principles outlined in the revised curriculum. Physical education provides children with learning opportunities through the medium of movement and contributes to their overall development by helping them to lead full, active and healthy lives.

▪ VISION AND AIMS:

Vision:

Our school strives to help children to believe in themselves and do their best. P.E. provides opportunities for children to express themselves through physical activities and can have a positive effect on children's learning in other areas of the curriculum.

Aims:

- To provide 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 the 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:**

<u>STRANDS</u>	<u>STRAND UNITS</u>
Athletics	*Jumping *Throwing <i>Understanding and appreciation of athletics</i>
Dance	*Movement *Exploration, creation and performance of dance *Understanding and appreciation of dance
Gymnastics	*Movement *Understanding and appreciation of gymnastics
Games	*Sending, receiving and travelling *Creating and playing games *Understanding and appreciating games
<i>Outdoor and Adventure Activities</i>	*Walking *Orienteering *Outdoor challenge *Understanding and appreciating same
Aquatics	*Hygiene *Water safety *Entry to and exit from water *Stroke development *Water based ball games *Understanding and appreciating aquatics

APPROACHES AND METHODOLOGIES:

DIRECT TEACHING APPROACH:

- Teacher giving instructions
- Practice of skills within a games situation
- Organising activities
- Safety practices are being applied
- Handling of P.E. equipment

GUIDED DISCOVERY APPROACH:

- designing a series of questions to find solutions
- offers the children the opportunity to make decisions
- think about tactics in games e.g.: better throwing actions / striking actions / scoring systems

TEACHER OBSERVATION:

- The responses the child makes when set a task
 - The responses the child makes to the teacher's questions, answers and suggestions
 - The participation of the child, individually, in a group or as part of a class
 - The interaction of the child with others when involved in group work
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- The understanding displayed by the child when engaged in an activity

TEACHER DESIGNED TASKS:

- While engaged in the tasks, the children are learning
- Their responses indicate their progress in P.E.
- Fundamental movement skills

SCHOOL REPORTS:

- Short descriptive statements of pupils' achievements in relation to P.E.

MULTI CLASS TEACHING AND CHILDREN WITH DIFFERENT NEEDS:

A two year plan will be implemented in multi class situations so that each child benefits from a broad spectrum of activities

Or

The child with special needs: Should experience the enjoyment of participation and progression through the various stages of the physical education programme according to his/her ability. It is important that the class teacher encourages maximum participation in the physical education lesson by the child and provides the opportunity to benefit from a balanced physical education programme. Use of the NCCA PE Guidelines for Children with Mild to Moderate Learning Difficulties will guide teachers in their PE planning.

EQUALITY OF PARTICIPATION AND ACCESS

In the planning of the P.E. Curriculum consideration will be given on an equitable basis, to the needs and interests of both girls and boys helping to build positive attitudes towards all activities.

LINKAGE AND INTEGRATION

Integration: Gaeilge, Music, English, Maths, Art, SPHE, SESE

*S.P.H.E.

- ✓ Positive attitudes towards physical activity
- ✓ Lifelong contribution to health
- ✓ Taking care of my body
- ✓ Environmental awareness and care
- ✓ Learn to accept decisions through rules
- ✓ Fair play – relating to others
- ✓ Safety and protection

*S.E.S.E

- ✓ Geographical skills- maps in outdoor activities

- ✓ Study of the environment
- ✓ Study of the weather

***LANGUAGE**

Gaeilge / Béarla – use both

***VISUAL ARTS**

Dance, Drama, Art

***MUSIC**

For warm – up activities

***MATHS**

- ✓ Shape
- ✓ Balance
- ✓ Estimate
- ✓ Measure
- ✓ Compare

▪ **ORGANISATIONAL PLANNING**

TIMETABLE:

- One hour per week will be allocated to each class group
- Senior Students will participate in a ten week swimming programme every second academic year. (Waterfront Pool, Enniscorthy)
- Students will have access to specialised coaching in Gaelic games and possibly other activities such as tag rugby at specific times during the Spring and Summer terms.

P.E. EQUIPMENT:

- Plastic hoops
- Tennis balls
- Lightweight balls
- Coated foam balls
- Skipping ropes
- Beanbags
- Plastic cones
- Plastic racquets
- Hockey sticks/uni-hoc sticks
- Hurls
- Ball carrying bags
- Size 4 hurling balls
- Rings and targets
- Gymnastic mats
- Gaelic footballs
- Handballs

PARENTAL INVOLVEMENT:

- Involved with Rackard league: lifts and support
- Organisation of sports at the field evening / 5k

COMMUNITY LINKS:

Members of local clubs participate in coaching sessions. Mainly GAA and soccer clubs.

▪ **SUCCESS CRITERIA**

It is envisaged that this plan will make a positive difference to pupil learning. This difference will be assessed using teacher observation, pupil and community feedback.

▪ **TIMEFRAME FOR IMPLEMENTATION**

- A) The plan will be monitored and evaluated by all members of staff.
- B) This plan was firstly implemented in September 2006.
- C) Each review and update is implemented upon BOM review ratification.

COMMUNICATION:

This plan is available in the school and on the school website for parents to inspect.

▪ **RESPONSIBILITY FOR REVIEW**

This plan will be reviewed every second year by teaching staff, pupils, parents and the Board of Management. The Principal has responsibility for coordinating the review. The most recent review of this policy was carried out in March 2020. Next review will take place in March 2022.

Signed: _____
Chairperson BOM

Signed: _____
Principal

Date: _____

Date: _____