## Galbally National School Physical Education Plan

## Introductory Statement and Rationale

(A) Introductory Statement

This plan was formulated in 2008 and reviewed as part of a school planning evening in November 2014. All staff were involved including teachers; Martin Kearney, Claire Byrnes, Sarah Cunningham, Caroline Cummins, Kate O’Connor, Ashling O’Neill, Seán Kearney and SNA’s Faustina Noonan and Tara Ryan and secretary Anne Halligan.

## (B) Rationale

The area of PE was a priority area for planning in this school year. The purpose for the plan is:

* To provide a coherent approach to the teaching of PE across the whole school.
* To benefit and further develop teaching and learning in our school.
* To ensure that pupils are given adequate opportunities to develop skills and understanding of concepts as envisaged in the Primary School Curriculum.

## Vision and Aims

## (A)Vision

Physical Education in our school should provide 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.

## (B) Aims

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:

1. **Strands and strand units**

* Teachers are familiar with the strands/strand units/content objectives for the relevant class levels

(Infants P.16-23 : 1st & 2nd  P24-34: 3rd & 4th P38-46: 5th & 6th P62-64).

* Teachers choose a range of activities of all strands for each class. Strands are:
  + **Games**
  + **Athletics**
  + **Outdoor and adventure activities**
  + **Dance**
  + **Gymnastics**
  + **Aquatics.**

Aquatics – We will cover Aquatics Strand through the Land PAWS Programme for all classes.

* Teachers ensure that there is continuity and progression from class to class by covering the specific learning objectives for their class level(s) in the curriculum.

1. **Approaches and methodologies**

* All teachers use a variety of methods/approaches for example (a) direct teaching approach (teaching skill) (b) guided discovery (exploring dance/outdoor & adventure etc.) (c) station teaching (creating games) (d) individual, pair, group, team play (throughout all strands) (e) Integration (Maths, Gaeilge, Music, SESE etc.)

1. **Assessment and record keeping**

* Teachers assess children throughout activity e.g. general attitude, question are they willing to partake etc. Specific detailed questions to ascertain if they have grasped the skill. Question are they ready to move on.
* The main assessment tools used are (a)teacher observation (b)teacher designed tasks and tests (perform skill and go through course etc)

1. **Multi-class teaching**

* Individual/partner/group work is facilitated throughout lesson, allowing for different activities, appropriate to different stages of development, suitable to all levels of ability (mixed ability groupings).
* Follow up activities (e.g. mini-games/drills etc) are used where one group has opportunity to revise/practise skill and the other group partake in an extension where possible.
* The station teaching method is also a useful strategy with multi class.

1. **Children with special needs**

* Teachers ensure the participation of children with special needs by differentiating their PE lessons to suit all levels of ability. Each child is encouraged to do their best. (See I.E.P’s for children with specific needs in relation to P.E.)
* Group work is essential to involve all children:- the inactive/shy, those with special needs and those with exceptional ability.

1. **Equality of participation and access**

* In line with Department of Education and Science recommendations, it is the policy of Galbally N.S. not to charge for any in-school curricular activities.
* Equal opportunities are given to boys and girls to participate in all classes/activities/ strands.
* Both boys and girls have equal opportunities to partake in extra – curricular activities eg competitions
* Class groupings are made according to ability (not gender).
* P.E. is used as an opportunity to integrate culture of all pupils (e.g. International pupils etc.)
* Provisions are made for children experiencing any form of disadvantages eg tracksuit, equipment, swimming.

1. **Linkage and integration**
   1. Linkage takes place within Physical Education (playground games/matches/extra-curricular activities.
   2. P.E. is integrated with other subjects within the curriculum (Maths(numeracy/measures/time), SESE (Science-Forces-Gymnastics etc) Gaeilge (ag tabhairt treoracha is ar eile), Music (exploring dance – Listening and responding) etc.
      * Theme based activities are often used (e.g. water – creating dance (waves/under the sea)
      * Aquatics/SPHE – Water Safety/Outdoor and adventure activities (crossing water etc)
      * Gymnastics – movement (A boat in rocky seas/using benches etc. to cross water etc.
      * Athletics – Throwing – (across a river/mass of water)
      * Games (kicking/ball handling) – “Keep it dry”
   3. **Language**

* The school creates opportunities for pupils to discuss and talk about their own and others performance in PE (after cool down – action replay/circle time)
* The teacher uses a vocabulary for discussing and analysing PE activities, this is reinforced throughout the lesson.

1. **Timetable**

All classes will use at least the minimum of 1 hour per week. Extra time may be made up occasionally out of discretionary time eg when outside coaches of GAA/Rugby visit. When the Cumann na mBunscoil competitions are underway extra time may also be required.

1. **Code of ethics**

Outside Coaches of GAA/Rugby are facilitated. Procedures and best practice is outlined at the start and strict guidelines are laid down eg.

* Under no circumstances are teams to be picked where the same children are always last.
* Use of appropriate language is used.
* Coaches are requested to be generous in praising all children and not just the talented ones.
* At all times Teacher/SNA will be present during session.

1. **After school activities**

School will provide extra – curricular opportunities in the following areas.

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* Cumann na mBunscoil Boys/Girls Football
* Cumann na mBunscoil Hurling/Camogie
* Liaise with local Bord na nÓg Club
* Liaise with local Athletic Club
* Liaise with local Community Games Club
* Liaise with local Rugby Club.

1. **PE equipment and ICT**

**Materials & Equipment Checklist**

|  |  |
| --- | --- |
| **Hoops** | **20** |
| **Bean bags** | **60** |
| **Sliotars** | **48** |
| **Basket balls** | **5** |
| **Drink bottles** | **11** |
| **Cones** | **12** |
| **Round cones** | **48** |
| **Rackets (plastic)** | **30** |
| **Bibs** | **Orange 15** |
|  | **Green 14** |
|  | **Red 10** |
|  | **Yellow 5** |
|  | **Blue 14** |
| **Parachute** | **1** |
| **Footballs** | **O’Neills 10** |
|  | **Regular 10** |
| **Hurleys** | **28” 12** |
|  | **30” 15** |
|  | **26” 5** |
|  | **Plastic 19** |
| **Mats** | **1** |
| **Skipping Ropes** |  |
| **Agility Ladders** | **2** |
| **Tag Rugby Belts** | **20** |
| **Step a logs** | **1** |
| **Javelins** | **6** |
| **Parachute** | **1** |

Equipment is essential for implementing the revised PE Curriculum. It is stored in shed/new lock up and is available to all. Each teacher will be furnished with a checklist regularly. New materials will be purchased as required. Teachers seeing a need will convey same to Principal who will then delegate a staff member to purchase such items. At staff meetings new items needed will be discussed. We feel I.C.T. while having a huge role to play in many areas of the curriculum has a very limited role in PE. Two pupils from 1st & 2nd class will be responsible on rota basis for collecting items of PE after sos/lunch and two in 3rd & 4th will watch the upper yard.

1. **Health and safety**

* All teachers/staff are aware of the need for proper warm ups.
* Children are required to walk in an orderly fashion to the place where the class will take place.
* Where children attend out of schools competitions at least 2 staff will always be present.
* Specific dangerous games such as ‘bulldog’ will not be used as warm ups.
* Specific dangers relevant to playground are listed in Health and Safety Plan and all staff are made aware of them.
* Staff are urged to attend First Aid Courses as part of Summer Courses.
* Children with specific conditions will be looked out for and updated information on these children will be conveyed to all staff.

1. **Individual teachers’ planning and reporting**

All teachers/staff will make themselves aware of this plan and will take account of same in their Long term/Short term planning. Teachers will plan lessons using the strand and strand units. Cúntas Miosúil’s will serve as reminders of strands covered and in future years will provide opportunity to learn from what did/didn’t work well. This will be managed by the Principal who will remind staff of equal importance of PE to all other subjects.

1. **Staff development**

Teachers/staff are urged to keep up to date with:-

* Current research – resource material – websites. The Principal will monitor developments.
* Staff are encouraged to attend PE courses/First Aid course regularly as details become available.
* Staff with specific skills will share these through the school as is practice in all curricular areas.
* Shared teaching will take place where possible.
* Aspects of PE Curriculum will be put on agenda of staff meetings regularly.
* Team teaching is practiced in the four senior classes.

1. **Parental involvement**

Parents will support the plan by:-

* Helping organise Sports Day
* Provide transport to games if Garda Vetting is in place
* Organise swimming lessons
* Fundraise for equipment
* Activities relating to Active School Week

This plan is available for viewing following a request re same to principal. Parents are made aware constantly of importance of participation/and not winning. Teacher is always person in complete charge of teams and in particular team selection. Parents who are over vocal at events are encouraged to calm down. These key principles of PE Curriculum are communicated directly to parents prior to Sports Days.

1. **Community links**

The PE Programme is supported by some of the many excellent local clubs eg. the Camogie Club maintains the pitches, the Bord na nÓg club provide jerseys and other funds, the Athletics Club provides specific training for running skills and drills.. While all games/sports are entertained the primacy of our National Games will be to the forefront and children will be brought occasionally on trips to promote these games eg school tours to Dublin will feature Croke Park where possible. GAA matches on the Sunday Game will occasionally be shown in school. All pupils including foreign nationals will respect this vision as they will be used to taking pride in the Black and White of Galbally.

Success criteria

We hope this plan will improve the teaching and learning of PE in our school. Success will be visible if children

* Know the importance of enjoyment and play
* Have maximum participation by all children
* Develop skills and understanding
* Have a balance between competitive and non-competitive activities
* Have a balance between contact and non-contact activities
* Are provided with opportunities for achievement for each child
* Are provided with activities equally suitable for girls and boys.

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Implementation

1. Roles and Responsibilities

The Principal will see that the timetabling of PE runs smoothly. He will also ensure there isn’t an overlap of external coaches. Deputy Principal and Post holder will see that outside coaches are aware of Core aspects of this plan and adhere to same.

SNA will make sure basic items are in plentiful supply and are collected each day after breaks ie Light Balls, Bean Bags, Hula Hoops, Skipping Ropes. Each teacher will refer to this plan in the Short term/Long term planning.

(b) Timeframe

The Principal will co-ordinate progress of this plan. It will be implemented with immediate effect. It will be monitored and evaluated regularly at staff meetings.

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Review

This plan will be reviewed at staff meeting in September 2015.

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Ratification and Communication

Draft will be presented to Board of Management for ratification at January meeting. Parents will be advised it is available for viewing by appointment with Principal.

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CHAIRPERSON