

Physical Education

At the Teresian School we are very lucky to have a specialist in physical education to teach the girls.

The girls receive 2 x 40 minutes of physical education classes every week.

Within our PE classes we cover the six strands of the PE curriculum and throughout the year we take part in:

- **Games**
- **Gymnastics**
- **Dance**
- **Outdoor and adventure activities**
- **Aquatics**
- **Athletics**

At the school, the facilities we have for physical activity are -

- One full size indoor multi-purpose hall
- One smaller badminton sized hall
- A full sized hockey pitch, used for hockey, tennis, soccer, rugby, Gaelic and other team sports
- Two outdoor hard-court basketball courts
- Soft safe play outdoor area for physical activity
- Grass areas for physical activity
- Within 500 metres of the school we have the UCD campus which we use for walks and treks with the children.

PE is a very important subject and we follow a school PE plan & policy. Our school yearly plan ensures that we are teaching the various strands each year.

