



## **The Teresian School**

12 Stillorgan Road, Dublin 4 Tel: (01) 2691376 Fax: (01) 2602878 email:

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### **Physical Education Plan**

#### **Introductory Statement**

This Physical Education policy for The Teresian Junior School was formulated by the Physical Education teacher, Mr. Aled Hughes. It was reviewed and ratified in September 2018.

#### **Rationale**

Physical Education provides children with learning opportunities through the medium of movement. Through PE we aim to help children develop physically as well as socially, emotionally and intellectually. This plan describes the place which we give to PE in our school, which is to support children in every aspect of their life and development. This plan describes the way in which we use PE to achieve that goal, our agreed approach to teaching PE and the content of the programme of the curriculum at each class level. This document will also serve as a basis for each teacher's long and short-term planning. It will also serve as a source of information for parents and school management.

#### **Vision**

We envisage that through PE, children will be given the opportunity to develop their physical skills and competencies to their full potential, appropriate to their age and ability in a safe and supportive environment. The planning and management of the PE curriculum in our school will always have the children as the focus of attention through the provision of a broad, balanced and differentiated programme of physical activities.



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## 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.

## Strands and Strand Units

The curriculum is divided into six strands:

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

Each strand is subdivided into strand units.

The strand for improvement for the academic year 2018 - 2019 is **Games**.

The children will experience at least five strands each academic year. Class 3 – 6 will also experience aquatics in the academic year 2018-2019.



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## Approaches and Methodologies

The following teaching approaches are used for teaching PE:

- the direct-teaching approach
- the guided-discovery approach
- integrated approaches.

### *Direct-teaching approach*

The direct-teaching approach involves the teacher demonstrating skills to the students and then observing their progress. It entails the teacher making all, or most of, the decisions concerning the content of the lesson and the child responding to instructions. It allows for practice of skills within a games situation where the teacher decides on the nature of the practice and the time allocated to it or the number of repetitions. It can feature as part of the teacher's approach in a wide range of lessons.

### *Guided-discovery approach*

The guided-discovery strategy involves the teacher designing a series of questions that will eventually lead to one or more appropriate answers and ultimately the discovery of a particular concept or 'solution'. It is one of the approaches that offer children the opportunity to make decisions, solve problems or take initiative. The use of this approach promotes discussion among children and enhances the child's capacity to evaluate.

### *Integration*

The PE teacher integrates physical education with other subjects such as English, maths, music,



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and especially social, personal and health education. The development of these subjects can be enriched through a programme of physical education which is broad and balanced.

In every strand students will be given opportunities to:

- Become skilful and intelligent performers
- Acquire and develop skills, performing with increasing physical competence and confidence
- Learn how to select and apply skills
- Develop their ideas in a creative way
- Set targets for themselves and compete against others individually and as team members
- Understand what it means to persevere, succeed and acknowledge others success
- Take the initiative, lead activity and focus on improving aspects of their own performance

The PE teacher uses methods that encourage maximum participation of each student through:

- Individual, pair, group and team play -younger children and students with special educational needs will need more individual attention
- Station teaching -groups moving around different stations
- Using a play area divided into grids- groups of children stay in grids and the activities within the grids are differentiated

## Structure of a PE lesson:

Most of our lessons will follow the following format:

### Warm Up

- All based around physical literacy and Fundamental movement skills
- Fun based activities with learning outcomes
- All aimed towards the skills within the “main activity “



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## Main Activity

- Whole – Part – Whole awareness for an activity
- Learn the game, then the skills involved
- Individual skill development

Small unit skill development 2v2,3v3,3v3, 4v4 and other formations.

Fun Fun Fun activities

## Cool Down

- Child centered cool down
- Vital FEEDBACK from the teacher and students
- Discuss the learning outcomes

Within the above information we will have an overview of all lessons where we follow the ACTIVE SCHOOL FLAG (more schools, more active, more often)

## Assessment and Record Keeping

The PE teacher constantly assess student's progress and difficulties by observing, listening, asking questions and giving feedback to pupils. This will ensure that ongoing achievements are recognised and areas of difficulty are identified. Children may be asked to self-assess and peer-assess where appropriate. The PE teacher reports twice yearly to parents at parent-teacher meetings and twice-yearly report cards. Any concerns about a child's progress in PE will be communicated to the principal and parents as necessary.

- We will assess
  - Willingness to participate in activities
  - Readiness to engage with a certain activity



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- The level of competence of a child in carrying out an activity
- Interest in and attitude to activity
- Willingness to cooperate in individual, pair and group activities
- Our assessment tools are:
  - Teacher observation
  - Teacher-designed tasks

## **Differentiation**

All abilities are catered for in PE classes through a variety of challenges and activities. All children will be encouraged to participate in all PE activities through the use of co-operative fun activities. We will also give encouragement and acknowledge good effort wherever possible. Our main aim is to set activities close to each child's ability level but at the same time challenging them to improve their performance. Reasonable targets will be set for all children at individual, pair and small group levels.

Challenges are based on the activity being pursued by the rest of the class. In addition, the children are encouraged to maximise their talent by joining school teams & local clubs, so the children can bring their talent to a higher level. The children will on occasion, be encouraged to assist their classmates in achieving proficiency in the activities they are undertaking.

## **Students with Different Needs**

Students with special educational needs will experience the enjoyment of participation and progression through the various stages of the PE programme according to his ability (often with the assistance of the SNA). A safe and secure environment will be provided for PE appropriate to



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the child with special needs. Specialist advice may be sought (e.g. OT) to identify the appropriate activities.

## Equality of Participation and Access

- In planning for PE we will pay attention to the following areas in order to promote equality throughout the physical education curriculum.
  - All children from Class 1 to Class 6 will partake in all six strands of the curriculum.
  - We will provide equal access for all children to physical education equipment and facilities and the use of the playground during breaks will be incorporated as an integral part of the school's programme.
  - Special needs children will participate fully in our PE programme. Lessons and activities will be adapted to suit the needs and abilities of these children.
- Every child will have access to all PE activities provided by the school and lack of financial resources on behalf of the child will not hinder his participation.

## Linkage and Integration

Every attempt will be made to link the various strands of the PE curriculum and to integrate the other subject areas with PE, where appropriate e.g. Language development through following instructions, class teachers to give instructions in Gaeilge, Dance with Music, Orienteering with Geography, Aquatics with SPHE etc.

**Organisational Planning** – PE Teachers liaise with Physical Activity Coordinator throughout the academic year

## Pre School Activity

All children are encouraged to play and enjoy this FREE supervised activity from 8.00am – 8.55am Monday to Friday each week of the school year. This takes place in the main hall and is a supervised play session, where girls are encouraged to play with all the sports equipment left in the hall.



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## **Lunchtime Games**

All children are encouraged to play and enjoy their break times through structured games and stations.

## **Active Walkway & 50K in A Year**

Students walk and talk during lunch times if they are not involved in a game.

50K in a year – students run around the hockey pitch to eventually have run up to 50KM by the end of the school year.

## **Cycle to School week**

In May each year we will partake in the Cycle to School Week initiative.

## **Code of Ethics**

All coaches who work with the pupils will be given a copy of our Child Protection Policy. Coaches/Instructors must provide a Garda Clearance certificate to the principal prior to commencement.

Our pupils Code of Conduct for Sports is attached as Appendix 4

## **After School Activities**

The school boasts many after school activities depending on the term

Basketball

Hockey

Badminton

Tennis

Codex Kids

Athletics



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Cricket

Volleyball

Irish Dancing

Ballet

## PE Equipment and ICT

List of PE equipment attached.

Facilities:

- School yard
- Multi-Purpose Hall
- Grass areas
- Basketball court
- Hockey pitch
- Swimming pool at UCD

## ICT

- Digital Camera
- CD player
- Interactive Whiteboards
- Laptop Computer.

## Health and Safety

We have a school Health and Safety Policy which will be adhered to at all times in PE activities.

Issues identified as being health and safety issues in a PE context include warm-up at the start of all physical activity, practising in confined spaces, use of equipment, accidents, supervision, activities involving the whole school yard, procedures for dealing with accidents ...etc.

It is important to acknowledge from the beginning that while the following procedures will



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eliminate unnecessary hazards they cannot remove all risks due to the physical nature of the subject.

When engaging children in PE all members of staff will ensure that the following safety aspects will be taken into consideration:

- All children should wear suitable footwear and clothing during a PE lesson.
- The equipment used will be suitable in size, weight and design to the age, strength and ability of the child and be of good quality and in good repair.
- Children will be taught how to lift and carry all PE equipment safely
- In all PE lessons, children will warm up and cool down. This develops good practice and the children will return to class relaxed after activity.
- Should an accident occur in the PE lesson we will follow the procedures outlined for other accidents in our Health and Safety policy. All accidents should be recorded in our Red Incident book which is located in the main office.
- Best practice is safe practice and the teacher should ensure that the children understand that the rules and procedures are there for their safety.
- We will endeavour to have an appropriate surface for the activities in the PE lesson e.g. use of mats during gymnastics

The First Aid Kit is located in the PE Staff room.

## **Individual Teachers' Planning and Reporting**

The Physical Education teachers plus Kinder A and Kinder B teachers' preparation will be based on this plan and the planning of individual teachers will feed into the overall school plan.

Teachers will also be familiar with the content and methodologies outlined in the plan. There should be clear progression as children move from class to class.

Short term planning is done on a fortnightly basis and describes how the objectives are met in the week-to-week delivery of the curriculum.



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## Staff Development

Staff will be encouraged to participate in in-service training. The School manager may fund these courses.

To date staff have engaged with the following initiatives:

- Summer Courses.
- Move More, Move Well

## Parental Involvement

Parents have a responsibility to support and encourage their children to participate in all strands of the curriculum. Parents are involved in running the annual Sports Day which takes place in May each year. All parents are invited to attend this day and also are informed of all school matches. The PE policy will be available on line for parents to view.

## Community Links

We encourage the children to take part in local sports activities and clubs and will always pass on information. We hope to pass on to the children that sport is for all and that there are many activities locally in which the children can take part e.g. swimming, athletics, soccer, Gaelic football and hurling, horse riding, golf, pitch and putt, badminton, tennis, snooker, dancing



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## Success Criteria

The criteria for evaluating the success of our PE policy will be:

- The importance of enjoyment and play
- Maximum participation by all children
- The development of skills and understanding
- A balance between competitive and non-competitive activities
- A balance between contact and non-contact activities
- Providing opportunities for achievement for each child.

Means of assessing the outcomes of the plan include

- Teacher/parent/community feedback
- Children's feedback regarding the activity level, enjoyment and skill development of the classes
- Inspectors' suggestions/report
- Second level feedback.

## Implementation - Roles and Responsibilities

The physical education teacher is responsible for implementing this policy with assistance from all class teachers from Kinder A & Kinder B, Class 1 to Class 6. The PE coordinator, Aled Hughes will coordinate the progress of the policy, encourage and accept feedback on its implementation.

This plan will be reviewed in September 2019.

## Ratification and Communication

This PE plan was ratified by the School Manager and is available to parents on our school website or a copy can be viewed in the office.



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## Yearly Timetable

| Sept/Oct  | Nov/Dec  | Jan/Feb   |
|---|--|---|
| <ul style="list-style-type: none"> <li>• Games- Hockey &amp; Basketball</li> <li>• Athletics</li> </ul>   | <ul style="list-style-type: none"> <li>• Games – Hockey, Volleyball &amp; Basketball</li> <li>• Gymnastics</li> <li>• Dance</li> </ul>                             | <ul style="list-style-type: none"> <li>• Games – Hockey &amp; Volleyball (Leinster Champs)</li> <li>• Dance – Creative</li> <li>• Gymnastics</li> </ul> |
| Mar/Apr   | May  |   |
| <ul style="list-style-type: none"> <li>• Games – Badminton, Rounders &amp; Cricket</li> <li>• Gymnastics</li> <li>• Athletics - AIJS</li> </ul> | <ul style="list-style-type: none"> <li>• Games - Tennis</li> <li>• Outdoor adventure activities</li> <li>• Athletics – Sports Day in June / Santry June</li> </ul> |   |



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## PE Events / Tournaments

| Sept/Oct  | Nov/Dec   | Jan/Feb   |
|---|---|---|
| <ul style="list-style-type: none"> <li>• Leinster Hockey Leagues</li> </ul>   | <ul style="list-style-type: none"> <li>• Leinster Basketball leagues</li> <li>• Inter School Volleyball Challenge</li> </ul>          | <ul style="list-style-type: none"> <li>• Spikeball (East Leinster Champs)</li> <li>• Spikeball Leinster Champs</li> </ul> |
| Mar/Apr   | May   |   |
| <ul style="list-style-type: none"> <li>• Spikeball (All Irelands)</li> <li>• Athletics – AIJS</li> <li>• Leinster Tennis Leagues</li> </ul> | <ul style="list-style-type: none"> <li>• Santry Athletics</li> <li>• Sports Day</li> <li>• Inter School Cricket Friendlies</li> </ul> |   |