P.E. Policy - Cliffoney N.S.

**Introductory Statement**

The staff of Cliffoney NS came together during Croke Park Hours in February 2017 to review, revise and update the Physical Education policy due to staff changes and organisation of classes. The staff of Cliffoney NS wish to ensure a broad and balanced curriculum is offered to all pupils. It was disseminated to the wider school community through the Board of Management and ratified by the board on the 5th April 2017. The plan was reviewed by staff again in March 2021.

**Rationale**

Our School P.E. Plan seeks to

* To benefit teaching and learning in our school
* To conform to principles outlined in the primary curriculum
* To encourage children to be active and participate in physical activities in light of health concerns in Ireland by professionals working with children
* To reflect our school’s participation in the Active School Flag.

**Vision and Aims**

* 1. **Vision**

We seek to assist the children in our school in achieving their potential in all areas. Through the PE curriculum we hope to provide opportunities for pupils to develop a positive attitude towards a range of physical activities, which will benefit them in

the present and in the future.

* 1. **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- teamwork, co-operation, including others, respect .fair play, confidence, positive discipline, positive attitude etc
* 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 attitude towards, physical activity and its contribution to lifelong health-fitness, thus preparing the child for the active and purposeful use of leisure time.
* To further develop skills relating to specific sports in an after school context.

**Curriculum Planning:**

This will be addressed under the following headings:

* Strands and Strand Units
* Approaches and Methodologies
* Assessment and Record Keeping
* Multi-Class Teaching
* Children with Different Needs
* Equality of Participation and Access
* Linkage and Integration
* Timetable
* Code of Ethics
* After School Activities
* PE Equipment and ICT
* Health and Safety
* Individual Teachers’ Planning and Reporting
* Staff Development
* Parental Involvement
* Community Links

**Strands and Strand Units**

The strands and strand units are as follows:

|  |  |  |
| --- | --- | --- |
|  | **Strands** | **Strand Unit** |
| **Athletics** | **Running, Jumping, Throwing** |
| **Games** | **Sending, receiving, travelling** **Creating and playing games** |
| **Dance** | **Understanding and appreciation of athletics** **Exploration, creation and performance** |
| **Gymnastics** | **Understanding and appreciation** **Movement** |
| **Outdoor and adventure activities** | **Walking, orienteering, outdoor challenges** **Understanding and appreciation** |
| **Aquatics** | **Hygiene, water safety, entry and exit from water, buoyancy and propulsion, stroke development, water based ball games, Understanding and appreciation of aquatics.** |

* Teachers are familiar with the strands/ strand units/ content objectives for the relevant class level(s) in Curriculum Documents
  1. Infant class pp. 16-23
  2. First and Second classes pp.24-34
  3. Third and Fourth classes pp.38-46
  4. Fifth and sixth classes pp. 48-59
  5. Aquatics: Junior Infants-Sixth pp.62-64
* Teachers choose a range of activities for all strands for each class.
* In Cliffoney NS, children have access to the following strands: Athletics, Games, Outdoor and Adventure, Gymnastics (Strand Unit, Travelling on feet only as no indoor hall facility) Dance (Limited space). We hope to resume Aquatics lesson in Sept
* There is continuity and progression from class to class using School Plan and Strand Unit development.

**2. Approaches and Methodologies**

In our PE provision we hope to use a variety of approaches to aid pupils learning and experience and also to maximise participation for all children. The approaches we use are as follows

* Directed teaching approach
* Guided discovery approach
* Integration
* Individual, pair, group and team play
* Station teaching
* Using a play area divided into grids

**3. Assessment and Record Keeping**

* Throughout the physical education lesson the teacher is involved in various forms of assessment of the children’s work as a natural part of teaching and learning activities.
* Teachers assess: willingness to participate in activities, to ‘perform’, interest, enthusiasm/attitudes of children, skill level and willingness to co-operate.
* Assessment tools used to gather information about a child’s progress
* Teacher observation
* Teacher-designed tasks.
* The information gained from the assessments is used to pass on information to parents and other teachers.
* This information forms part of class and school planning.
* Records are kept in an End of Year Report booklet. Each teacher has responsibility for own reports.

Teachers share information with parents through the End of Year School Report and at parent-teacher meetings.

**4. Multi-Class Teaching**

● In Cliffoney NS, pupils are taught in multi –grade settings. All activities will be developmentally appropriate. In Physical education lessons, where there are different age groups teachers will differentiate by tasks, space (strength/ height of children will be taken into account), equipment, length of time required to complete the activities.

**5. Children with Different Needs**

● Teachers support and ensure the participation of children with special needs. Games and activities are modified to facilitate the child whose rate of progress is considerably slower. Children with exceptional ability/talent for PE are encouraged and supported by extending the level of difficulty in all Strands of the P.E. curriculum. We encourage inactive/shy/self-conscious children to participate in PE activities.

**6. Active School Flag**

Our school participates in the Active Schools programme. Through this programme each classroom teacher ensures that there are ample opportunities for movement breaks throughout the school day in addition to the one hour per week Physical Education. Movement breaks can include;

* Dance breaks
* Go noodle
* Exercise breaks ( Joe Wicks etc)
* Action songs/rhymes
* Cluichí gníomhacha
* Run a Day/The Daily Mile

Sport equipment is brought out to the yard each lunchtime for children to play with. Playground leaders take responsibility for ensure that equipment is brought out and returned to the P.E. store each day.

Each year our school takes part in Active School’s week. During this week each class takes part in physical activities each day. This week provides opportunities to engage in outdoor activity in our local environment – the beach, Gleniff

We also try to incorporate physical activities throughout the year - Santa dash, céilí dancing for St Patrick’s day, Hallowe’en disco etc

**7. Equality of Participation and Access**

* Equal opportunities are given to boys and girls to participate in classes/activities.
* Boys and girls have equal access to and opportunities to experience all strands.
* Boys and girls have equal opportunities to enter competitions as part of extra-curricular programme.
* The PE class used as an opportunity to integrate the culture of all pupils e.g. Travellers, international pupils, intellectual disabilities.

**8. Linkage and Integration**

* P.E. is integrated with English, Gaeilge, Geography, Art, Music, S.P.H.E. and Maths.
* Other curricular areas are enriched through the programme of P.E. which is broad and balanced.
* Language: The school creates opportunities for pupils to discuss and talk about their own and others’ performance in P.E.
* Déantar iarracht freisin ordaithe a thabhairt as Gaeilge chomh minic agus is féidir.
* CLIL (Content Language Integrated Learning)..
* Summer Term ’21 All class teachers will teach three warm up games as Gaeilge e

**Organisational Planning**

**9**. Timetable

* As per the Primary School Curriculumne hour per week is allocated for Physical Education. Two half hour lessons /two lessons totalling one hour.
* Each year we participate in Active School’s week
* Busy Breaks/ Go Noodle : In class teachers do stretch breaks with the children particularly on wet days
* Weather: During inclement weather, due to Health and safety PE lessons will not take place outdoors. If the Community Hall is available, we will make use of it on wet days. In summer, teachers are encouraged to take every opportunity to teach additional Physical activity, integrated with other areas of the curriculum i.e. Outdoor and Adventure/S.E.S.E.
* A Sports day is held each year in June . Children are given the opportunity and encouraged to participate in a variety of games, activities and fun races.

**10. Code of Ethics**

* Coaches are used to support the class teacher in the implementation of some of the P.E. curriculum strands in the school. All coaches will be Garda Vetted.
* There is a code of ethics as part of the training of outside personnel. The Class Teacher is always present to actively support the coach.

**11. After School Activities/ Links with Sports**

* Competitions: We participate annually in Cumann na mBunscoil competitions, classes Fourth, Fifth and Sixth participate in these competitions. These take place in the first /third term. (Gaelic Football and Hurling)
* Sligo Youth Sport West organise an Inter Schools Track and Field event in May at the I.T. running track.
* FAI five a side
* Youth Sport West organise sports for the pupils after school which range from Dance, Rugby, Gymnastics, Golf, Gaelic, Soccer and Hip-hop depending on the availability of coaches.

**12. PE Equipment and ICT**

* There is an inventory of appropriate equipment and resources available for P.E.
* The equipment is stored safely and available to all teachers. It is stored in the school PE storeroom
* A copy of the checklist is on the wall of the Sports Room.
* The equipment is purchased centrally when funds are available. The parents association fundraise annually for resources for the school
* Sponsorship by Gallagher Plastering enabled us to acquire a Boys and Girls Gaelic Football Kit.
* Each year additional materials are needed, e.g. balls have to be replaced, damaged beanbags.
* The Active School committee take responsibility for monitoring P.E. resources
* ICT
* Classes involved in Cumann na mBunscoil competitions use I.C.T. to create banners and flags advertising the upcoming event.
* Software available in the school include, CD-ROMS and DVD of

Gymnastics, Dance, Gaelic and Action for Life

* Teachers use the PSSI lessons (DES) .
* Demonstrate skills on whiteboard
* Photographs/videos
* Active School link on school website

**13. Health and Safety**

* Health and safety issues pertaining to P.E. activities include warm-up at the start of all physical activity, practising in confined spaces, use of equipment, accidents, supervision on visits out of school, activities involving the whole school yard and procedures for dealing with accidents.
* All teachers are constantly reminded of the need for vigilance regarding Health and Safety issues.
* All Staff members are aware that certain children have specific medical conditions.
* No jewellery is permitted during Physical education lessons.
* Staff regularly complete First Aid training
* Teachers in the school are aware of where ice packs and where the first aid box is stored
* Any accidents in PE class are recorded on incident report book and orally communicated to school principal. Parents are informed if their child has an injury during P.E.

**14. Individual Teachers’ Planning and Reporting**

* The whole school plan and the curriculum documents for PE provide information and guidance to individual teachers for their long and short-term planning.

* The Cuntas Míosúil serves in reviewing and developing the whole school plan/ individual preparation for following years.

**15. Staff Development**

* Teachers have access to current research, reference books, resource materials, and websites dealing with PE. School personnel can research new methodologies. Demonstrations are arranged in new methodologies e.g. Buntus Programme. Teachers also participate in Summer Courses in PE. On occasions teachers attend evening courses in the Teachers Centre and they share the expertise acquired at these courses during our curricular spot at staff meetings.
* Time is allocated during Croke Park hours to discuss the PE curriculum, including external coaches, Active Schools’ Week, competitive matches./competitions etc.

**16. Parental Involvement**

* Parents are also encouraged to support their child in fostering interest in PE
* Parents are notified of children’s PE day at the start of the year ( for appropriate footwear and attire)
* Parents are encouraged to support children with Active School’s homework.

**17. Community Links**

* Youth Sport West and Sligo GAA support the school’s PE programme by providing coaches.
* We have close links with local sports clubs including Naomh Molaise GAA Club
* We are in close proximity to Mullaghmore beach which we use for Outdoor and Adventure in summer, weather pending.
* School Tours/ Trips to Sligo I.T., Lough Key Forest Park and

Bundoran Adventure Centre ensure that children experience all aspects of outdoor activities in a fun and safe way.

* Youth Sport West and Sligo GAA support the school’s PE programme by providing coaches.
* E-mail is used to contact other schools and community groups regarding sporting events
* Children are made aware of the sporting clubs in their locality Molaise Gaels GAA, Benbulben F.C., North Sligo Athletic club, sailing, Swimming, Scouts

**Success Criteria**

* This plan makes a difference to the teaching and learning of PE in our schools through teachers’ preparation and through the development of children’s skills in a fun and safe way.
* Progression in different Strands will be obvious in the various classes.
* The plan will achieve its aims through the positive feedback from parents and children.
* The plan has promoted the key considerations when implementing a programme of Physical education
* 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
* Providing activities equally suitable for girls and boys
* Broad and Balanced Physical Education Programme

**Implementation**

a)Roles and Responsibilities

The plan will be supported, developed and implemented by each teacher and feedback will be provided as necessary at Staff Meetings.

b) Timeframe

The plan is currently being implemented.

**Our school Review**

**a.** Roles and Responsibilities

Those involved in the review of the plan include:

○ Teachers

○ Pupils

○ Parents

○ Active School co-ordinator

○ BOM/DES

**b)**Timeframe

It will be necessary to review this plan on a regular basis to ensure optimum implementation of the PE curriculum in the school.