

# Scoil Mhuire, Moylagh

## Physical Education Policy



### Introduction

Our aim at Scoil Mhuire Moylagh is to support children in every aspect of their life and development.

This plan describes the way in which we use Physical Education (PE) to achieve that goal and our agreed approach to teaching PE. It conforms to the principals outlined in the 1999 Primary curriculum documents. This document will also serve as a basis for each teachers long term and short term planning. This PE plan will also serve to inform new or temporary teachers and parents and other partners in the education process, of the approaches and methodologies which we use in PE. This plan was formulated with the parents, teachers and BOM.

### Vision for PE

Our aim at Scoil Mhuire, Moylagh is to give all pupils opportunities to experience a range of activities within PE that will enable them to feel confident and secure about their own bodies, become physically competent and adopt a generally positive attitudes towards physical activites and good health.

### Aims

- Providing a physical education curriculum which is accessible to all pupils irrespective of their abilities
- Providing a progressive programme of learning objectives, covering areas of games, athletics, dance, gymnastics and outdoor and adventurous activities (aquatics will be provided for by Kells Swimming Pool).
- Preparing activites which are enjoyable, stimulating and challenging for all pupils.
- Enabling pupils to enjoy success and be motivated to develop individual potential.
- Equipping the children with the recognised fundamental movement skills which are central to all six strands:
  - Locomotor Skills; Walking • Running • Hopping • Skipping • Jumping for height • Jumping for distance • Dodging • Side stepping
  - Stability Skills; Balancing • Landing
  - Manipulative Skills; Catching • Throwing • Kicking • Striking with the hand • Striking with an implement
- And therefore enabling the pupils to become physically literate.

We will attempt to develop positive attitudes towards:

- Physical and healthy lifestyles and an understanding of the beneficial effects of exercise (also see healthy eating policy)
- Competition and good sporting behaviour
- Working with others and being part of a team
- Safety procedures and the importance of rules



## Curriculum Planning for PE

The PE curriculum is divided into the following six strands and children will experience all six strands in one year:

(see [ncca.ie](http://ncca.ie) for strand and strand units content; Junior/Senior Infants pg 16-23; 1<sup>st</sup>/2<sup>nd</sup> Class pg 24-34; 3<sup>rd</sup>/4<sup>th</sup> Class pg 38-46; 5<sup>th</sup>/6<sup>th</sup> Class pg 48-59)

- Athletics
- Dance
- Gymnastics
- Outdoor and Adventure Activities
- Aquatics
- Games

### Athletics

This strand provides a variety of opportunities to engage in the natural activities of running, jumping, and throwing. These will be joyful experiences for the child. Children will move from exploring, experimenting and developing the basic movements of walking, running, throwing and jumping through a wide range of informal play experiences, to mastering the skills as they progress through the school.

### Dance

Dance involves the child in creating, performing and appreciating movement as a means of expression and communication. Our primary concern in teaching dance is that children enjoy and appreciate the expressive and artistic qualities of movement. Our programme will include both creative and folk dance.

### Gymnastics

Gymnastics is concerned with the use of movement in a creative way in response to set tasks, both individually and with others. Children will explore movement on the floor and when negotiating a variety of equipment. As children progress through sequential programme they will be encouraged to have more control over their movements and to respond to more complex tasks.

### Games

The games strand initially fosters the child's natural tendency to play through informal play activities. It enhances the development of basic skills and provides opportunities for social interaction. As the child progresses a variety of games will be taught that will develop not only skills but also concepts such as possession, teamwork, attack, defence and use of space. These games will include Gaelic Football, hurling, camogie, rounders and basketball. It is our aim that through experiencing such a broad range of sports we will provide both enjoyment and challenge and foster the beginnings of a lifelong interest in sport in each child.

### Outdoor and Adventure Activities

Outdoor and adventure activities are the facets of our PE curriculum concerned with walking and orienteering. Where possible the staff will make best use of the school environment. The staff will also consider outdoor activities when organising the annual school tour.



## Aquatics

The aquatics programme is based on gaining confidence in the water. We have the use of Kells Swimming Pool. This is organised and supervised by the staff and is available to children from First to Sixth Class (this is subject to change in accordance with numbers and cost). The lessons usually take place in final term. Instructors are provided by Kells Swimming Pool and are based upon the numbers attending.

### Safety Procedures:

- Children are accompanied on the bus, to and from the swimming pool by a Teacher.
- A Teacher is present in the girls changing room at all times.
- A female teacher will be in and out to the boys changing room at regular intervals.
- Senior pupils will be appointed to encourage younger children to get ready speedily, but will not be allowed to dress them.
- Instructors do not enter the pool and the entire lesson is observed by teachers.

### Approaches and Methodologies

Among the teaching approaches which we will use for teaching PE are;

- The direct teaching approach, in which the teacher tells or shows the children exactly what to do and observes their progress.
- The guided-discovery approach, in which the teacher designs a series of questions which will eventually lead to one or more appropriate answers, and in the end to the discovery of a particular concept or solution. This approach will lead the child to make decisions, solve problems and the initiative.
- Integrated approaches using both methodologies in the same lesson as appropriate.

In every strand children 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. Eg. Tactics and compositional ideas to suit activities that need different approaches and ways of thinking.
- 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.
- Discover their own aptitudes and preferences for different activities.

### Children with Special Needs

Children with special needs will experience the enjoyment of participation and progression through the various stages of the Physical Education programme according to his/her own ability. The class teacher will always encourage maximum participation in the PE lessons according to each child's ability. A safe and secure environment will be provided for the children and specialist advice may be sought from other professionals regarding SEN children, eg occupational therapist.



### Health and Safety Considerations

Remind children that their shoelaces should be tied and clothing is tucked in.

Ensure the playing area is free of obstructions, trip hazards and dangerous objects.

Ensure the playing area used is an adequate distance from walls and other fixed furniture, allowing a safety zone for pupils to slow down and stop when necessary.

When using pair or group work, ensure there is adequate space between groups to prevent collisions.

Encourage pupils to keep their eyes open and head up when moving in a condensed playing area.

Remind pupils about safe, respectful tagging. Ensure that pupils do not grab or push each other, and that they use hands to gently tag their opponents, on the back of the torso between the hip and the shoulder. Explain clearly to pupils the correct way to tag safely.

Children of senior classes may collect equipment from outside the school grounds ie. car park, field, if it is deemed by the teacher safe to do so.

Many fundamental movement skills, particularly locomotor skills, can be strenuous in nature. Allow pupils the opportunity to rest or stretch at regular intervals during activities.

For safety reasons encourage the concept of spatial awareness regularly.

When using an implement, ensure pupils position themselves a safe distance back from the striker.

Children with asthma will be reminded to take inhalers if required.

Children will only be excused from PE with a note from parent, guardian or doctor.

### Links with other areas of the curriculum

We will use the opportunities, which the PE curriculum provides to develop children's language development (following instructions, skipping rhymes etc) and also music, geography and use informal Gaeilge through the PE lesson. Dance and drama will also be linked with PE through the school play.

### How PE is organised in Scoil Mhuire, Moylagh.

At the beginning of the year the teachers decide what days their class will hold PE lessons.

Each class will be taught at a minimum six lessons in each of the strands

Throughout the year various organisations may provide coaching to the school for example FAI, Meath GAA, North Meath Rugby etc. They will support the teacher in the implementation of PE but ultimately the teacher is responsible for the class.

PE will take place on the school grounds and on occasion in the school hall. Sometimes the children may attend the community centre in Moylagh. Swimming takes place in Kells Swimming Pool and classes attending depends on numbers and needs of students in a particular year.



Children (usually 4<sup>th</sup> – 6<sup>th</sup> class) take part in various competitions throughout the year such as Cumann na mBunscol Football, Hurling and Camogie, Cross Country Running and Rounders. Parental permission will be sought. Parents may be asked to give lifts to various activities a short distance away and buses will be used for longer distances.

Every morning the children take part in morning exercise which encompasses a variety of exercises, stretching and running laps.

The Staff in Scoil Mhuire, Moylagh are encouraged and facilitated to the best of the school's ability to attend continuous professional development.

### Assessment and Record Keeping

Assessment in PE informs teaching and learning by providing information on what children have learned and how they learn. It will allow the teacher to recognise achievement and indicate areas of difficulty.

There are two main ways that we assess children's progression PE:

Teacher Observation: This observation forms a natural part of the each lesson.

Teacher Designated tasks will focus on:

- The social and personal qualities of the child
- Physical Skills and competence
- Creative and cognitive development
- Development of health –related fitness
- Development of safe practice

Parents will be kept informed of their child's progress both in parent teacher meetings and in the annual reports. Any concerns about a child's progress in PE will be communicated to the principal and the parents as necessary.

### Equipment

The PE storage cupboard is located on the corridor leading to the back of the school. The class teacher will be responsible for taking out and returning of any equipment used during the course of the lesson. A teacher will be designated at the start of the year for the monitoring of the equipment supplies in the school.

### Sports Day:

Our annual sports day takes place in the summer term. Staff will organise it. It is intended as a fun day and some races may be competitive. Awards may be given out for good sportsmanship.



This Physical Education Policy was adopted by the Board of Management on 3/5/18.

Signed: \_\_\_\_\_

Colin Smith

Chairperson , Board of Management

Signed: \_\_\_\_\_

Emma Colgan

Principal