

PHYSICAL EDUCATION POLICY SCOIL ASSAIM BNS

Introductory Statement:

The PE policy for Scoil Assaim BNS was formulated in consultation with staff and the Board of Management. The policy is reviewed and updated every two years but can also be reviewed more frequently, if required.

Rationale:

Physical education provides 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. In Scoil Assaim, we aim to provide these learning opportunities to maximise active learning experiences so that all boys can benefit physically, mentally and emotionally.

Vision and Aims:

Scoil Assaim endorses 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

In Scoil Assaim, our aim is to help our boys to achieve their potential through the promotion of physical activity. We incorporate the key messages of the curriculum in our PE lessons.

These key messages include:

- The importance of enjoyment and play
- Maximum participation by all pupils
- The development of skills and understanding
- A balance between competitive and non-competitive activities
- Providing opportunities for achievement for all skill levels

The Curriculum:

The strands/strand units and content objectives for the relevant class levels (2nd to 6th class) are found in the curriculum documents. Teachers choose a range of activities for each class and incorporate as many of the strands (Athletics, Dance, Games, Gymnastics, Outdoor and Adventure Activities, and Aquatics) as possible. Scoil Assaim does not have access to a swimming pool; the boys are encouraged to take up swimming lessons after school. Pupils with SEN are included and supported in class PE lessons and in yard/field.

PE-rich Environment:

We endeavour to create a PE-rich environment in Scoil Assaim, using the yard, field and shared hall for PE activities. A wide range of games and activities such as Gaelic skills, table tennis, soccer, basketball, volleyball and skipping is included in the school's PE programme. The boys are also encouraged to devise their own playground games.

On days when the boys are unable to play outside due to bad weather, class teachers ensure that they incorporate an extended classroom-based physical activity break into the school day.

Continuity and progression from class to class is ensured through the development of appropriate warm-up activities for indoor and outdoor work at each level; strand-specific mobility, strengthening and flexibility exercises are included.

Class teachers record, in their Cuntas Míósúil, the content covered and briefly detail the level of engagement with each strand. All staff have access to the resource materials designed by the Primary Schools' Sports Initiative; these are centrally stored and are used in planning lessons and activities, as well as for CPD.

Additional PE time can be used as a reward or may be incorporated into 'Golden Time'. PE time may not be reduced/cancelled as a sanction for any class or individual pupil.

Approaches and Methodologies:

A combination of approaches is used in PE lessons; these include: Direct teaching e.g. teaching a specific skill such as a free throw in basketball; Guided discovery e.g. children creating their own sequence in dance; Integration with other curriculum subjects e.g. Geography and Outdoor and Adventure Activities.

Class teachers use methods that encourage maximum participation e.g. individual skills training; group work; pair work; station teaching.

Each year, the school focuses on an agreed number of Fundamental Movement Skills to be included as part of the PE programme; these skills are agreed in September of each school year to ensure that class teachers can incorporate them into PE lessons. Fundamental Movement Skills include: Locomotor skills e.g. walking, running, hopping, skipping, jumping for height, jumping for distance, dodging, side stepping; Stability Skills e.g. balancing, landing; Manipulative Skills e.g. catching, throwing, kicking, striking with the hand, striking with an implement.

Assessment and Record Keeping:

Class teachers assess the PE lessons delivered to identify progress and difficulties. Assessment tools include teacher observation and teacher-designed tasks. Areas for assessment include: willingness to participate in activities; readiness to engage with a certain activity; level of competence of a child in carrying out an activity; interest in and attitude to activity; willingness to co-operate in individual, pair and group activities.

All boys are encouraged to participate in all PE activities through the use of cooperative fun activities. Class teachers and SNAs give encouragement, and acknowledge good effort. The

agreed aim is to set activities close to each child's ability level while also challenging the child to improve his performance. Reasonable targets are set for all children at individual, pair and small group level.

Scoil Assaim encourages boys to become involved in local clubs e.g. Raheny GAA, Raheny United, Raheny Shamrocks, Clontarf Rugby, Trinity Boxing Club etc. to ensure that they avail of opportunities to further-develop and to practise their skills and team work, and to reinforce the message that sport is for all.

Equality of participation and access:

In planning for PE, Scoil Assaim ensures equal access and opportunity for all classes. All boys take part in the various strands of the PE curriculum. All classes have equal access to PE equipment and facilities, and the use of the yard/field during breaks is incorporated as an integral part of the school's PE programme.

While acknowledging the special place that Gaelic Games holds in our culture, games from different countries (e.g. Ultimate Frisbee, Boules or Cricket) are included as part of the Scoil Assaim PE programme

Linkage and Integration:

Class teachers avail of every opportunity to link aspects of the PE programme to other curriculum subjects and to particular events e.g. Irish dancing during Seachtain na Gaeilge; integration with SESE during World Cups, the Euros, and the Olympic Games etc. The Scoil Assaim Annual Sports Day is an international celebration with teams representing countries from around the world; the arts and SESE are integrated into the preparation for Sports Day.

Organisational Planning:

All classes have 60 minutes timetabled for PE each week. Additional time may be allocated to PE e.g. when visiting coaches are working with the boys or when the Astro pitch in St. Anne's is available for games sessions.

During Active Week, different physical activities are introduced to allow the boys to experience 'new' sports/activities. Scoil Assaim is an Active School and has achieved two Active Flags; in 2021/22, Scoil Assaim will be aiming to achieve a third Active Flag.

Outdoor Break Times:

All boys are encouraged to play and enjoy their break times. We encourage movement games such as chasing, and allow basketball and football games to be played during breaks.

SNAs are responsible for the play opportunities for pupils with SEN; their priority is to ensure that these pupils are fully integrated into playtimes at break, wherever possible.

Health and Safety Issues:

Health and safety issues, in a PE context, include: the need to warm-up at the start of all physical activity; the challenge of practising in confined spaces; the correct use of equipment; accidents; supervision; activities involving the whole school yard; procedures for dealing with accidents etc.

Scoil Assaim acknowledges that, while being mindful of the need to minimise risks, it is not possible to remove all risks due to the physical nature of PE. When engaging pupils in PE, all members of staff ensure that the following safety aspects are taken into consideration:

- All children should wear suitable footwear and clothing during PE lessons; protective gear e.g. helmets and gum shields are required for particular sports
- The equipment used must be suitable in size, weight and design to the age, strength and ability of the child and must be of good quality and in good repair
- Children must be taught how to lift and carry all PE equipment safely
- In all PE lessons, pupils must warm up and cool down
- Should an accident occur during a PE lesson, the procedures outlined for other accidents in the Scoil Assaim Health and Safety policy will be adhered to
- Best practice is safe practice; all staff must ensure that pupils understand that the rules and procedures are there for their safety

Success criteria:

Teachers' PE preparation is based on this plan, and the planning of individual teachers informs the overall school plan. Teachers must be acquainted with the content and methodologies outlined in the plan. There should be clear progression in skill and performance levels as children move from class to class. There are various criteria on which the success of the PE programme can be assessed; these include:

- Maximum participation by all pupils
- The development of skills and understanding
- A balance between competitive and non-competitive activities
- Feedback from pupils and parents

Roles and Responsibilities:

Two nominated staff members will co-ordinate the progress of the PE plan; they will encourage and accept feedback on its implementation and report to staff on findings. The plan will be reviewed so that we can reflect meaningfully on how well the PE programme has been taught and received in the school. In appraising the PE plan, teachers, pupils, parents, and the Board of Management will be consulted.

This PE plan is ratified by the Scoil Assaim Board of Management and is accessible on the school website or in hard copy, on request, from the school secretary.

Signed: _____

James Comerford, Chairperson

Date: _____

24th September 2020