



PHYSICAL EDUCATION POLICY

Introductory Statement

This plan was formulated by staff to provide a coherent approach to the teaching of P.E. across the whole school. It is envisaged that this plan will benefit the teaching and learning of Physical Education in Navan Educate Together National School.

Rationale

Physical Education (P.E.) provides children with learning opportunities through the medium of movement. Through P.E. we aim to help children develop physically as well as socially, emotionally and intellectually. This plan describes the place which we give to P.E. in our school, which is to support children in every aspect of their life and development. It describes the way in which we use P.E. to achieve that goal, our agreed approach to teaching P.E. and the content of the programme of the curriculum at each year level. It conforms to the principles outlined in the 1999 Primary Curriculum documents. This document will also serve as a basis for each teacher's long term and short term planning. It 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 P.E.

Vision

Our vision is to assist each child in our school to achieve his/her potential through providing a balanced programme of activities where each child is encouraged to participate at his/her individual level.

Aims

We endorse the aims of the Primary School Curriculum in Physical Education:

- To promote the physical, social, emotional and intellectual developmental 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 develop understanding of good sporting behaviour and being part of a team.
- To promote enjoyment of, and positive attitudes towards physical activity and its contribution to lifelong health related fitness, thus preparing the child for the active and purposeful use of leisure time.

Strand and Strand Units

The strands across the P.E. Curriculum for all classes are:

Strand	Strand Unit
Athletics	<ul style="list-style-type: none"> • Running • Jumping • Throwing • Understanding and appreciation of athletics
Dance	<ul style="list-style-type: none"> • Exploration, creation and performance of dance • Understanding and appreciation of dance
Gymnastics	<ul style="list-style-type: none"> • Movement • Understanding and appreciation of gymnastics
Games	<ul style="list-style-type: none"> • Sending, receiving and travelling • Creating and playing games • Understanding and appreciation of games
Outdoor & Adventure Activities	<ul style="list-style-type: none"> • Walking • Orienteering • Outdoor challenges • Understanding and appreciation of outdoor and adventure activities
Aquatics	<ul style="list-style-type: none"> • Hygiene • Water safety • Entry to and exit from the water • Buoyancy and propulsion • Stroke development • Water based ball games • Understanding and appreciation of aquatics

For further information see www.ncca.ie

Approaches and Methodologies

The class teacher will be responsible for delivering the P.E. curriculum to the pupils in his/her class. Specialist teachers may deliver certain parts of the programme e.g. aquatics.

The teaching approaches which we will use for teaching P.E. are:

- Direct teaching approach: the teacher tells or shows the children exactly what to do and observes their progress
- Guided discovery approach: the teacher designs a series of questions which will eventually lead to one or appropriate answers, and finally the discovery of a particular concept or solution. This approach will lead the child to make decisions, solve problems and take initiative. Questioning can lead to a deeper understanding of how skills can be employed in a game situation.

Assessment and Record-Keeping

As P.E. is a physical activity-based area, most assessment will be carried out within the lesson by observing, listening, asking questions and giving feedback to pupils. Children may be asked to self-assess and peer assess where appropriate.

We will assess:

- Willingness to participate in activities
- Readiness to engage with a certain activity
- The level of competence of a child in carrying out an activity
- Interest in and attitude to an activity
- Willingness to cooperate in individual, pair and group activities

Our assessment tools are:

- Teacher observation
- Teacher- designed tasks

Pupils' progress is noted at the end of each school year.

Parents are informed of their child's progress at Parent Teacher Meetings which take place during Term 1.

Children with Different Needs

We recognise that for some children, participation in certain strands of the P.E. curriculum may be problematic due to their special needs. Every attempt will be made to ensure that all children experience the richness and breadth of the P.E. curriculum. Children will be assisted where possible by a Special Needs Assistant/ Learning Support/ Resource teacher. Children

will be allowed to participate in activities at their own level through the modification of tasks where necessary.

Equality of Participation and Access

In planning for P.E. we are going to pay attention to the following areas in order to promote gender equality throughout the Physical Education curriculum:

- All children from Infants to Sixth class will partake in all six strands of the curriculum.
- We will provide equal access for all the children to P.E. equipment and facilities.
- When grouping children for P.E. the school will not group children solely on the basis of gender.
- As a staff we will help children to build positive attitudes towards all activities.
- We will take into account the needs of the pupils when promoting the health related fitness of children.
- We will enter both boys and girls teams in inter-school competitions and where possible we will take the opportunity to enter mixed teams.
- Every child will have access to all P.E. activities provided by the school and lack of financial resources on behalf of the child will not hinder their participation. (Exception to this: Swimming, as this is carried out at Aura Leisure link Pool in Navan at a cost to parents.) Where possible, some strand units of the Aquatics strand will be taught in the classroom (e.g. hygiene, water safety).

Linkage and Integration

(Refer to Curriculum p.13, 18, 37, pp. 45-47 Teacher Guidelines)

Linkage can take place within physical education in that many activities transcend strands and are of benefit to the child irrespective of the strands or subjects being covered. Within the content of the curriculum, footnotes below the strand units suggest where linkage and integration might take place in the P.E. class.

Organisational Planning

Timetable:

- Each class is timetabled for 1 hour of P.E. per week.
- Each teacher will provide a Yearly Overview Plan of their P.E. for the year.
- The school will organise a sport day where pupils will enjoy fun activities in the Summer Term.

P.E. Areas:

We will be moving to our permanent school site during the school year 2014/2015 and a list of suitable PE locations will be drawn up when we relocate.

- In our present location, (Dan Shaw Road), P.E will take place in the following areas:
 - Back yard
 - Front yard
 - Hall in main school

Specialist Coaching:

- GAA Coaching
- Swimming (during the summer term)
- Soccer Coaching

Code of Ethics

(Refer to N.E.T.N.S's Child Protection Policy)

- If coaches from a local or a national sporting organisation are invited into the school to work with the children as part of their PE class, they will be used to support the class teacher in the implementation of some of the PE curriculum strands in the school. They will not replace the class teacher and ultimate responsibility for the class lies with the class teacher. The class teacher will in turn support the coach on certain occasions when this will lead to maximum benefit for the children in the class.
- Any coaches working in the school context will be expected to adhere to the Code of **Ethics of Irish Sport, produced by the Irish Sports Council**. 'Adults interacting with children in sport (referred to as Sports Leaders in this code) are in a position of trust and influence. They should always ensure that they treat children with integrity and respect and that the self-esteem of children is enhanced. All adult action in sport should be guided by what is best for the child and carried out in the context of respectful and open relationships. Verbal, physical, emotional or sexual abuse of any kind or threat of such abuse is totally unacceptable within sport, as in society in general'
- If there is a suspected case of child abuse in the class (even if it becomes apparent in the context of a PE class), all teachers will adhere to the Department of Education and Science **Child Protection Guidelines to be used with the 'Children First Guidelines'** produced for all personnel working with children.

After School Activities

After school activities are regularly organised by the school. All children of relevant age to the activities being offered will be invited to attend. These activities will adhere to the general principle of the PE curriculum of the school as follows;

- 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 boys and girls

The following is a selection of Competitions/Leagues/Games the school will enter:

- Handball
- GAA
- Spikeball

Note: The extra-curricular programme that involves competitive activities will always reflect the aims and objectives of the PE curriculum.

P.E. Equipment

We have equipment suitable for the first four strand of the P.E. curriculum and intend, as time goes on to update it.

Health and Safety

It is important to acknowledge from the beginning that while the following procedures will 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 must wear suitable footwear and clothing during a PE lesson
- All children will not be allowed to wear any jewellery 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
- Running activities will not finish at a wall or pole
- 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
- Children will not be forced to do activities they are not physically or mentally ready for

Parental Involvement

We expect all parents to support their children to participate in all strands of the PE curriculum. We will ask parents with recognised areas of expertise in the area of PE and/or Sport to support us in our efforts if their talents will be of benefit. We will outline the benefits of the PE curriculum and stress the difference between PE and sport and encourage them to become involved in any initiative we will organise. We will encourage sporting endeavour at all times. Where necessary we will encourage parents to assist with transport to sporting events, providing consent of parents has been given.

Ratification

This policy will be subjected to periodic review.

Ratified by Board of Management on

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(Date)

Signed:

Chairperson, Board of Management