

Physical Education Policy

Introduction:

This policy was formulated by the staff of Scoil Mháirtín in consultation with parents and the board of management.

Rationale:

In Scoil Mháirtín we believe that physical education plays a crucial role in the physical, emotional, social, academic and spiritual development of children. The staff, BOM and parents are committed to the implementation of holistic physical educational programme.

Aims: The aims of the physical education curriculum are:

- 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, thus preparing the child for the active and purposeful use of leisure time.

Objectives: The physical education curriculum should enable each child to:

- *Social and personal development*
- *Physical and motor development*
- *Knowledge and understanding*
- *Creative and aesthetic development*
- *Development of health-related fitness*
- *Development of safety*

Overview of PE Programme:

Athletics: *Running, jumping, throwing, understanding and appreciation of athletics*

Dance: *Exploration, creation and performance of dance, understanding and appreciation of dance*

Gymnastics: *Movement, understanding and appreciation of gymnastics.*

Games: *Sending, receiving and travelling, creating and playing games, understanding and appreciation of games.*

Outdoor and Adventure Activities: *Walking, cycling and camping, orienteering, outdoor challenges, water-based activities, understanding and appreciation of outdoor and adventure activities.*

Aquatics: *Hygiene, Water safety, entry to and exit from the water, buoyancy and propulsion, stroke development, water-based ball games, understanding and appreciation of aquatics*

Each class receives a block of 7 lessons in Fermoy Swimming pool. The cost of lessons and the transport to and from the pool is paid for by each child. All children are expected to participate in the swimming lessons. However some children may be excused from participation on medical grounds.

Resources:

- General Purpose Hall
- Playground
- Access to local GAA grounds
- Access to local tennis club
- PE Equipment in PE store

External Expertise:

- A GAA coach, Mr Tom Pierce, visits the school for approximately 6 lessons per class per term.
Each class is coached in ball(hurling & football) skills
- A rugby coach visits the school during the 2nd term and coaches the children from 4th,5th and 6th classes.
- The children from 6th class are given an opportunity to play hockey

- A representative from Golf Ireland visits the school and provides children from 5th and 6th classes the opportunity to play golf
- A Dance teacher visits the school and teaches the children from 1st to 6th classes a variety of dances from the Irish tradition.

Sports Day:

An annual Sports/Fun Day is usually held in mid-June on school grounds and the local GAA pitch. A variety of events are organised for all classes depending on age and abilities.

Assessment:

In Scoil Mháirtín, assessment is viewed as an integral part of teaching and learning. As part of the assessment process the class teacher focuses on the following:

1. The social and personal qualities of the child
2. Physical skills and competence
3. Knowledge and understanding related to PE
4. Creative and aesthetic development
5. Development of health related fitness
6. Development of safe practice.

The assessment tools employed by the class teacher include:

1. teacher observation
2. teacher designed tasks

Review:

This policy will be reviewed regularly to facilitate changes in procedures, safety issues, availability of resources and access to external coaches and teachers.

Ratification by Board of Management: