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Bord Oideachais agus Oiliúna
na Gaillimhe agus Ros Comáin
Galway and Roscommon
Education and Training Board

**Cuan na Gaillimhe CNS
- a Steiner education**



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Physical Education Curriculum Policy for Infants to 6th Class

1 INTRODUCTION

The purpose of this P.E. policy is to provide a user-friendly document outlining the approach, methodology, timetable and content of P.E. in our school. It is hoped that through this plan the children will experience a broad, balanced curriculum in accordance with the Primary School Curriculum 1999.

Physical Education as an integral part of the total curriculum provides vital opportunities for the physical, social, emotional and intellectual development of the child.

2 VISION

We in Cuan na Gaillimhe CNS seek to enable the children to experience enjoyment and healthy physical, social and personal development through meaningful movement, including games, gymnastics, dance, athletics, outdoor and adventure activities and aquatics.

Our aim is that they will carry this positive attitude with them when they leave primary school.

3 AIMS

The aims of the physical education curriculum in our school are:

- To promote the physical, social, emotional and intellectual development of the child
- To promote understanding and knowledge of various aspects of movement
- 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.
- To develop, in the child, an understanding of fair play and team spirit.

4 APPROACHES AND METHODOLOGIES

In our school, old rhymes and traditional games play a vital role in the child's learning, creativity and ability to interact socially in a healthy way. Children grow through games. It is our aim that as they progress through the school, they become more skillful and games become more demanding, involving greater complexity for negotiation. When planning for PE the teachers focus on the aims, objectives, strands and strand units and skills development from the primary school PE curriculum that applies to their own classes.

We will use a combination of the following approaches in the teaching of physical education in our school:

- The direct teaching approach which involves the teacher telling or showing the children what to do then observing their progress
- The guided discovery method approach which involves the teacher designing a series of questions that will eventually lead to one or more appropriate answers / outcomes and ultimately to the discovery of a particular concept or solution.
- The integrated approach will be used. This involves integrating physical education with other curricular areas such as Maths, Geailge, SPHE, Art etc.
- Teachers will also encourage maximum participation by the child through group work, station teaching and using lines in the yard to denote play areas.
- Story – Imaginatively sets out what needs to be done and makes the activity or game more vivid and alive.
- Traditional rhymes and games – in and out the dusty bluebells
- Safety precautions cannot remove all risks but should eliminate unnecessary hazards.

5 DIFFERENTIATION

We have mixed classes in our school. Games class is differentiated according to the individual ability and personality of the child. Supports are provided on an individual or group basis, where necessary.

6 CHILDREN WITH SPECIAL NEEDS

- Teachers will support and ensure the participation of children with special needs.
- The suitability and modification of activities within individual strands should be considered to ensure that inactive / shy / self-conscious children are encouraged to participate.

7 EQUALITY OF PARTICIPATION

- Equal opportunities will be given to boys and girls.
- PE will be taught as a class grouping not as a gender grouping.
- Both boys and girls will have equal access to the P.E. programme.

8 ASSESSMENT

- Assessment will be based on teacher observation while children are actively engaged in physical education.
- Teachers will assess willingness to participate, skill level, willingness to cooperate, competitiveness.
- Information will be given to parents during parent teacher meetings.
- Self-assessment through the strand unit, understanding and appreciating the strand unit involved.

9 LINKAGE AND INTEGRATION

- Gaeilge should be used for simple games and instruction for all classes.
- Opportunities to integrate Maths present themselves in measuring for time, distance etc
- Integration with Music can take the form of dance or movement to music
- Poetry can be stimulus for physical activity,
- Games provide valuable opportunities for the child to learn to accept decisions and rules and develop the concept of fair play which are all part of SPHE
- Discussion and critiquing PE activities can develop vocabulary.
- Our schools Health Eating Guidelines in association with PE performance can encourage health food choices.

10 ORGANISATIONAL PLANNING

10.1 TIMETABLE

- The time allowed for P.E. each week is 1 hour
- The junior classes fulfil more than this allowance through rhythmic circle time with skipping, movement and dance.
- The weekly walks in Barna Woods integrates Geography and Outdoor Pursuits.
- Senior classes also have meaningful movement and exercise as an opening of Main Lesson, with one 40 minute P.E. lesson per week.
- Outdoor pursuits will be covered as part of Main Lesson in Classes 3 upwards.
- Athletics has a special significance for Class 5 who compete in the Class 5 Olympics.
- An annual Sports Day will take place on Silverstrand beach.

10.2 AQUATICS

- Swimming Lessons will take place for all classes in the second term in Leisureland Galway

10.3 PE EQUIPMENT AND RESOURCES

- Currently we do not have suitable indoor facility for Physical Education.
- In fine weather, the outdoor pitch may be used.
- The PE equipment is currently stored in a designated area in the staff room. Teachers are asked to return equipment after use.
- A full list of the PE resources in the school will be drawn up before the end of the school year.

10.4 HEALTH AND SAFETY

- Each class will begin with a warm up and end with a cool down.
- Children will be made aware of the importance of warm up and cool down.
- Children will be taught how to use all equipment in a safe manner and the importance of safety in P.E.

10.5 INDIVIDUAL TEACHER PLANNING AND REPORTING

- Teachers will use the school plan for their short and long term planning.
- Teachers will provide a Cúntas Míosúil each month. This will serve in reviewing and developing the plan for the following year.

10.6 STAFF DEVELOPMENT

- Staff have access to all P.E . resource books and equipment in the school.
- When there are courses teachers will be facilitated to attend.
- Teachers will share their expertise with each other.
- External experts may be invited to up-skill staff or teach children: e.g. Local GAA Trainers and Local Tag Rugby Trainers.

10.7 PARENTAL INVOLVEMENT

- Where applicable, parents are invited to team games
- Parents bring children to matches
- Parents help train teams.

10.8 COMMUNITY LINKS

- The school aims to establish a link with the community through local G.A.A. and rugby clubs.

11 OVERVIEW OF STRANDS AND STRAND UNITS

Strands	Strand Units
Athletics	Running Jumping Throwing Understanding and Appreciating 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 appreciating games
Outdoor and Adventure activities	Walking Orienteering Outdoor challenges
Aquatics	Hygiene Water safety Entry to and exit from water Buoyancy and Propulsion Stroke development Water based games Understanding and appreciating aquatics

12 SUCCESS CRITERIA

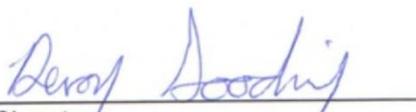
The success of this plan will be evaluated through teacher's planning and preparation, and if the procedures outlined in this plan have been consistently followed. We will also judge its success if the children have been enabled to achieve the aims outlined in this plan.

13 RATIFICATION

Cuan na Gaillimhe - CNS believes that the school community must be involved to successfully implement the Primary Physical Education Curriculum. Therefore, the teaching staff will implement this plan with the support of the Board of Management, Parents and the Local Community.

This school plan was worked on and discussed by staff during March/April 2020 School Closure and presented to the Board of Management of Cuan na Gaillimhe –CNS on 27th April 2020. Once this plan has been ratified by Board of Management, it will be issued to all teaching staff and copies will be made available for inspection by parents/inspectors and other interested parties on request from school office.

Chairperson of the Board of Management



As a growing school this plan will be reviewed as necessary and in line with Primary Physical Education Curriculum.