

ACTIVE SCHOOL FLAG

**PHYSICAL EDUCATION
CAHERAGH NS
2020**



OUR STAFF DISCUSSED PHYSICAL EDUCATION AND THE ASF PROCESS



A TIMETABLE WAS DEVISED TO ENSURE PUPILS; GOT 60 MINUTES PE A WEEK, WERE TAUGHT 5 DIFFERENT STRANDS, AND THAT EACH STRAND RECEIVED A BALANCED AMOUNT OF TIME. PE HOMEWORK AND THE MOVE WELL, MOVE OFTEN SKILLS ARE INCLUDED IN THIS TIMETABLE AS WELL AS ACTIVITY OF THE MONTH.

September-October	November-December	January-March	April-June
Aquatics Land PAWS	Athletics FMS; Running	Games FMS; Kicking	Athletics FMS; Jumping
Games FMS; Catching/Throwing	Gymnastics FMS; Balancing	Dance FMS; Skipping	Outdoor and adventure FMS; Walking Games FMS; Striking with an implement Active School Week
Activity of the Month; Dodge ball Four Passes PE Homework; Donkey Piggy in the Middle	Activity of the Month; Chasing Games/Run Around Europe Hopscotch PE Homework; Tag Simon Says Balance on...	Activity of the Month; Soccer Rounders Skipping games/Climb the Heights PE Homework; Kick to score or hit a target Count your skips	Activity of the Month; Hurdles School Walkway Tennis PE Homework; Long jump/Jump over obstacles Follow the Leader Tennis

**THE STRAND WE ARE PRIORITISING
THIS YEAR IS;**

Outdoor and
Adventure



<https://pssi.pdst.ie/strand.html>



OUR FRIENDSHIP SQUAD ALSO HELPS TO INCLUDE EVERYONE IN THE PLAYGROUND

Friendship Squad

Monday; Yellow pod

Tuesday; Orange pod

Wednesday; Red pod

Thursday; Green pod

Friday; Blue pod

Duties:

Friendship Squad only takes place at the 12.30 break.

Circulate around the yard and organise a game.

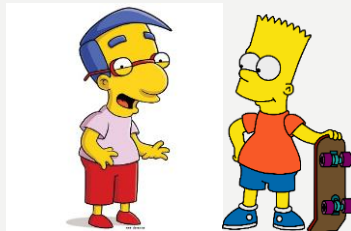
Pay special attention to the Purple pod and anyone who is not involved in any other game. Check if anyone is at the Friendship Spot.

Try to play a game everyone likes.

Do not force anyone to participate.

Try to chat to others, ask them how their day is going and share something with others about how your day is going.

If no one needs the Friendship Squad on the day you are on duty you are free to do your own thing.



THE PUPILS' PROGRESS IS DISCUSSED IN PT MEETING AND END OF YEAR REPORTS. TEACHERS HAVE UNDERTAKEN CPD IN PE.

[illegible]

MyReportCard 3 - Copy - Copy (5).pdf

The Move Well, Move Often Workshop. 22/10/19

PE SHED AUDIT; THE ASF COMMITTEE CARRIED OUT AN AUDIT OF THE PE SHED. THE PE SHED HAD TO BE CLEANED UP AS THE PREFAB IS IN BAD CONDITION. IT WAS DECIDED TO PURCHASE A NEW SHED WHICH WILL BE INSTALLED SHORTLY.



Bibs

16 yellow bibs
16 blue bibs
16 green bibs
6 purple bibs
6 yellow bibs
6 red bibs
6 blue bibs

Markers

2 large cones
13 medium cones
250 small cones

Balls

19 basketballs
30 footballs (approx)
20 rugby balls
1 volleyball
3 beach balls
5 large soft balls
31 small soft balls

Tennis

100 tennis balls
12 tennis rackets
4 small rackets
2 badminton rackets
4 table tennis rackets

Hockey/hurling

6 hockey sticks
6 hockey balls
3 training hockey sticks
4 training hockey balls
12 hurlies
6 sliotar
2 bats for rounders

Skipping

20 skipping ropes
2 big skipping ropes

Miscellaneous

14 foam Frisbees
Frisbee catcher
1 hopscotch mat
7 gear bags
3 multi-purpose nets and stands
9 shovels and 2 buckets
Target mat set and 12 balls
Stick set
4 sets of goal posts



NEW PE SHED. EQUIPMENT LABELLED.



SWIMMING IN DUNMANWAY FOR 10 WEEKS. THE LAND PAWS PROGRAMME WAS ALSO TAUGHT. [HTTPS://WATERSAFETY.IE/PRIMARY-SCHOOL/](https://watersafety.ie/primary-school/)



ATHLETICS

MOVE WELL, MOVE OFTEN SKILLS; RUNNING/JUMPING



GAMES

MOVE WELL, MOVE OFTEN SKILLS; CATCHING/THROWING/KICKING



GAMES

MOVE WELL, MOVE OFTEN SKILLS; CATCHING/THROWING/KICKING



Games

Move Well, Move Often Skills; Catching/Throwing



MOVE WELL, MOVE OFTEN ASSESSMENT

Peer Observation - Throwing Assessment








PEER ASSESSMENT: PEER OBSERVATION Throwing M

My name is: _____ Class: _____ Date: _____

My partner's name is: _____ It: _____

Today we are looking at the skill of Throwing.

My partner needs to:

		LOOKS GOOD 	NEEDS MORE PRACTICE 
1. stand side on pointing the non-throwing arm towards the target		<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. arm towards the target with the foot of the non-throwing side		<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. bring the throwing arm back behind the body, twisting it once and backwards in preparation to throw		<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. keep their eyes looking at the target all the time		<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. keep the throwing arm forward, length of the object		<input checked="" type="checkbox"/>	<input type="checkbox"/>

Peer's comments: _____

Assessor's comments: _____

Peer Observation - Catching Assessment








PEER ASSESSMENT: PEER OBSERVATION Catching M

My name is: _____ Class: _____ Date: _____

My partner's name is: _____ It: _____

Today we are looking at the skill of Catching.

My partner needs to:

		LOOKS GOOD 	NEEDS MORE PRACTICE 
1. reach their hands out to meet the object		<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. relax their fingers and hands and cup them to receive the object		<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. keep their eyes looking at the object at all times		<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. only use their hands to catch and hold the object		<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. bend their elbows when catching		<input type="checkbox"/>	<input checked="" type="checkbox"/>

Peer's comments: _____

Assessor's comments: _____

GAMES- MOVE WELL, MOVE OFTEN SKILL; STRIKING WITH AN IMPLEMENT



GAMES- MOVE WELL, MOVE OFTEN SKILL; STRIKING WITH AN IMPLEMENT



OUTDOOR AND ADVENTURE; OBSTACLE COURSES



OUTDOOR AND ADVENTURE; ORIENTEERING



OUTDOOR AND ADVENTURE; CHALLENGES



OUTDOOR AND ADVENTURE; CHALLENGES



OUTDOOR AND ADVENTURE- MOVE WELL, MOVE OFTEN SKILL; WALKING



DANCE- MOVE WELL, MOVE OFTEN SKILL; SKIPPING

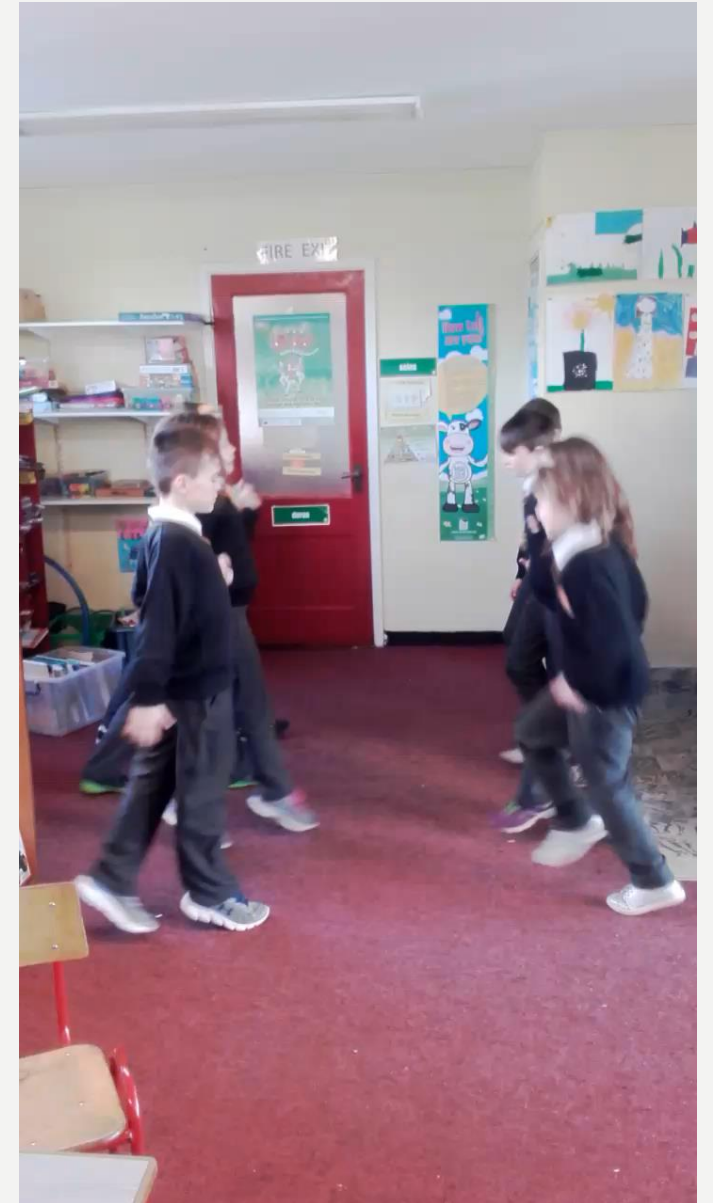


DANCE- MOVE WELL, MOVE OFTEN SKILL; SKIPPING



CÉILÍ DANCING IN THE CLASSROOM

MOVE WELL, MOVE OFTEN SKILL; SKIPPING



GYMNASTICS- MOVE WELL, MOVE OFTEN SKILL; BALANCE



GYMNASTICS- MOVE WELL MOVE OFTEN SKILL; BALANCE

