ACTIVE SCHOOL FLAG



PHYSICAL EDUCATION CAHERAGH NS 2020

ACTIVE SCHOOL MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

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

THE STRAND WE ARE PRIORITISING THIS YEAR IS;

Outdoor and Adventure



TEACHERS USE PSSI LESSONS AND ENSURE PE LESSONS ARE ACCESSIBLE BY ALL PUPILS.

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

| | cortifics | 4 | |
|-------------|---------------------------|---------|-------|
| | certifico | | |
| | ofcomple | tion | |
| | this is to certify th | nat | |
| | Agres Toley | | |
| | ے has successfully com | pleted | |
| DISA | BILITY AWARENES | | |
| Rised Deffy | A sund & Song | 9 10 19 | CK 53 |
| Q | increase by a Re- | | |
| | WUDDOL STOR | | |

Planning for inclusive PE The Irish Primary PE Association (PPEA) gives practical guidance on including children with intellectual challenges in your PE lesson. the activities we have charact are chosen. Posible-schiers is focus on the technolog and not the from two online historesources the chance/height. The SNA is assisting a proup of children in Avenuity School Sports' Instative (1954) is focus or perioral othewarrants and the FE leason jetwittenments. Very N remove https://pss.pdstrasund.the not the rules for king or high jump unable to do the forward and backward Scothedrites has been an another competitions. roll but is happy to perform the pencil mill bit.byPhysical Uteracybox net. beaching style). She works on body Bowleanerst Hare the IHEE model in tradaped in last tension in the pencil collidiscied by the month's article) is applied with inclusive a Minim soci structions e.g. place answell Jeastes Vary bieters to perform a quarter off fors to assist trading a drild with an equipment out of sight turn in ner lands rather than a half turn. a trachskib insimiler are different intelectual challence two iumpine skills The SVA observes with a focus on one die remond for height and iumping for berta recoord attribution and law first correspond of the large has no distancel while is manufacture faces of entain the direct or of the turn beeching. culdoorid and across attands late. this arrive. He notknow san jumping induce and germanical. sits at This was equivilated to her in tie asielied to skill teaching. advance by the teacher. Many prefers to **Trucking actions Coop** in general. jung or a compation nation than Study Gymmetrics or the floor The sequence of Teaching style 4 Millionmous travenants is written on a card to - Break the shill into a stillater Dessen a for prompt Mary to consolne the components by when cashing They are nick site wais in order lequipments. jumping form glob () stand will durse Lateranging you able to choose hert (2 swing zons lonwerband up 14 harmowarrants, the teacher breball bort knew. fearth Muschitly/tempirationHt Present disses.https:// shit components in the conscitoring britwinsolonM although the child must poly need to work one of theses Deservate Longelant Checkforunderständing using the distance well and/or the SNA provide walkal suestioning, self-and peer assessment. perform strengthening feedback and visual demonstrations. the bid when proferright. are tension activities. to assist in learning the skills. The » Be consistent with explanation. These designed to promote Toacher opins Wany a question on the should be clear and yiell oncered. tercion importantin shill comparents to assess for introduce "urther components and (jumnastics) through understanding cit. Why do you organisation over time. practising balancing activity of story when you land the Pairs achievements specific to the with a partner Thethe non-free? Wary can describe the components webs is and perform components you have optian caldeideer will practice incoine with a time. the skills physically. She leak good Equiprovent and combine about her learning. Visual a comprant, use plictures or increments to make a Litten and which TREE Wodel Part viter dips published on there infector Pray Down ACCREASES. trip you explain the key points of http://bit/y/adkanoedupat/a nework Naryise mild in this emping for height site jumping for dast with Down's Down Santaio ne Relanc Fanrostic distance, birty/lumping-inight. Synchronoe agains to a years Gymnestics. a Could the resource tracher/564 are She has most sore https//blaw/tattari/covrumentes. the mare fails above to sumport the learning difficulties. chickleambs after working with She has short error. SUS VALUE AND BOAR and FRAME OF SUS MURPHIC Inscitation of Education, BCB and the IRPEA Committees. them on an individual basis? memory problems, a a: Consider being considern using the iner other table to approximately approximat rame coloured equipment evaluation and her difficulty. Soor markets, cross-covers problem solving. Irish Priming PE Association Rules · Controllouring Internation of Sciences a Balcom stant egy ve blein tum-taking Arres and servine the data where recessary, INTOLEH CONSTRAINTS

OUR FRIENDSHIP SQUAD ALSO HELPS TO INCLUDE EVERYONE IN
THE PLAYGROUNDFriendship 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.

| | PARENT TE | ACHER MEETING N | | |
|---------------------|---------------|--------------------------|-------------|--|
| NUC . | | | DATE: | |
| Gneitgen | Englishs | Nethe | SESE | |
| Visual Ants/Dispire | Masic | Pic. | SPHE: | |
| Tart Rendtz | | Aseas Needing Attention: | | |
| Religious Education | | Attanitus.c | | |
| Cion Participation | | Herenovic | | |
| Social Skills | | Behaviour: | | |
| NOTE | IS ARISING FR | OM PARENT-TEAC | HER MEETING | |
| e rouse | | 187 | | |





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

<u>Markers</u> 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

<u>Tennis</u>

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. <u>https://watersafety.ie/primary-school/</u>





ATHLETICS MOVE WELL, MOVE OFTEN SKILLS; RUNNING/JUMPING



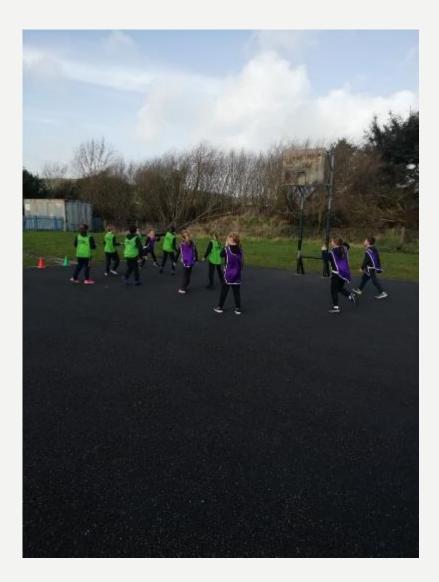






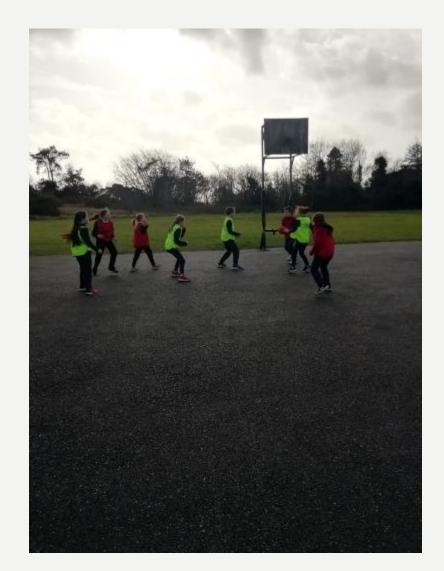
GAMES Move well, move often skills; catching/throwing/kicking





GAMES Move well, move often skills; catching/throwing/kicking





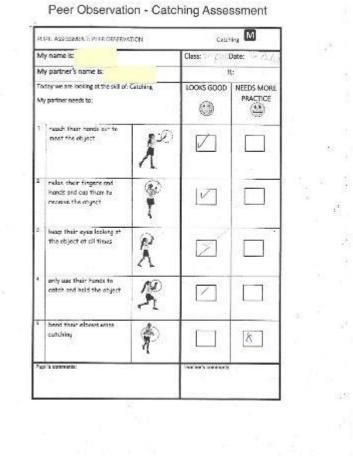
Games Move Well, Move Often Skills; Catching/Throwing



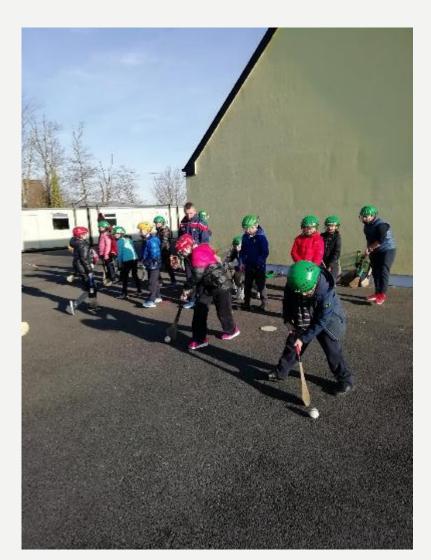


MOVE WELL, MOVE OFTEN ASSESSMENT

| | ASSESSMENT: PEDI CESERWAY | 106 | 747 | |
|---|--|--------------------|-----------------------|---|
| My name is | | | Class: The Cate: 1991 | |
| Mig partner known in Toolwy weath Koding at Les worder Theowing Minael we washing | | Ŀ | | |
| | | isons acce | PRACTICE | |
| 19 | and side on pointing the with rowing shoe dath winds the turget | R | | |
| | es tavante the tanget In the fact of the ece- even grade | 焎 | | |
| te te | ng the tracking are back on ad the body, awinging in nya are backwarse in Refer for the times | X | | Ŧ |
| | ap their was looking at a sorget all the time | jê h | | |
| fe | witter twening sen mord, letting ge of the gent | A | | |
| 5. of supervises | | "Auchers conver"). | | |



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







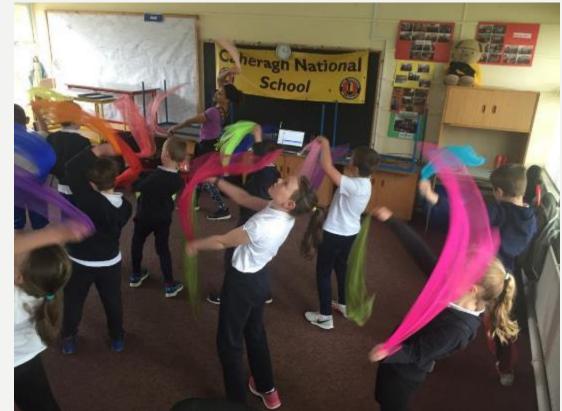


DANCE- MOVE WELL, MOVE OFTEN Skill; skipping



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

