

Scoil Ghráinne CNS (2020-21)

Scoil G loves PE!



What has happened/can't yet happen

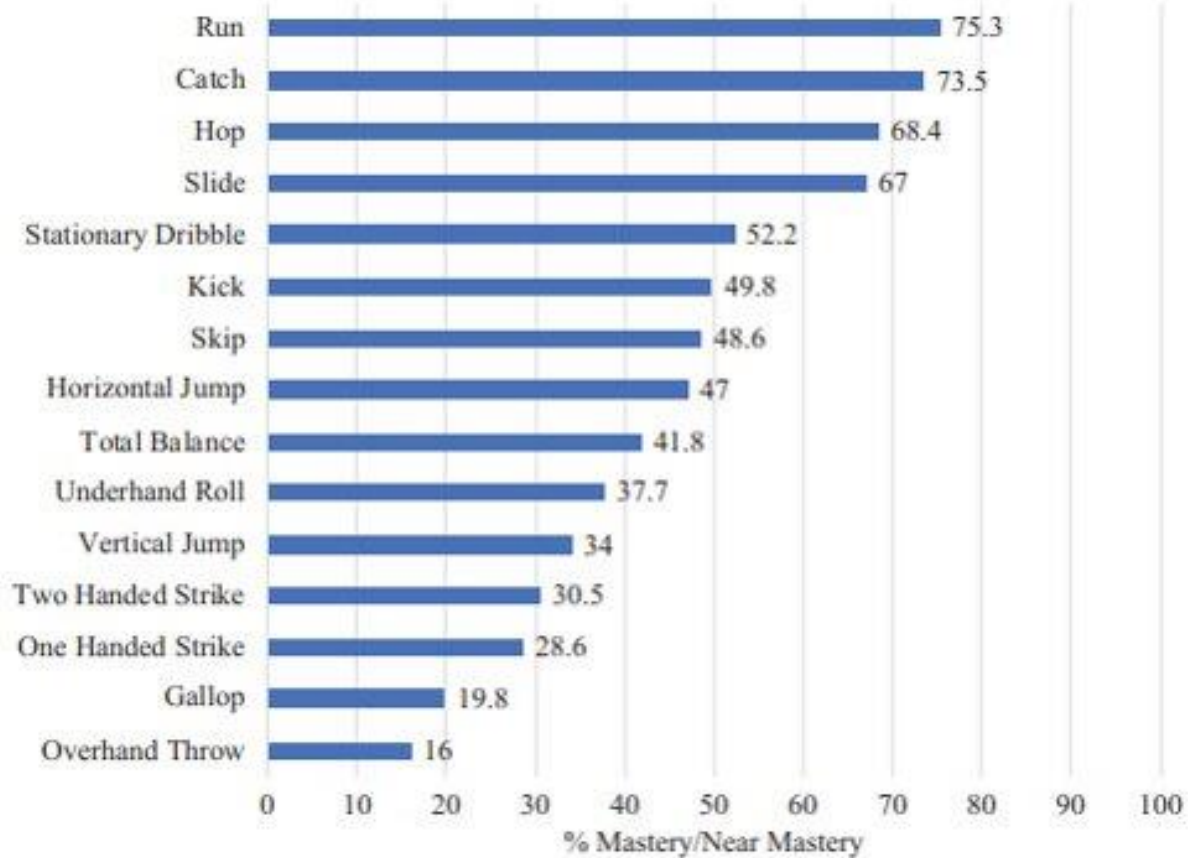
- ▶ P.E. Lessons
- ▶ Outside G.A.A. Coach
- ▶ Daily Mile
- ▶ 4th Class Cycling
- ▶ 5th and 6th Class Tag Rugby
- ▶ Friday lunchtime music on yards
- ▶ Active Schools Wall of Fame
- ▶ Three FMS posters for each class
- ~~▶ Lunchtime leagues~~
- ~~▶ Playground Stars~~
- ~~▶ School Teams~~
- ~~▶ 3rd/4th class G.A.A. Blitz~~
- ▶ Active Week

1) Physical Education



► FMS and Strands

6 week block (dates)	J.I	S.I.	1 st class	2 nd class	3 rd class	4 th class	5 th class	6 th class
Book 1			Book 2			Book 3		
Sept- Hallow een	Games Kicking p.165-179	Games Skipping p.47-61	Games Throwing p.151-165	Games Kicking p.165-179	Games Skipping p.47-61	Games Throwing p.151-165	Games Kicking p.155-169	Games Throwing p.141-155
Novem- ber - Christm as	Dance Jumping (height) p.61-67	Dance Jumping (distance) p.67-81	<i>Athletics Sidestepping p.95-109</i>	<i>Athletics Walking p.7-19</i>	Dance Jumping (distance) p.67-81	Dance Dodging p.81-95	<i>Athletics Running p.7-23</i>	<i>Athletics Sidestepping p.85-99</i>
Jan – Mid Feb	Gymnastics Balancing p.109-123	Gymnastics Balancing p.123-137	Gymnastics Landing p.109-123	Gymnastics Landing p.123-137	Gymnastics Balancing p.109-123	Gymnastics Landing p.123-137	Gymnastic s Balancing p.99-113	Gymnastics Landing p.113-127
Mid- Feb – End March	<i>Athletics Walking p.7-19</i>	<i>Athletics Running p.19-33</i>	Dance Dodging p.81-95	Dance Jumping (height) p.61-67	<i>Athletics Running p.19-33</i>	<i>Athletics Sidestepping p.95-109</i>	Dance Jumping (height) p.51-57	Dance Jumping (distance) p.57-71
April – Mid May	Outdoor and Adventure/A quatic skills Catching p.137-151	Outdoor and Adventure/A quatic skills Hopping p.33-47	Outdoor and Adventure/A quatic skills Catching p.127-151	Outdoor and Adventure/A quatic skills Hopping p.33-47	Outdoor and Adventure/Aq uatics Catching p.137-151	Outdoor and Adventure/Aq uatics Hopping p.33-47	Outdoor and Adventure /Aquatics Catching p.127-141	Outdoor and Adventure/Aq uatics Hopping p.23-37
Mid- May – End June	Games Striking with hand p.179-193	Games Striking with implement p.193-207	Games Striking with hand p.179-193	Games Striking with implement p.193-207	Games Striking with hand p.179-193	Games Striking with implement p.193-207	Games Striking with hand p.169-183	Games Striking with implement p.183-197



We are guided by recent research in what we do. This table is from (Behan et al, 2019) and examines how proficient children are in each of the FMS by the end of their primary school years.

Children have the capability, if in the right environment and exposed to the correct teaching, to master each of these skills by the age of 8.

- ▶ Each class follows a standardised PE timetable, with strands and FMS clearly outlined
- ▶ This has been devised to be the most efficient way to access the curriculum and the sharing of resources
- ▶ For example, half of the school do Dance at a different time of the year to allow access to the indoor and outdoor speakers
- ▶ Each class follows the FMS outlined in the 'Move Well, Move Often' materials
- ▶ These 15 FMS are taught explicitly in order to allow each child to engage with them over a two-year period before beginning once more
- ▶ Three FMS posters have been distributed to each class

Resources

- ▶ Teachers use resources such as that available through the Sport Australia website
- ▶ This is an excellent resource with dozens of handy mini-games cards.



Active School Walkways

► Original Loop



► New route voted upon
February 2021
(Junior + Middle Yard)



We have elected to change our active walkway in the school. By adding another loop this allows children to participate in Orienting activities with more supervision while also covering a large surface area.

2) Physical Activity

Active Homework

- ▶ Teachers use the excellent PDST Active Homework Resources <https://www.scoilnet.ie/pdst/pehomework/>
- Level 1 is generally aligned to the infant classes,
- Level 2 is generally aligned to 1st, 2nd or 3rd classes,
- Level 3 is generally aligned to 4th, 5th or 6th classes.
- ▶ These activities match up with the strand being covered at that time in class.

Examples for February (1st/2nd/5th/6th)



PE Homework Active Every Day

For instructions on how to use this chart, visit www.scoilnet.ie/pdst/pehomework

These activities are detailed on pages 45-62 of the [PE Homework Activity Book](#). Colour in or tick ✓ each activity as you complete it. All of the activities in this resource can be completed individually or with someone in your home.



Dance

Level 1

Musical Statues

Equipment Needed

Music.



Follow the Leader Dance

Equipment Needed

Music.



Level 2

Dance Mirrors

Equipment Needed

Music.



Crossing Corridor Dance

Equipment Needed

Music.

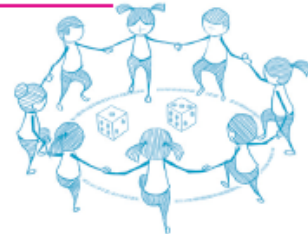


Level 3

Dice Dance

Equipment Needed

Music.



Shape Outline

Equipment Needed

Music.



Examples for February (Infants/3rd/4th)



Athletics

PE Homework Active Every Day

For instructions on how to use this chart, visit www.scoilnet.ie/pdst/pehomework

These activities are detailed on pages 27-44 of the PE Homework Activity Book. Colour in or tick ✓ each activity as you complete it. All of the activities in this resource can be completed individually or with someone in your home.



Level 1

Level 2

Level 3

RUNNING

Move Like An Animal

Equipment Needed

Two teddies, cuddly toys or cans of food.



Standing Starter Sprints

Equipment Needed

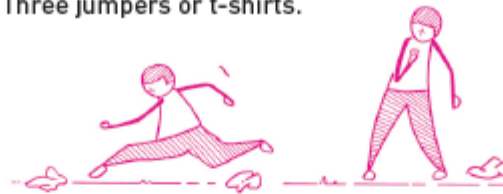
Two teddies, two t-shirts.



Super Shuttle Runs

Equipment Needed

Three jumpers or t-shirts.



Rock Paper Scissors Tag

Equipment Needed

An open playing area and a den or safezone.



Reaction Rocket Races

Equipment Needed

Two jumpers or two t-shirts.



Stamina Run

Equipment Needed

An open playing area, stopwatch, whistle.



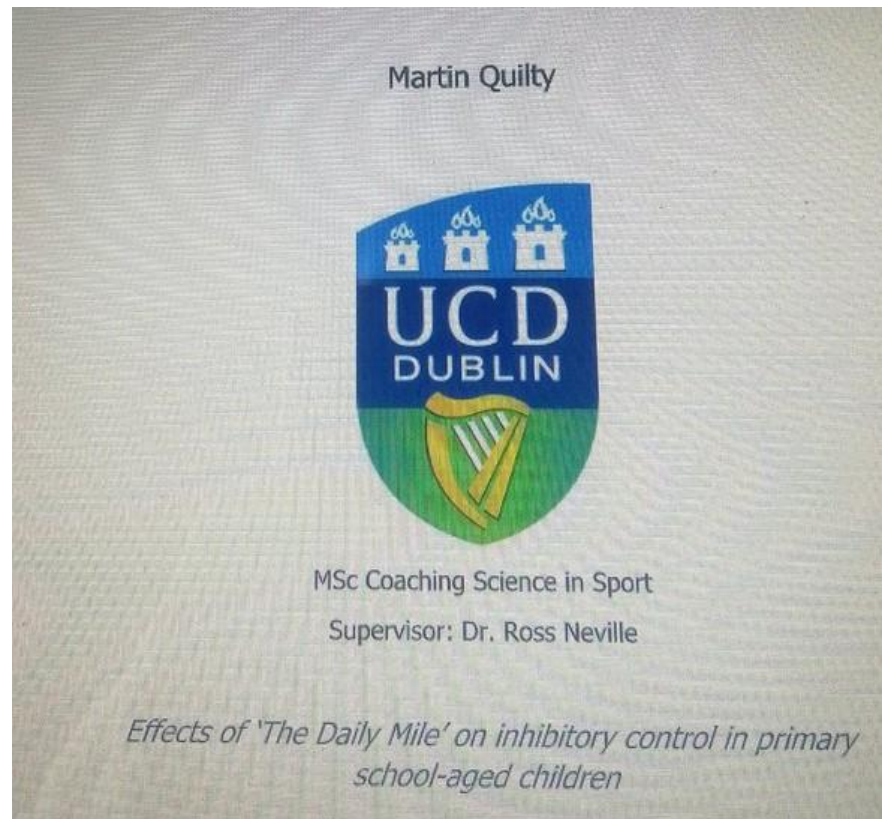
The Daily Mile

- ▶ Since 2019 we have taken part in the Daily Mile initiative.
- ▶ This began as a before-school activity but the interest was so high that it is now done every day by teachers outside
- ▶ As our school is so large there are three areas that children used for The Daily Mile



Class reps from the Active Schools Committee pictured at our Active Wall for 'Raise a Flag' Day in December 2020

- ▶ As a school we collected data in January-March 2020 from three classes (3rd/5th/6th)
- ▶ This data analysed the effect of The Daily Mile on concentration.
- ▶ Third class showed the biggest improvement in terms of concentration and boys outscored girls!



Movement Breaks

- ▶ Teachers work from a circulated list of movement breaks
- ▶ These have been carefully chosen and are age appropriate
- ▶ Teachers are also encouraged to use the new DCU 'Moving Well Being Well' Resources
- ▶ These breaks are suited for Junior Infants -Second Class and involve 10 skills with four progression levels at each



Standing Desks

- Since March 2021 some of our Senior Classes have been trialing standing desks during the day
- This is an innovative way to integrate physical activity into daily school life
- All children need to do is put their chair on their table and then their book/copy on top of that. It's that simple!



Run around Ireland

- ▶ In March 2021 all of our classes began the 'Run Around Ireland' challenge
- ▶ Every day we ran as many kilometres we could as a class
- ▶ There was great competition and classes with the most places visited got active prizes like extra P.E. and a water fight

**Our Class commits to a RUN
A DAY starting _____**

Our RUNNING Challenge			
Run Around IRELAND	<input type="checkbox"/>	MARATHON Challenge	<input type="checkbox"/>
Run Around EUROPE	<input type="checkbox"/>	The Daily MILE	<input type="checkbox"/>
Tour of EUROPE	<input type="checkbox"/>	We designed our OWN running challenge	<input type="checkbox"/>

around IRELAND

of Ireland. Begin by calculating the distance from your school to each landmark. Where will your class visit?

Destination	County	Distance from our School (km)	We m
Aran Islands		261	
Blarney Stone		264	
Benbulbin		200	
Carrauntoohil		305	
Clara Bog		91	
Cliffs of Moher		238	
Giant's Causeway		231	
Glenveagh National Park		235	
Hillsborough Castle		138	
Hook Head Lighthouse		170	
Kilkenny Castle		114	
Kylemore Abbey		266	
Malin Head		262	
Mizen Head		365	
Newgrange		45	
Powerscourt Waterfall		40	
Rock of Cashel		157	
Slieve Donard		132	
Slieve League Cliffs		251	
The Spire		15	

1 lap = 1 km

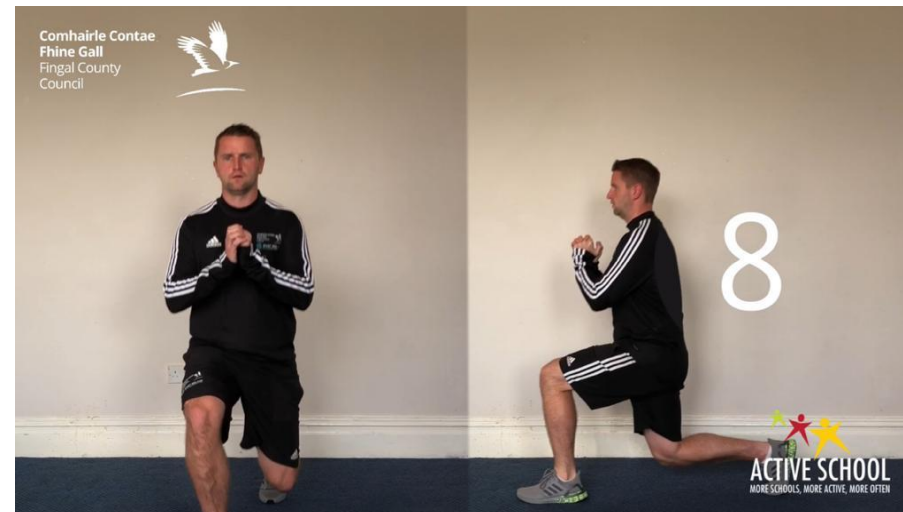
www.activeschools

3) Partnerships



Fingal County Council

- In March 2021 teachers received in-service from Fingal County Council about their learning platform
- Each class takes part in the 10@10 exercises based around movement



Erin go Bragh GAA Club

- ▶ Martin (club GPO) provides coaching to all students in a 6-week block
- ▶ Beginning in March 2021 live P.E. sessions on a Friday streamed to classes, filmed in school hall

