

ACTIVE SCHOOL
FLAG

**PHYSICAL EDUCATION
CAHERAGH NS
2024**

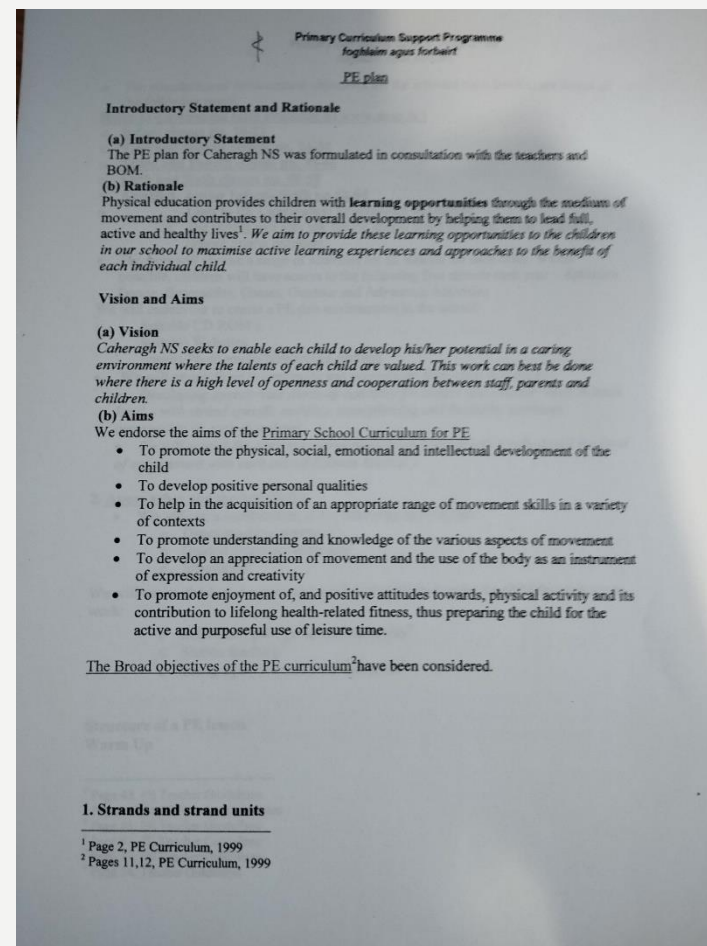
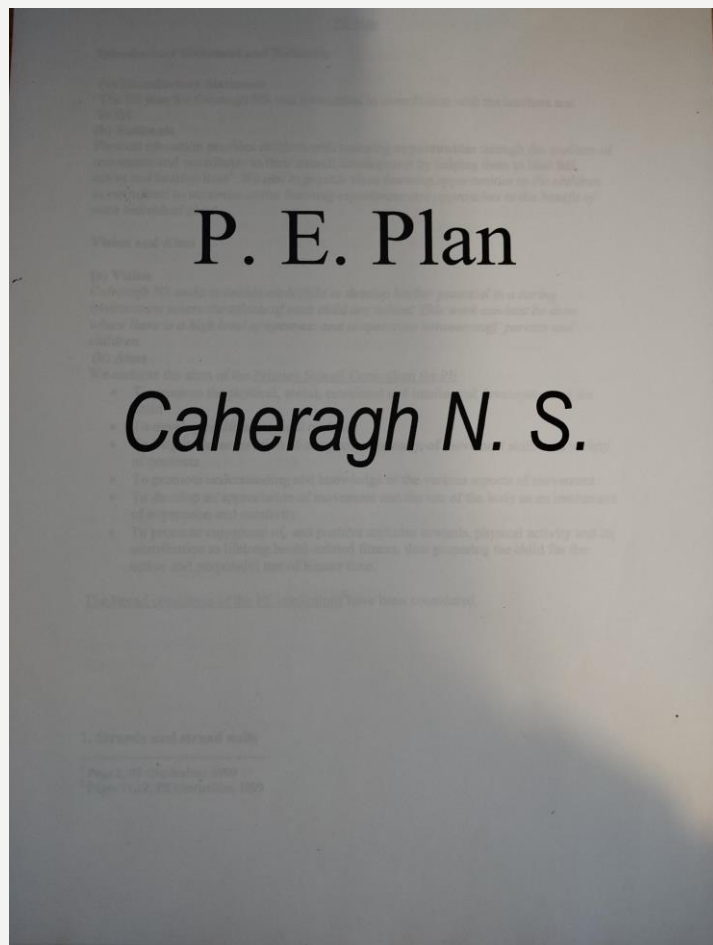


OUR STAFF DISCUSSED PHYSICAL EDUCATION AND THE ASF PROCESS





CAHERAGH NS PE PLAN



TEACHERS USE PSSI LESSONS AND ENSURE PE LESSONS ARE ACCESSIBLE BY ALL PUPILS. <https://pssi.pdst.ie/strand.html>





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.

PE Timetable 2024/2025

September-October	November-December	January-March	April-June
<p>Games Outdoor and adventure</p> <p>FMS; Year 1 and 2; Kicking</p>	<p>Games</p> <p>FMS; Year 1; Catching/Throwing Year 2; Side-stepping/Dodging</p>	<p>Dance</p> <p>FMS; Year 1; Skipping Year 2; Hopping</p>	<p>Aquatics Athletics</p> <p>FMS; Year 1 and 2; Jumping</p>
<p>Athletics</p> <p>FMS; Year 1 and 2; Running</p>	<p>Gymnastics Dance</p> <p>FMS; Year 1; Balancing Year 2; Landing</p>	<p>Aquatics</p> <p>Land PAWS</p>	<p>Outdoor and adventure FMS; Year 1 and 2; Walking Games FMS; Year 1; Striking with an implement Year 2 ;Striking with the hand Gymnastics Active School Week</p>
<p>Activity of the Month; Crossbar challenge/Soccer Chasing Games/Run Around Ireland</p> <p>PE Homework; Tag Kick to hit a target</p>	<p>Activity of the Month; Dodge ball Hopscotch Dance videos</p> <p>PE Homework; Simon Says Balance on... Dance videos</p>	<p>Activity of the Month; Dance videos Skipping games/Climb the Heights</p> <p>PE Homework; Dance videos Count your skips</p>	<p>Activity of the Month; School Walkway Tennis Rounders</p> <p>PE Homework; Family walks Wall tennis</p>

PE SHED. EQUIPMENT LABELLED.



ATHLETICS

MOVE WELL, MOVE OFTEN SKILLS; RUNNING/JUMPING FOR HEIGHT/DISTANCE/THROWING

















SWIMMING IN DUNMANWAY FOR 6 WEEKS. THE LAND PAWS PROGRAMME WAS ALSO TAUGHT. [HTTPS://WATERSAFETY.IE/PRIMARY-SCHOOL/](https://watersafety.ie/primary-school/)



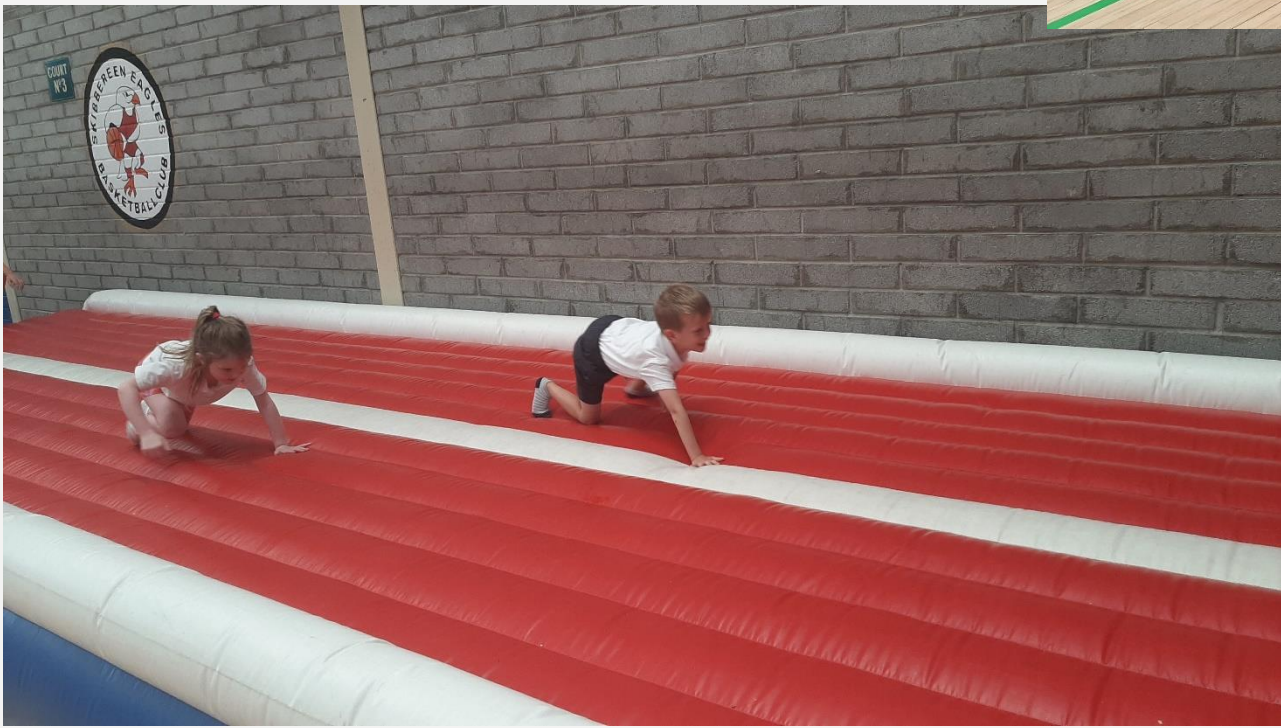
GYMNASTICS- MOVE WELL MOVE OFTEN SKILL; BALANCE/LANDING













DANCE- MOVE WELL, MOVE OFTEN SKILL; SKIPPING/SIDE-STEPPING/HOPPING CEILÍ DANCING WITH OLIVE





DANCING IN PE







BUBBLE DISCO AND ST PATRICK'S DAY





HALLOWEEN DANCE



GAMES; MOVE WELL, MOVE OFTEN SKILLS; CATCHING/THROWING/KICKING/SIDE-STEPPING/DODGING/STRIKING WITH A HAND OR IMPLEMENT













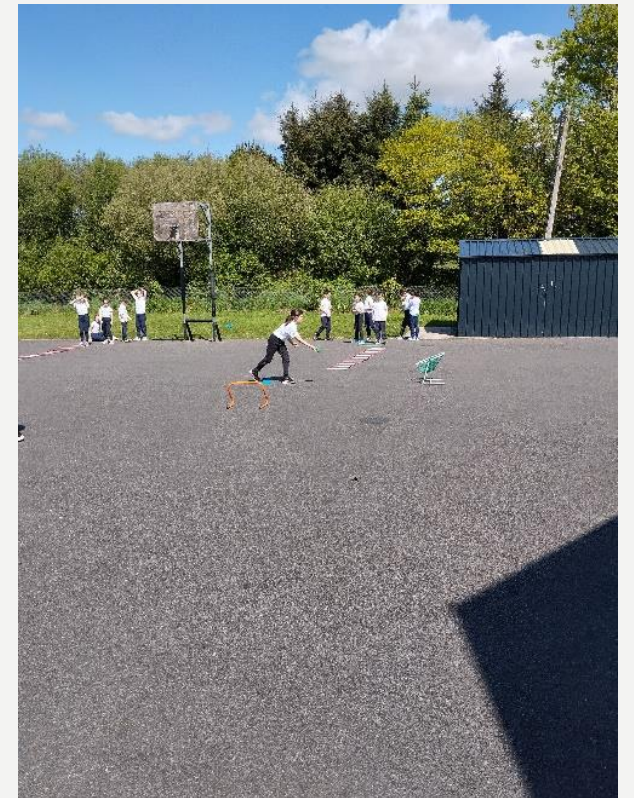








OUTDOOR AND ADVENTURE; WALKING/OBSTACLE COURSES/CHALLENGES/ORIENTEERING/CIRCUITS













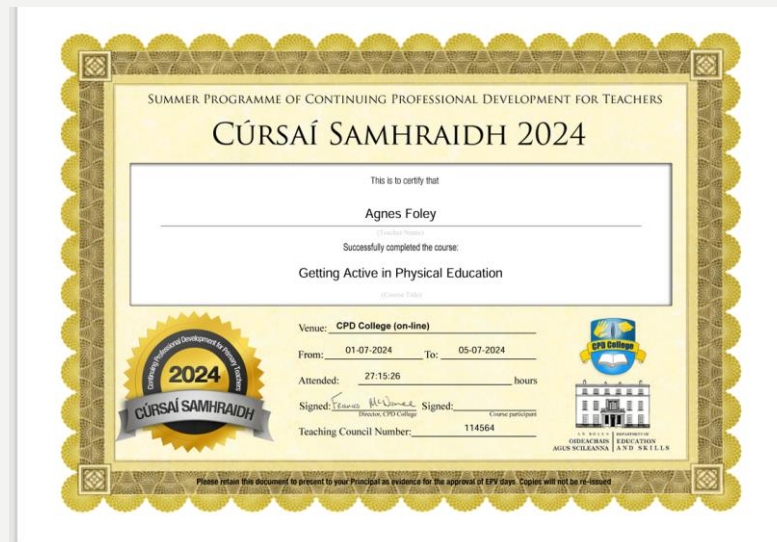






THE STRAND WE ARE PRIORITISING THIS YEAR IS;

Dance



Actions taken;

Consultation with staff

Agreed actions and timeline at all class levels:

- use PSSI lessons,
- use dance for Active Breaks
- Céilí dancing teacher to do a series of lessons
- dance included in events throughout the year
- ASW Zumba
- ASW Bubble disco

Move Well, Move Often utilised

Review of equipment

Centralised share point for online resources

CPD undertaken in priority PE strand-see cert



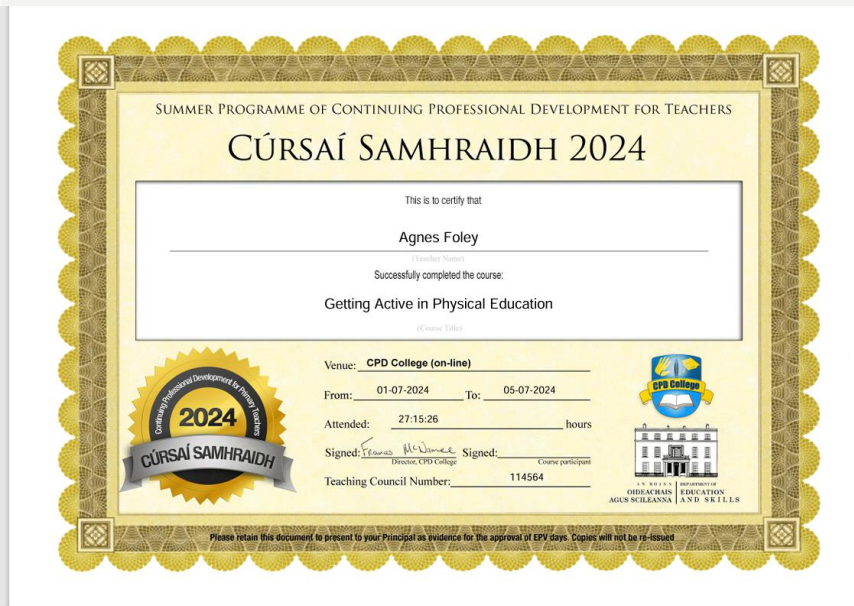
THE PUPILS' PROGRESS IS DISCUSSED IN PT MEETING AND END OF YEAR REPORTS. TEACHERS HAVE UNDERTAKEN CPD IN PE.

PARENT-TEACHER MEETING NOTES

NAME:	DATE:		
Geogic:	English:	Maths:	SESE:
Visual Arts/Drama:	Music:	PE:	SPHE:
Text Results:	Areas Needing Attention:		
Religious Education:	Attendance:		
Class Participation:	Homework:		
Social Skills:	Behaviour:		

NOTES ARISING FROM PARENT-TEACHER MEETING

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MOVE WELL, MOVE OFTEN ASSESSMENT

Peer Observation - Throwing 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 Throwing

My partner needs to:

	LOOKS GOOD 	NEEDS MORE PRACTICE 
1 stand side on pointing the non-throwing arm out 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 over the body, sending it over and backwards in preparation to throw 	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4 keep their eye looking at the target all the time 	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5 keep their throwing arm forward, in line 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:		