# Saint Kevin’s G.N.S.

**Whole school plan for Physical Education (P.E.)**

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## 1. Introductory statement and rationale

## Introductory Statement

In St. Kevin’s G.N.S. we stress the importance of enjoying physical activity and encourage maximum participation by all children. This plan was formulated by the post holder for P.E. in conjunction with the principal and in consultation with teaching staff and special needs assistants (S.N.As).

Rationale

It was decided to focus on this area to benefit teaching and learning in our school and to conform to principles outlined in the primary curriculum. P.E. provides children with learning opportunities through the medium of movement and contributes to their overall development by helping them to lead full, active and healthy lives. Surveys of the pupils in our school have highlighted the popularity of P.E.: it is a subject which enhances the overall well-being of the pupils. The P.E. plan facilitates collaboration and involvement of the wider school community. The breadth of our P.E. plan is designed to offer the pupils as wide an experience as possible with the aim of increasing their participation in physical activity now and into the future.

2. Vision and Aims

Vision

We at St. Kevin’s G.N.S. seek to assist the children in fulfilling their potential by providing all our pupils opportunities for achievement. We recognise the importance of inclusivity by striking a balance between competitive and non-competitive activities and by providing activities suitable for all pupils.

Aims

We endorse the aims of the Primary School Curriculum for P.E.:

* to promote the physical, social and emotional intellectual development of the child
* to develop positive personal qualities
* to help in the acquisition of an appropriate range of movement skills in a variety of contexts
* to promote understanding and knowledge of the various aspects of movement
* to develop an appreciation of movement and the use of the body as an instrument of expression and creativity
* 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 include any children with special needs in physical activity as much as possible

In devising our P.E. plan, we have taken into consideration the Seven Key Messages of the Primary P.E. Curriculum:

* the importance of enjoyment and play
* maximum participation by all children
* development of skills and understanding
* balance between competitive and non-competitive activities
* balance between contact and non-contact activities
* providing opportunities for achievement for every child
* providing activities for all pupils

### 3. Curriculum Planning

**Curriculum Planning was undertaken with reference to the following**:

1. Strands and Strand Units
2. Approaches and Methodologies
3. Assessment and Record Keeping
4. Children with Different Needs
5. Inclusive Physical Education
6. Equality of Participation and Access
7. Linkage and Integration
8. Organisational Planning
9. Timetable
10. Code of Ethics
11. After School Activities
12. P.E. Equipment
13. Information and Communication Technology (I.C.T)
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#### A. Strands and Strand Units

(i) Athletics

* Running
* Jumping
* Throwing
* Understanding and appreciation of athletics

(ii)Dance

* Exploration, creation and performance of dance
* Developing an understanding and appreciation of dance

(iii) Gymnastics

* Movement
* Understanding and appreciation of gymnastics

(iv) Games

* Sending, receiving and travelling
* Creating and playing games
* Fostering an understanding and appreciation of games

(v) Outdoor & Adventure Activities

* Walking
* Orienteering
* Outdoor Challenges
* Understand and appreciation of outdoor and adventure activities

(vi) Aquatics

* Hygiene
* Water safety
* Entry to and exit from the water
* Buoyancy and propulsion
* Stroke development
* Water-based ball games
* Understanding and appreciation of aquatics

N.B.

Our aim is to offer all six strands to children in our school. At present pool-based aquatics is not offered to any classes so the strand units of hygiene and water safety will continue to be addressed in the context of S.P.H.E. and with the implementation of the Primary Aquatics Water Safety (PAWS) Programme. In the school year 2020-21 the PAWS programme will be taught to all classes. In subsequent years it will be repeated in Second and Sixth Class.

#### B. Approaches and Methodologies

We use the following approaches:

* direct teaching approach
* guided discovery approach
* integration

We use methods that encourage maximum participation by all children including:

* individual, pair, group and team play
* station teaching
* using a play area divided into grids
* virtual activities

#### C. Assessment and Record Keeping

* Teachers assess P.E. through teacher observation during lessons
* Teachers assess willingness to participate in activities, to ‘perform’, interest, enthusiasm/attitudes of children, skill level and willingness to cooperate
* The following assessment tools are used to gather information about a child’s progress:
  + Teacher observation
  + Teacher-designed tasks
* The information gained from the assessments is used to inform future planning, to determine the level of ability of individual pupils and to evaluate progress made
* This information forms the basis of class and school planning
* Teachers share information with parents through feedback during the parent-teacher meetings and in the end-of-year reports.

#### D. Children with Different Needs

In St. Kevin’s G.N.S. we:

* encourage maximum participation
* adapt tasks/activities to suit different needs in as far as possible
* provide a safe and secure environment
* provide a specially gifted child with challenging activities
* seek specialist advice to identify appropriate activities for children with specific conditions.

#### E. Inclusive Physical Education

* The child with special needs should experience the enjoyment of participation and progression through the various stages of the physical education programme according to her ability
* We endeavour to provide P.E. for all the pupils in our school
* Timetables are drawn up so that S.N.As are available during P.E. classes for the children in their care
* We source specialised sports equipment for children with special needs
* A Sports Inclusion Disability Officer is available to the school should we need further advice. The officer is provided in a programme part funded by South Dublin County Council and Sport Ireland.

#### F. Equality of Participation and Access

* A balanced programme is provided to suit needs and interests of all pupils
* We help children to build positive attitudes towards all activities
* Children are grouped for activities in a variety of ways
* We apply different levels of difficulty to tasks
* We set up a class activity and allow children to participate at different levels
* We will embrace the option to offer folk dance to encourage integration of pupils of different cultures and explore the introduction of different games from other cultures while acknowledging the centrality of gaelic games in our culture
* Each child will have access to all P.E. activities.

#### G. Linkage and Integration

Linkage

* Linkage can take place within physical education. Many playground games can be planned as part of an athletics’ or games’ units and lessons

Integration

* Integration is planned for in the yearly and fortnightly schemes. Theme based activities are planned for in the yearly scheme and recorded. Physical activity is integrated into the school day and school life:
  + Geography: folk dances from around the world, outdoor and adventure (see Appendix for Active School Walkway), Climb the Heights (skipping challenge), Tour of Europe Challenge, Run around Europe Challenge
  + Music: active singing and dance
  + Mathematics: number, shape, measuring, time, numeracy trails
  + Gaeilge: instruction, colours, parts of the body, Irish dancing
  + Science: forces, pushing, pulling, bouncing
  + English: oral language
  + History: the history of children’s play and games throughout the ages, the development of various sports throughout history
* Physical Literacy and Language: Opportunities are provided for pupils to discuss and talk about their own and others’ performance in P.E.. Children are enabled to develop a vocabulary for discussing and critiquing P.E. activities through teacher questioning and direct teaching of specific vocabulary (see glossary in P.E. curriculum handbook page 78-81)
* Each class builds three active breaks into their daily time
* P.E. homework is assigned to each class, drawn from each of the P.E. strands where possible.

#### H. Organisational Planning

The post holder draws up the P.E. timetable in advance of the new school year and in consultation with all staff members, taking into consideration the need for S.N.As to be available during the P.E. class of children in their care.

#### I. Timetable

* One hour is allocated at each level for P.E. per week
* The one hour allocation is split into two half-hour periods as this allows the children to be active on two occasions in the week. There are blocked times for specific strands. Our year plansets out strands that will be taught by term and in-keeping with curriculum guidelines, indoor activities are generally scheduled over winter months.

To support teachers in the strand of games, we have developed partnerships with coaches from the community:

* St Kevin’s Killian’s G.A.A. Club also come to the school to target specific classes in order to develop the skills of camogie and ladies football
* F.A.I. coaches occasionally offer their services to the school
* Cricket Ireland have provided the school with coaching sessions
* South Dublin County Council occasionally offers initiatives such as ‘Safe Cycling Scheme’.

#### J. Code of Ethics

* In-keeping with our Child Protection Policy, the teachers accompany their class when external coaches are present
* In accordance with our S.P.H.E. plan and the National Guidelines for the Protection and Welfare of Children, all external coaches must provide garda vetting and references prior to working with the children in our school and are expected to comply with our school’s Code of Behaviour and the Irish Sports Council code of ethics and treat the children with respect and dignity.

#### K. After-school Activities

* The school provides further opportunities within the extra-curricular programme. These include after school coaching in:
  + gaelic football, camogie and soccer
  + other opportunities offered by outside organisations including basketball, fitness and dance
* The school teams which comprise of girls from senior classes enter the Cumann na mBunscol activities every year in Gaelic football and camogie. The school also enters primary school soccer competitions
* We encourage all pupils to walk, scoot, cycle or park-and-ride to school
* Wednesday is WOW day...Walk on Wednesday
* The school organises a sports day each year in May/June where parents, minders etc are invited to view the P.E. activities of their children. It is run on a station basis. Every child participates in the activities of the day to the best of their own ability
* Annual school tours often visit activity centres to give the pupils experiences in aqua sports, zip lining and climbing activities
* There is an Active Week every year in April or May delivered by all class teachers with a range of activities organised. Parental participation is also encouraged during our morning laps of our yard by junior classes. We try to encourage local clubs to offer taster sessions to classes during this week
* We hold an annual fundraising school walk for all staff and pupils
* The extra-curricular programme reflects the aims and objectives of the P.E. curriculum.

#### L. P.E. Equipment

* There is an inventory of equipment and resources available for P.E.
* The equipment used is appropriate for the P.E. curriculum
* All equipment is stored safely in a room off the hall and it is available to all teachers
* The equipment is purchased centrally in consultation with the principal, post holder and all teachers and S.N.As
* The Active School Committee helps maintain and store P.E. equipment.

#### M. Information and Communications Technology (I.C.T.)

* I.C.T is used in the P.E. Plan to provide an interesting and exciting medium through which the interest of children in activities related to physical education can be stimulated
* The internet contains a wealth of knowledge and information on many aspects of physical education
* There is a code of practice to ensure safe internet usage. Teachers familiarise themselves with the material on websites prior to use by the children. There is ongoing monitoring of these sites
* We also provide a virtual P.E. plan to be used during unforeseen circumstances such as the COVID pandemic. Incorporated in the plan is a virtual Active Week and Sports Week.

#### N. Virtual P.E. Plan

* A Virtual School P.E. plan has been drawn up for use during school closures
* Hard copies of challenge charts to be included in workpacks to support Virtual P.E. plan
* The Virtual School Sports Week template can be found in the Appendix or accessed via [the Sligo Education Centre website](https://www.ecsligo.ie/virtual-sports-day.html)
* Virtual Active Schools Week ideas can be found at the A.S.F. website
* Useful websites can be found in the Appendix.

#### O. Health and Safety

In line with St. Kevin’s Health and Safety Policy, the following Health and Safety issues pertain to P.E. activities:

* Warm-up at the start of all physical activity, cool-down at end of physical activity, practising in confined spaces, use of equipment, accidents, supervision on visits out of the school, activities involving the whole school yard, procedures for dealing with accidents etc.
* Members of staff have first aid training provided by paramedics every two/three years
* Staff members are aware that certain children have specific medical conditions and will treat a sick and/or injured child in accordance with the school’s Health & Safety Policy
* In the event of an accident/emergency, parents will be notified, and an ambulance will be called if necessary.

#### P. Individual Teachers Planning and Reporting

* Each teacher will make themselves familiar with the curriculum objectives for each strand and use the appropriate lesson plans to help deliver the content
* The whole school plan and the curriculum documents for P.E. provide information and guidance to individual teachers for their long and short-term planning
* Teachers plan using the strands and strand units outlined in the year plan and also, at times, using a thematic approach
* The Cuntas Míosúil will be used to review and develop the whole school plan and inform individual preparation for subsequent years.

#### Q. Staff Development

* Teachers have access to current research, reference books, resource materials, and websites dealing with PE. The post holder with responsibility for P.E. takes responsibility for monitoring developments including compiling a list of suitable websites
* School staff have opportunities to research new methodologies etc. They can arrange for demonstrations, opportunities to try out equipment/resources and assess whether or not they should be purchased. This is arranged in consultation with the post holder for PE and with the principal
* P.E. courses are available through the local education centres and teachers are encouraged to attend these courses where possible
* Teachers are encouraged to share the expertise acquired at these courses, informally among teachers, and formally at class level planning meetings or at staff meetings
* Time is allocated as required at staff meetings to discuss aspects of the P.E. curriculum
* Our school is aware of the PrimaryCurriculum Support Programme (P.C.S.P.) cuideoitheoir service and may use the service to enhance our plan further.

#### R. Parental Involvement

Parents are encouraged to become involved in supporting the school’s P.E. plan. The importance of exercise and participation in physical activity is communicated to parents in the context of healthy living. Our school’s ethos, which focuses on creating a healthy environment for the child, reminds parents of the benefits of a healthy lifestyle for our young people.

Parental support is welcomed in the monitoring of P.E. homework (see Pupil Challenge Chart in Resources in Appendix).

Parents play an important role in ensuring the Virtual P.E. plan is rolled out as and when required e.g. during Virtual Active Week in April 2020 and Virtual Sports Week in June 2020.

Parents are also welcome to support school teams when they are competing in inter-school events. Parents and extended families lend support to our Active Week and School Sport Day by their attendance and participation during these events.

The P.E. plan is communicated to parents via the school website. Parents are updated by emails, twitter, notes and newsletters.

#### S. Community Links

* St. Kevin’s G.N.S. has developed and maintains links with a variety of local clubs e.g. St. Kevin’s Kilian’s G.A.A. Club who have actively come on board to support the P.E. programme through camogie and ladies football coaching both within the school day and after school for team training and Cumann na mBunscol leagues
* G.A.A. and other activities will be promoted by celebrating successful teams
* In particular we pay tribute to the sporting success of present and past pupils e.g. past pupils on the Irish team
* The Parents’ Association have fundraised on numerous occasions for sports activities and equipment. Most recently (Spring 2020) they have provided the school with full G.A.A. kits for the school team.

#### T. Active School Flag (A.S.F.)

* St Kevin’s G.N.S. have decided to participate in the A.S.F. as it is a Department of Education and Skills’ Initiative supported by Healthy Ireland: it forms part of the National Physical Activity Plan
* A.S.F. provides our school with a template to introduce more activity into our school day with an emphasis on fun and inclusion
* Each class has committed to three active breaks each day involving running, dancing and exercise (see Appendix for list of resources)
* There is an Activity Week every year in April or May delivered by all class teachers with a range of activities organised. Parental participation is also encouraged during our morning laps of our yard by junior classes. We invite local clubs to offer taster sessions to classes during this week
* We have begun to assign P.E. homework.

#### U. Resources

* School hall
* School yard with markings for sports and games
* P.E. Equipment Room
* I.C.T. Resources including interactive whiteboards
* Additional yard
* Green spaces around school
* Local G.A.A. pitches
* Kilnamanagh F.C. soccer pitches and all-weather facility
* Kilnamanagh Family Recreation Centre Family
* Playground beside school
* Tymon Park which features two adventure playgrounds

V. Sample Whole School Annual Plan

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | September & October | November & December | January & February | March & April | May & June |
| **Strand**   * Strand Unit | **Athletics**   * Running (focus) * Jumping * Throwing * Understanding and appreciation of athletics (*c.f. FMS)*   **Games**   * Sending, receiving and travelling * Creating and playing games * Fostering an understanding and appreciation of games   *Suggested games for autumn 2020*   * Soccer   **Outdoor & Adventure Activities**   * Walking * Orienteering * Outdoor challenges * Understanding and appreciation | **Aquatics**   * PAWS (Irish Water Safety Programme)   **Dance**   * Exploration, creation and performance of dance * Developing an understanding and appreciation of dance | **Gymnastics**   * Movement * Understanding and appreciation of gymnastics (depending on circumstances we may have to restrict gymnastics to online lessons and look at scheduling gymnastics later in the year)   **Games**   * Sending, receiving and travelling * Creating and playing games * Fostering an understanding and appreciation of games | **Dance**   * Exploration, creation and performance of dance * Developing an understanding and appreciation of dance   **Games**   * Sending, receiving and travelling * Creating and playing games * Fostering an understanding and appreciation of games   **Athletics**   * Running * Jumping (focus) * Throwing * Understanding and appreciation of athletics | **Aquatics**   * PAWS (revised for summer months)   **Outdoor & Adventure Activities**   * Walking * Orienteering * Outdoor challenges * Understanding and appreciation   **Games**   * Sending, receiving and travelling * Creating and playing games * Fostering an understanding and appreciation of games   **Athletics**   * Running * Jumping * Throwing (focus) * Understanding and appreciation of athletics |

## 4. Success Criteria

We will know that the plan has achieved its aims through:

* teachers’ reflections in their C.M. based on observations and assessments of pupils' progression through the curriculum
* pupils’ engagement with the curriculum
* an evaluation of feedback from parents/community
* listening to and gathering children’s feedback regarding the activity level, enjoyment and skill development of the classes
* inspectors’ suggestions/report
* Under current Covid restrictions the implementation of the school plan for 2020-2021 is somewhat limited and teachers may use their discretion on how best to roll out the plan.

## 5. Implementation

Roles and Responsibilities

The plan will be supported, developed and implemented by the principal and all teaching staff. The teacher with the post of responsibility for P.E. will coordinate the progress of the plan, encourage and accept feedback on its implementation, and report to staff on findings.

Timeframe

This plan is a record of the practice which is already taking place in the school and, as such, this whole-school plan for P.E. has already been implemented.

## 6. Equipment

St. Kevins’ G.N.S has a large storage room for its P.E. equipment. It is accessible from the hall and from the staff room corridor. Equipment is regularly checked and maintained by the post holder but all staff members play a role in its upkeep. The Active School Committee also assists with the storage and care of the equipment. The equipment is generally stored in suitable containers and labelled.

See Appendix for full list of equipment.

## 7. Review

It will be necessary to review this plan on a regular basis to ensure optimum and appropriate implementation of the PE curriculum in the school. Our experience of COVID-19 has demonstrated the importance of a plan that is flexible and can be rolled out virtually. Hence the value of reviewing the plan annually and adjusting to circumstances that pertain.

Roles and Responsibilities

Those involved in the review will be:

* Miriam Dignam: the principal
* teachers
* pupils
* Máire Kenny: St Kevins’ G.N.S. post holder for P.E.
* Board of Management/Department of Education and Science

## 8. Ratification and Communication

This P.E. plan will be ratified by the Board of Management and will be communicated to school staff and through the newsletters to parents.

**Appendix**

### Resources

Books and Resources available in P.E. Storeroom

* Move Well Move Often
* Parachute Play (ideas on laminated cards)
* What Will We Do Next? (a book of children’s games from South Dublin Libraries and South Dublin County Council, particularly suitable for junior classes)
* Dance: [four lesson plans from The Wolf and Peter by David Bolger](https://www.artscentremelbourne.com.au/-/media/acm/files/learn/resources/2017/performances/the-wolf-and-peter---teacher-notes.ashx?la=en&hash=A9F6F95DB30194F294396BF05A0237418851D088): a resource designed to promote creative dance as part of the P.E. curriculum (available in P.E. room in hardcopy)
* Folk dance lessons from the PDST on laminated cards

Classroom Movement Breaks

* [Escape your Chair Challenge](https://irishheart.ie/campaigns/escape-your-chair/) (Irish Heart Foundation)
* [Get Active in the Classroom (HSE)](https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/get-active-in-the-classroom.pdf)
* [Bí Gníomhach sa Seomra Ranga! (HSE)](https://www.hse.ie/eng/about/who/healthwellbeing/hse-education-programme/resources/get-active-in-the-classroom-irish.pdf)
* [10@10 Videos (RTE)](https://rtejr.rte.ie/10at10/)
* [Go Noodle](https://www.gonoodle.com/)
* [Twígín Yoga (RTE Junior)](https://rtejr.rte.ie/category/rtejr-blog/yoga/)
* [Cosmic Kids Yoga](https://www.cosmickids.com/)

‘RUN Around Ireland’ Challenge

* [‘RUN Around Ireland’](https://activeschoolflag.ie/wp-content/uploads/2020/08/Run-Around-Ireland-1-Map-ENGLISH.pdf) combines physical activity with cross-curricular learning. It is an ideal outdoor activity for the start of a new school year.
* A [CLASS Challenge Chart](https://activeschoolflag.ie/wp-content/uploads/2020/08/Run-Around-Ireland-1-Class-Challenge-Chart-ENGLISH.pdf) encourages pupils to work together as a team ‘to visit’ some of Ireland’s most famous landmarks. This can help create a sense of ‘belonging and connectiveness’ within classes
* A [PUPIL Challenge Chart](https://activeschoolflag.ie/wp-content/uploads/2020/08/Run-Around-Ireland-1-Individual-Challenge-Chart-ENGLISH.pdf) is also provided to enable children to combine running at home, with laps completed at school. Parents, siblings and friends are encouraged to take part. Activities of this type can help to build, and maintain, the partnerships between home and school.
* All of the above ‘RUN Around Ireland’ resources (English and Irish versions) can be accessed on [www.activeschoolflag.ie](http://www.activeschoolflag.ie/)

Active School WALKWAY

* The Active School WALKWAY provides a valuable physical activity and learning facility for your school. If your school walkway route is not established, we ask you to consider putting it in place, as early as possible this year.
* The [Walkway IDEAS booklet](https://activeschoolflag.ie/wp-content/uploads/2020/03/20200309-ASF-Walkway-Booklet-S.pdf) outlines how this walking/running route can be used to energise the school day, support the PE curriculum, and to promote active learning. It also includes advice about how to set up your walkway route
* The booklet highlights 30 different ways that the walkway route can be used to promote learning
* It includes [ready-made challenge charts](https://activeschoolflag.ie/wp-content/uploads/2020/02/Active-School-Walkway-Template-Charts-ENGLISH.pdf) for numeracy, literacy and S.P.H.E. activities and supports teachers to find ways to bring learning outdoors. [Irish versions](https://activeschoolflag.ie/wp-content/uploads/2020/02/Active-School-Walkway-Template-Charts-GAEILGE.pdf) of the challenge charts are also available
* A ready-made orienteering challenge chart is included which is really useful for schools that decide to focus on the Outdoor and Adventure PE strand at the start of the school year.

Physical Education Resources

* [120 Non-Contact Activities for Physical Education across the Primary School (PDST)](https://www.scoilnet.ie/pdst/120noncontactpe/)
* [Move Well, Move Often (PDST)](https://www.scoilnet.ie/pdst/physlit/assessment/)
* [P.S.S.I Lesson Plans](https://pssi.pdst.ie/strand.html)
* [Irish Primary P.E. Association](https://www.irishprimarype.com/)
* [Primary P.E. Curriculum](https://www.curriculumonline.ie/getmedia/ca8a385c-5455-42b6-9f1c-88390be91afc/PSEC05_Physical-Education_Curriculum.pdf)
* [P.E. Teacher Guidelines](https://www.curriculumonline.ie/getmedia/2ca06265-2e75-4cc1-8174-661a877728d4/PE_Guidelines_english.pdf)
* [Fundamental Movement Skills (FMS)](https://www.scoilnet.ie/fileadmin/user_upload/Move_Well_Move_Often_Teacher_Guide__7___1_.pdf)

Virtual P.E. Resources

* [Beyond the Classroom Video Series (PDST)](https://www.scoilnet.ie/pdst/physlit/beyond/)
* [PE at Home Video Series (PDST in collaboration with DCU)](https://www.scoilnet.ie/pdst/peathome/)

Assessment Resources

* [Move Well, Move Often Assessment Tools (PDST)](https://www.scoilnet.ie/pdst/physlit/assessment/)

### Equipment Lists

Equipment for Ball Games

* Multiple wooden bats from The Irish Heart Foundation with small red balls (smaller than standard tennis balls)
* Multiple plastic bats for use with yellow sponge balls: 28 of same size; with some additional balls of miscellaneous sizes
* Cricket set (size 5) stored in its own bag
* 4 mini volleyball sets, portable with blue bases to be filled with water or sand
* Tag rugby sets
* Badminton equipment (stored in its own bag)
* Uni-hoc sets:
  + set a) large sticks inc. yellow puc
  + set b) medium sticks
* School jerseys
  + Set of soccer jerseys (provided by Kilnamanagh AFC)
  + Handball jerseys (provided by The Star
  + G.A.A. kit provided by Parents’ Association

Sports Balls

* G.A.A. balls stored in ball bag
* Mini Olympic handballs stored in black bag
* Basketballs (stored in large basket on wheel)
* 24 tennis balls (stored in plastic bag)
* Blue and yellow volleyballs — only to be used for volleyball
* Plastic rugby ball
* Soft pink dodge ball (only for indoor use)

Multi-purpose Balls

* 28 hard plastic balls stored
* 24 tennis balls
* 3 packs of Slazenger yellow plastic balls
* 1 pack of 14 large tennis sponge balls
* 12 reaction balls (hard rubber in transparent plastic bag)
* Multiple small coloured balls stored in plastic container
* Light plastic footballs

Athletics' Equipment

* 2 green standing long jump mats (stored in their own green duffle bag)
* 4 yellow ladders
* Beep test CD
* 2 Hurdles types
  + Eveque (blue bag) soft cardboard jumps of various heights
  + Adjustable height metal hurdle equipment
* Relay batons
* Skipping ropes
* Relay race batons
* Spots
  + Plain
  + Instructional
* Frisbees
* Cups
* Cones
* Quoits
* Hula hoops
* Bean bags
* Obstacle course equipment (stored in plastic container)
  + egg and spoons
  + three legged race bands
  + sack race
  + relay batons

Miscellaneous Games Equipment

* 2 parachutes
* 1 kite
* Space Hoppers
* X and Os games set
* 5 giant Connect Four sets (stored in wooden box)
* Limbo set
* Skittles and balls stored in large grey tub

Gymnastics

* 7 large pieces of soft equipment
* Springboard
* Horse
* 8 large blue mats (stored in a white metal frame on wheels)
* Variety of yoga mats

Dance

* Coloured ribbons on sticks

Virtual School Sports Week Template

**St Kevin’s G.N.S. Virtual Sports’ Days**

**Basic Points for Staff**

* **It’s an initiative of the Sligo Education Centre. Details are on the centre’s homepage. We need to tag S.E.C. plus A.S.F. as we can use these activities as part of our A.S.F. application.**
* **We roll it out to substitute other curricular work for the last week in June.**
* **There are six activities with event explainers and video clips to demonstrate activities**
* **We will work through the six activities together as a school: running, kicking, throwing, landing, balancing, traditional school sports**
* **The different activities are based upon the Move Well Move Often Programme developed by the Professional Development Service for Teachers.**
* **The aim is to develop the physical literacy of the child through the lens of the core fundamental movement skills.**
* **There are six different task areas with three different levels of difficulty; there is a video instruction for each task.**
* **In the downloads section there is a two stars and a wish card for each event to aid student self-assessment.**
* **Also in the downloads section is a personal planner so that each child can design their own timetable.**
* **The pupils are encouraged to use their imagination so that they can amend and adapt the activities to suit their situation.**
* **There is a music playlist in the downloads section to accompany the activities.**
* **Activity One is aimed at junior and senior infants and first class. Activity Two is designed for pupils from second to fourth and level three is for fifth and sixth classes but the levels are by no means proscriptive.**

**Blurb for parents and pupils on website:**

**St. Kevin’s G.N.S. are rolling out our virtual school sports’ day programme for the rest of the month. We are encouraging everyone to get involved by trying out the suggested activities. The idea is to have some fun and exercise. Our activities are modelled on The Virtual Sports Day designed by Sligo Education Centre. On** [**the website**](https://sites.google.com/holyangelsns.ie/virtualsportsday/home) **you will see there are six different task areas with three different levels of difficulty: Activity One is aimed at children in junior infants to first class level; Activity Two is designed for second to fourth class pupils; and Activity Three is more advanced and is aimed at fifth and sixth class pupils. However it is by no means proscriptive and can be adapted to suit all family members. An accompanying event explainer and video clip for each task is available on the website. Your daughter can amend the different activities to suit her garden or indoor space and use her imagination to compile equipment from things you have at home. We would love it if you could send us photos of your favourite activities so we could make a photo montage. You can learn more by following** [**this link**](https://sites.google.com/holyangelsns.ie/virtualsportsday/home) **to Sligo Education Centre.**

**Suggested Timetable of Activities**

**Monday**

**We encourage everyone including incoming junior infants to:**

* **Look at Sligo Education Centre’s Virtual Sports Day.**
* **Compile list of equipment. Substitute things they have at home for usual sports equipment e.g. paper plates for cones ,cardboard for quoits or rolled up socks for balls.There are lots of ideas on the S.E.C. website under**[***The Lists’* tab**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-lists)**.**
* **Make goody bags to replicate the school sports’ day goody bags. Again there are plenty of simple ideas on the S.E.C. website.**

**Activities:** [**Running**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/running)

**1. Traffic Lights**

**2. Rock, Paper, Scissors**

**3. Make The Face**

**Tuesday**

**Activities:** [**Kicking**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/kicking)

**1. Through The Gate**

**2. Kick To Score**

**3. Rebound The Ball**

**Activities:** [**Throwing**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/throwing)

**1. Knock ‘Em Down Pinball**

**2. Tennis Ball Challenge**

**3. Bowling**

**Wednesday**

**Activities:** [**Landing**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/landing)

**1. Jack Be Nimble**

**2. Jockeys Up**

**3. England, Ireland, Scotland, Wales**

**Activities:** [**Balancing**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/balancing)

**1. Walk The Line**

**2. Wheelbarrow Races**

**3. Obstacle Course**

**Thursday and Friday**

**Activities:** [**Traditional Sports Day Activities**](https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/traditional-school-sports)

**1. Egg And Spoon Race**

**2. Sack Race**

**3. Twister**

**4. Queen-I-O**