



St. Clare's Primary School

Harold's Cross, Dublin 6W

Roll Number: 16651H

OUR SCHOOL IMPROVEMENT PLAN

CURRICULAR AREA

PHYSICAL EDUCATION

<p>Summary of main strengths as identified in last SSE on (specify date):</p>	<ul style="list-style-type: none"> ○ Staff qualifications; ○ Willingness of staff organise and run extra-curricular activities; ○ Willingness of parents to participate in extra-curricular activities; ○ Equipment and facilities; ○ Partnerships with local clubs – Kevins Hurling Club, Templeogue Synge St GAA, Swan Leisure, Rathmines, Tennis Ireland; ○ Each class receives the one hour PE class each week
<p>Summary of main areas requiring improvement as identified in last SSE:</p>	<ul style="list-style-type: none"> ▪ Dry land aquatics for all class levels ▪ Swimming for 4th and 5th classes and fun swim for 6th class ▪ Teacher CPD – Inclusive physical activities, <ul style="list-style-type: none"> ✓ Buntus, ✓ Action for Life, ✓ Be Active ASAP ✓ Hurling Coaching Level 1 ✓ Yoga in the Classroom ✓ Orienteering Lesson Plans ✓ Active School Flag ▪ Introduction of non-competitive activities
<p>Required actions (related to teaching and learning that will help to achieve the targets)</p>	<ul style="list-style-type: none"> • The PE Yearly Plan is now on display in every classroom • The schools PE policy was reviewed • Two teachers (Ms O'Donnell & Ms Ni Dhómhnaill) joined the Irish Primary PE Association as members. • Teachers will attend hurling/camogie training organised by the local Hurling Club, Kevin's Hurling Club • Two teachers will attend a 'Yoga in the Classroom' course in the Blackrock Education Centre. New ideas and resources will be shared with the staff • All staff will receive Action for Life Training by the Irish Heart Foundation and each class teacher will receive resources for their class group. • All staff will receive training from Sports Inclusion Disability Officer – Phena O'Connor • All staff will receive Buntus Training from Catherine Flood • Jim Dwyer will give dry land aquatics training to all staff as part of Croke park hours • A section for PE book resources will be set up in the resource room to help teachers deliver a balanced curriculum and provide quality PE lessons • 5th and 6th class children will receive 6 week block of training from a Table Tennis Ireland coach • Revise extra-curricular programme to ensure a mix of competitive and non-competitive activities, individual and team activities • Survey parents regarding the level of physical activity and seek their opinion on ways it can be improved

	<ul style="list-style-type: none"> • The Active School Committee (made up of class representatives from junior infants to 6th class) will learn five dances for Wake Up Shake Up which they will lead every morning before school at 8:35am. • To promote safety at the school gate • Promote and encourage children for their sporting achievements both inside school and outside school through the use of the Active School notice board • Organise a guest speaker to speak to the children about healthy eating and active lifestyle. • Hold an Active School Week during February and June
Persons responsible	<ul style="list-style-type: none"> ➤ MARIA SPRING – PRINCIPAL ➤ CLAIRE O'DONNELL – ACTIVE SCHOOL CO-ORDINATOR ➤ ANNA NÍ DHÓMHNAILL – ACTIVE SCHOOL CO-ORDINATOR
Timeframe for action	<ul style="list-style-type: none"> ○ SEPTEMBER 2013 – JUNE 2014
Success criteria / measurable outcomes	<ul style="list-style-type: none"> • There has been a significant investment in sports equipment for the pupils to use at break times; new table tennis net and bats, new skipping ropes for each classroom, playground markings, Buntus equipment, and rugby equipment from Leinster Rugby. • The school will had a fundraising event to fund the repainting of the playground markings • The school organised a skipping workshop for all classes. Skipping is actively promoted during break times. Competent skippers have been given the responsibility to act as skipping coaches during yard time. • The school has introduced a field timetable to allow the children from 3rd class to 6th class to play games such as rounder's, soccer etc. • Playground zones have been introduced to ensure that from junior infants to second class have increased space to use the new playground markings. • Pupils from 5th and 6th class are allowed under supervision to use the indoor hall at break times to play table tennis. A mixed tournament has been organised for them with each pairing a pupil from 6th and 5th class. • We revised extra-curricular programme to ensure a mix of competitive and non-competitive activities, individual and team activities. (Spring Olympics, Be Active ASAP, Wake Up – Shake Up, Run a Mile, Junior Athletics, Camogie, Hurling, Football, Athletics, Rugby, Table Tennis, Swimming, Basketball, Nursery Hurling) • A survey was carried out and the findings were analysed and recorded • The Active School notice board has information about all the extra-curricular opportunities. The Active School committee has the responsibility for keeping the notice board up to date. • The school, with the co-operation of parents, is now participating in the HSE Be Active After School Programme (Be Active ASAP). This programme was rolled out to two first classes and second class. • The Active School committee (made up of class representatives from junior infants to 6th class) have learnt five dances for Wake Up Shake Up which now takes place every morning before school at 8:35am. The Active School committee lead this and the emphasis from the start was on inclusivity and fun. • 127 pupils from second class to sixth class participate in 'Run a Mile' on Wednesday and Friday mornings at 8am. Parents have

	<p>been invited and we have mixture of parents, teachers and SNA's who also participate. It is a great way for the children to get to know one and other and introduce them to fun running. The 'Run a Mile' has been so popular that we intend to hold it as an annual activity.</p> <ul style="list-style-type: none"> • Junior Infants have started Junior Athletics Programme for six weeks on the 29th of April. This is led by a teacher in school who has completed the Athletics Leader course by Athletics Ireland. • First and second classes used the RSA programmes to promote safe active travel: Seat Belt Sherriff to first class, High Glow Silver to second class and the Safe Cross Code dance to all classes. Pupils who were making a big effort to implement the key messages from the Safe Cross Code. These pupils are announced during assembly on a Friday and awarded a key ring. • RSA sent out bike lights and arm bands for the children to promote safe travel. • A Sports Stars section was created on the Active School notice board to celebrate physical activity skills and achievements. • A guest speaker – Prof. Donal O'Shea spoke at the Parent Association AGM to parents about healthy eating and active lifestyle. He also gave a presentation to the children. • The school website includes a link to the Get Ireland Active website and encourages parents to look up information about physical activity events in their local area. Information is also displayed on the Active School notice board. • The school website is regularly updated with physical activities that the children are participating in and there is a link on the website for Active School blogs • An Active School Week was held in February 2014
<p>Review dates</p>	<ul style="list-style-type: none"> • JUNE 2014