



Physical Education



*Our school is working towards the Active School Flag.
This is a record of the work that we have undertaken.*

Our PE Timetable

The P.E. curriculum 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.

There are six strands in the P.E. curriculum:

- Athletics
 - Dance
- Gymnastics
 - Games
- Outdoor and adventure activities
 - Aquatics

The teachers cover each of the above six strands over the school year with their classes (Aquatics in the Senior Classes).

Aquatics forms part of our PE programme



The Boys and Girls in 5th and 6th Class in Maree NS were lucky enough to have the opportunity to attend a Swimming & Water Safety lesson at Kilcornan Swimming Pool, Clarinbridge as part of our Aquatics PE programme.

Each year, different classes are given the opportunity to attend these lessons. The children in these classes attended Kilcornan Swimming Pool during March 2022.



Water Safety in Kilcornan Swimming Pool Clarínbridge

We Teach Land PAWS to Support the Aquatics PE Strand



The two 2nd Classes learnt all about Land PAWS in June! This programme covered water safety at home, on the farm, around waterways and at the sea. The children then completed a quiz at the end of the programme based on what they had learned. We also applied for PAWS certs.

www.activeschoolflag.ie

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

Athletics forms part of our PE programme

To mark the first year of our quest for the Active School Flag, the staff and children of Maree NS decided to choose **Athletics** as the priority PE strand this year. We felt that the skills learned in the Strand Area of Athletics forms the basis for many games and sports that the children will encounter and play, at all levels.

We are very lucky to have plenty of space to get our PE done during the week and we ensure to schedule time for our very important movement breaks also. Our school astro is a firm favourite for getting some laps done on a daily basis as is the local 4G pitch, which we are so lucky to be able to use also 😊. We also have use of our concrete yard space, our school hall and the local pitches for our PE lessons.



Dance forms part of our PE programme



We love keeping active through Dance in our classrooms, in the school hall and on yard with the speaker!





Games form part of our PE programme



Our classes take part in a variety of Games in the school hall and in the astro/yard throughout the school year



Gymnastics forms part of our PE programme



Balancing, rolling and yoga are just some of the gymnastic skills covered during the school year!

Outdoor and Adventure forms part of our PE programme



We use the local outdoor facilities as much as possible in Maree NS. Here are just some of the activities we get up to during the school day!

This Year's Priority PE Strand:

Athletics

Strand Units:

- ① Running
- ② Jumping
- ③ Understanding and appreciation of athletics

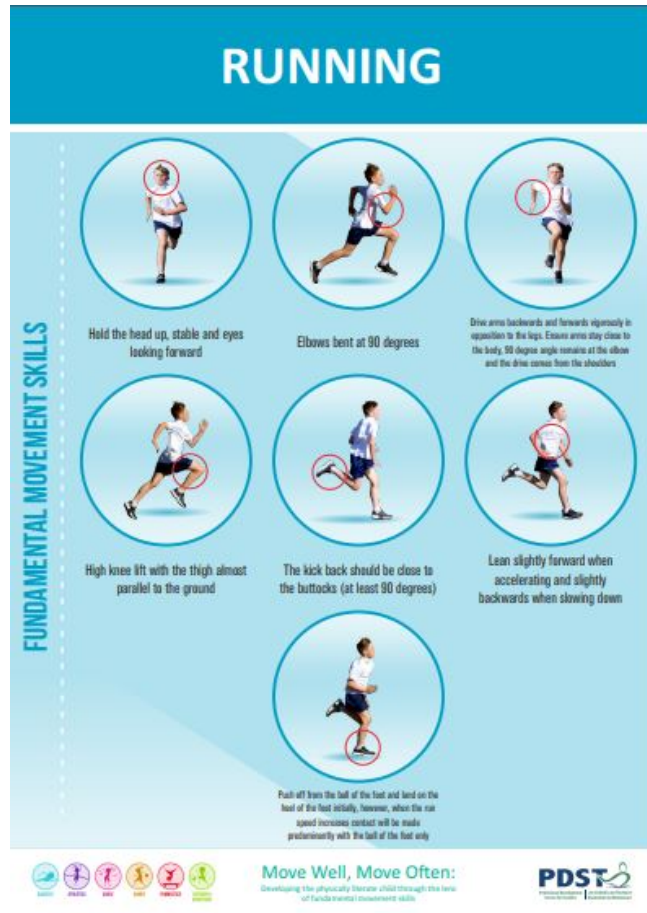
This year, we are focusing on Athletics as our Priority PE Strand in Maree NS. We decided to choose Athletics as the priority PE strand this year as we felt that the fundamental movement skills learned in the strand area of Athletics are hugely important for the many games and sports that the children will encounter and play, from Junior Infants to 6th Class and beyond. This year we mainly focused on the areas of running and jumping (skipping). We took part in whole school challenges which focused on developing these skills:

- ◆ Climb the Heights skipping / jumping challenge
- ◆ Run Around Ireland running challenge

Running

Technique:

- ① Hold the head up, stable & eyes looking forward.
- ② Elbows bent at 90 degrees.
- ③ Drive arms backwards & forwards vigorously in opposition to the legs.
- ④ High knee lift with the thigh almost parallel to the ground
- ⑤ Kick back at 90 degrees.
- ⑥ Lean slightly forward when taking off & slightly backwards when slowing down.
- ⑦ Push off from the ball of the foot and land on the heel of the foot initially. Mainly focus on the ball of the foot as speed increases.



Jumping (For Height)



Technique:

- ① Eyes are focused forward, head up and back straight
- ② Crouch with knees bent and arms behind the body
- ③ Legs forcefully extend and straighten in the air
- ④ Arms swing forwards and upwards in time with the legs
- ⑤ Arms and legs extend as far as possible in the flight phase
- ⑥ Land on both feet with no more than one step in any direction to control the landing
- ⑦ Ankles, knees and hips bend on landing to absorb the shock

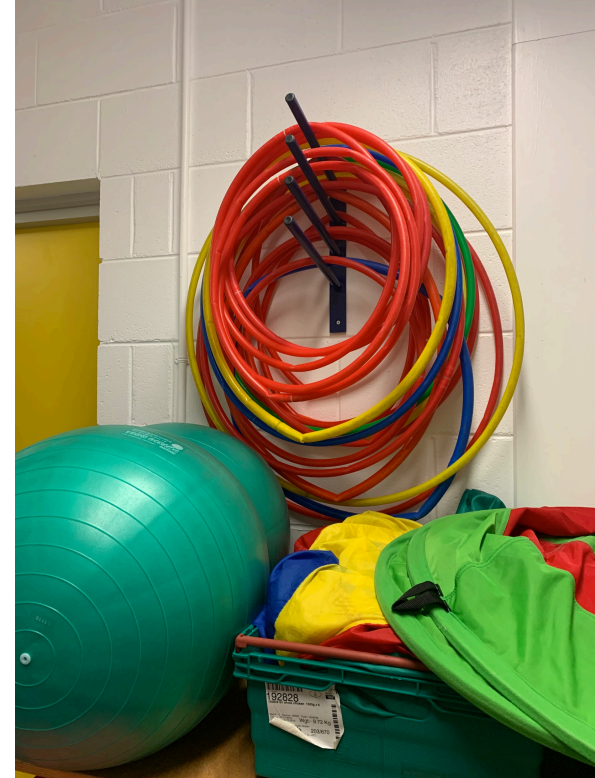
Jumping (For Distance)



Technique:

- ① Get into the 'ready' position by bending the knees, hips and ankles
- ② Head up and eyes focused forward
- ③ Explode forward from the ready position
- ④ Swing the arms back behind the body then quickly forwards and upwards
- ⑤ Push off from both feet together, with the toes the last part of the body to leave the ground
- ⑥ Land on both feet at the same time bending the hips, knees and ankles to absorb the impact
- ⑦ Legs straighten during the flight phase

Organised and Labelled PE Equipment



Our PE press in the hall is equipped with lots of resources for our PE lessons and movement breaks as well as gear for our many matches and blitzes!



We also have lots of sports equipment in our yard equipment boxes for use on the playground during yard times! We have a box for the junior end and a box for the senior end. Our ASF committee are in charge of opening and closing these boxes each day and taking the equipment in and out as well as tidying up! They have been doing such an amazing job and are a credit to themselves! Thank you ASF Committee! 😊

Fundamental Movement Skills



The Fundamental Movement Skills form the basis for all games, sports and physical activity! With the help of the Move Well Move Often programme, we have started to work on our FMS. There are 14 in total. This year, we have mainly focused on Walking, Running and Jumping/Landing!