



Active School Flag











Physical Education

Our school is working on renewing our Active School Flag.

This is a record of the work that we have undertaken in the area of Physical Education.

Physical Education Outline

6 week block (dates)	Strand	Fundamental Movement Skill							
		J. Infants	S. Infants	1- Class	2- Class	3- Class	4- Class	5- Class	6- Class
September and October	 GAMES	Walking, Running,	Catching Throwing, Kicking	Catching Throwing	Striking with hand Striking with implement	 AQUATICS	 AQUATICS	Striking with the hand Dodging and Sidestepping	Catching, throwing kicking
November and December	 DANCE	Skipping Hopping	Hopping Side stepping	Skipping Hopping	Hopping Side Stepping	Hopping	Side stepping	Walking	Hopping Skipping
January to mid-March	 GYMNASTICS	Balancing Landing	Balancing Landing	Balancing Landing	Balancing Landing	Balancing	Landing	Balancing	Landing
Mid-March to Easter	 GAMES	Throwing Catching	Striking with the hand Striking with an implement	Dodging Kicking	Dodging Kicking	Catching, throwing, dodging	Striking with the hand, striking with an implement	Dodging, kicking	striking with an implement
Easter to mid-May	 ATHLETICS	Hopping	Jumping Dodging	Running Jumping for distance Throwing	Running Jumping for height Throwing	Running, jumping for height	Running, jumping for distance	Running, jumping for height	Running, jumping for distance
Mid-May to June	 OUTDOOR & ADVENTURE	Walking	Running	Walking	Running	Walking	Running	Walking	Running

Land Paws

- We teach the Land Paws programme from Water Safety Ireland to teach children basic water safety skills.



Aquatics

2nd, 3rd and 4th classes enjoyed swimming lessons for 6 weeks this year.



Athletics



Dance



Games



Gymnastics



Outdoor and Adventure



This year's priority P.E. strand:

This year we focused on Athletics and were provided with input from the Kilkenny School Partnership which was hugely beneficial for teachers and children.



