



# **HOLY TRINITY**

# **PRIMARY SCHOOL**

## **P.E.POLICY**

### **GENERAL AIM**

It is the aim of this school to provide all the children from years 1 – 7, with a broad and balanced programme of work in Physical Education, in line with the requirements of the Northern Ireland curriculum.

It is the belief of the staff that P.E. has a significant contribution to make to the physical, personal and social development of each pupil. The staff feels that Physical Education can:

- Help the children to develop a positive self-image and enhance their self-confidence.
- Help develop qualities of perseverance, fairness and self-discipline.
- Give pupils a sense of achievement.
- Promote a positive attitude to exercise and personal well being.
- Provide children with the opportunities to develop leadership skills.
- Equip children with the ability to co-operate with others.
- Provide a means of enjoyment.
- Contribute to the development of skills required in other curricular areas.
- Allow children with Special Educational need to participate and develop.
- Make the children aware of the importance of general exercise with relation to a healthy lifestyle.

In order to achieve these aims a challenging programme will be devised which will allow the pupils to experience personal challenge through a range of learning experiences. This will be a progressive plan, which will allow children to practise, review and refine their performance when required.

The programme will be broad and balanced and will be delivered through a variety of teaching and learning approaches to help the children become competent across a range of physical activities.

### **KEY STAGE 1**

The programme will include units of work from the areas of Games, Athletics, Dance and Gymnastics. Once the programme is implemented these units of work will allow a continuous 8-week period of progression in each.

Primary 1 will have 15 – 20 minutes of activity daily, in addition to their P.E. lessons.

Primaries 2, 3 and 4 will have two periods of 45 mins weekly.

## **KEY STAGE 2**

The areas of study will be the same as in Key Stage 1 with the inclusion of swimming. Children in Primary 5, 7, the Senior Units and the Partial Hearing Unit will receive a full term of coaching at Andersonstown Leisure Centre. Primaries 5, 6 and 7 will have at least two 45 min sessions of P.E. per week.

Key Stage 1 will also follow the following radio programmes as a means of enhancing their dance programmes

- “Let’s Move”
- “Time to Move”

Key Stage 2

- “Dance Workshop”

## **FACILITIES AND EQUIPMENT**

The school facilities include two halls with adjoining stores for easy access to all equipment. Teachers have an inventory of all equipment available. Outdoor facilities include two large and two smaller playgrounds. The small equipment is reviewed annually and replaced when necessary. This includes balls of various sizes, hoops, ropes, beanbags, quoits, bats, training bibs, hurls and helmets, cones, hemispheres and wooden markers.

When the opportunities arise, the Cross Curricular Themes of Cultural Heritage and Education for Mutual Understanding will be delivered through the P.E. programme. Links between Science, Health Education and P.E. will be encouraged and discussed. EMU will be delivered through P.E. by promoting aspects of co-operation, teamwork and respect for themselves and each other. The school football, hurling and basketball teams will participate in the various leagues and competitions available including local and cross community tournaments.

## **EXTRA CURRICULAR ACTIVITIES**

The staff of this school recognise the value and importance of after school activities. The school’s involvement in the leagues and tournaments mentioned already will involve much after school time. This will include the school’s participation in the following competitions:

- Cathedral and Raffo Cups (Boys’ football)
- Kevin Armstrong and Primate’s Cups (Hurling)
- Truly Fare Cup (Girls’ football)
- Indoor competitions
- INTO / GAA mini sevens
- Basketball league

Activities will include practice sessions throughout the year.

## **SCHOOL SPORTS**

Two full days in the last term are devoted to Sports Day, one day for each key stage. Activities will take place in the morning and prize giving in the afternoon. Emphasis is placed on the participation of all pupils and the involvement of parents.

## **SAFETY**

All teachers are aware of the importance of safety with regard to activities and the use of equipment. An annual circular detailing current safety guidelines or changes will be sent to teachers and will remain available for their use. Children will be encouraged to change for P.E.

## **SPECIAL NEEDS**

Children with disabilities or Special Educational Needs will participate in the P.E. programme as fully as their disability will allow, taking account of parental and medical advice. The children will also follow another programme developed by unit staff in consultation with physiotherapist Hazel Coates with the aim of improving pupils' fine motor skills as well as developing their thinking skills. Children from mainstream with A and D also take part in this programme for 20 minutes daily.

The progress of all pupils will be monitored and commented on in the child's general annual report.