



Dominican College Sion Hill
Physical Educations and Sports Policy
September 2020

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Overview

PE helps pupils acquire the knowledge, skills and understanding they need to participate successfully in, and enjoy, physical activities both now and in the future. PE develops pupils' competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school.

A high-quality PE curriculum enables all pupils to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, analyse the situation and make decisions. They also reflect on their own and others' performances and find ways to improve them. Their sense of self is enhanced through the development of skillful and creative performances. They develop understanding and awareness of cross-curricular links with PE.

Competence in physical activity and the sense of enjoyment brought about by being active and successful engenders a sense of confidence and self-esteem in pupils and enables them to become increasingly independent. This confidence encourages them to get involved in physical activity for its own sake and as part of a healthy lifestyle choice.

A high-quality PE curriculum enables all pupils to enjoy and succeed in many kinds of physical activity ranging from dance to rugby, for example. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles. Discovering what they like to do, what their aptitudes are at school, and how and where to get involved in physical activity helps them make informed choices about lifelong physical activity.

PE helps pupils develop personally and socially. They work as individuals, in groups and in teams, developing leadership and management skills, concepts of fairness and of personal and social responsibility. They take on different roles and responsibilities, including coaching and officiating. By working in a variety of contexts on their own, in groups and in teams, pupils learn to work both independently and collaboratively. By participating as performers, leaders and officials, pupils develop the ability to communicate effectively in a range of ways both verbally and non-verbally. They also learn to listen and act on what they hear, understand and appreciate alternative viewpoints and learn to compromise, particularly when working in pairs or groups to create final products. Through the range of experiences that PE offers, they learn how to be effective in competitive, creative and challenging situations.

Curriculum Structure

The PE curriculum is designed around eight practical activities, each of which have particular characteristics and contributes to the attainment of the overall aims of PE. The areas of activities are:

- Adventure Activities (eg. Orienteering)
- Athletics (eg. Track and Field)
- Dance
- Gymnastics
- Health Related Activity (eg. Aerobics, yoga)
- Invasion Games (eg. Hockey, rugby)
- Net/Wall Games (eg. Badminton, volleyball)
- Striking & Fielding Games (eg. Rounders, cricket)

There is a scheme of work in place for each area of activity. These schemes of work have been split into three sections: development (1st & 2nd Yr), intermediate (3rd & 4th Yr) and advanced (5th & 6th Yr).

Development

The focus of the development phase of learning is:

- Developing competency
- Developing activity-specific technique
- Securing knowledge and understanding of the key principles associated with the activity
- Helping pupils to evaluate their experiences

Intermediate

The focus of the intermediate phase of learning is:

- Providing greater depth of study across activities
- Providing opportunities for leading and officiating in chosen activities
- Designing and implementing training programmes

Advanced

The focus of the advanced phase of learning is:

- Providing opportunities for leading an activity
- Providing opportunities to devise and organize competitions or performances
- Enabling pupils to make their own decisions
- Analyzing their own and others' work and taking the initiative to develop and improve

Every scheme has been designed around four strands of teaching and learning. These are:

- Acquire and develop skills
- Select and apply correct decisions
- Knowledge and understanding of the skill/tactic
- Evaluate and improve

Time Allocation

PE is compulsory for all. Each pupil in the school is timetabled for 1 class of PE a week (60mins). First Years are allocated 2 periods of PE a week.

Special Educational Needs

The PE curriculum aims to provide relevant and challenging learning to all children by setting suitable learning challenges, responding to pupils' diverse learning needs and overcoming potential barriers to learning and assessment for individuals and groups of pupils, including any pupil/s with an IEP (individual education plan). Games can be modified and adapted for all. For example, when learning the set shot in basketball, smaller basketballs can be used or the hoop can be lowered, therefore promoting inclusion and success for all.

Differentiation

All classes are mixed ability (LAPs = less able pupils, MAPs = more able pupils) and activities are adapted and modified to suit pupils' abilities. Sion Hill has a large international community. Where possible, EAL (english as an additional language) pupils are given visual aids to assist with their learning.

Health & Safety

Pupils must wear the school PE uniform of red tracksuit bottoms/red leggings, black PE t-shirt and black jumper and appropriate footwear. Fashion trainers are not allowed for PE, for example, Converse, Vans, AirForce or Keds.

Pupils' hair must be tied up and all jewellery removed. Small stud earrings are allowed.

No food, including chewing gum, or fizzy drinks are permitted in the gym. Water is allowed.

Only pupils with a valid note from home explaining illness or injury may sit out of PE but must remain in the PE hall. A doctor's note may also be requested.

If a pupil is injured during class, first aid is administered. The PE office stores all necessary first-aid equipment. If the injury is more serious and requires further medical attention, the appropriate procedures are followed.

All medical conditions that could affect a pupils' learning in PE must be made aware to the school staff.

Record Keeping

The class register is taken before all PE classes. The following symbols are used in the register:

Present = ✓ Absent = 0 Incomplete or no PE kit = K¹ or K² Note = N

If a pupil receives a K² (second Kit mark), she will be on detention the following Wednesday. K¹ and K² carry the same weight as any other disciplinary mark i.e. no homework or disruptive behaviour. The code PEU and either ¹ or ² is written in the pupil's diary, which is checked weekly by the class tutor.

Cross Curricular Links

PE can be linked with many other subjects. PE reinforces and promotes further learning in English, mathematics, science, geography, music, home economics and ICT. For example, orienteering and map reading is an integral part of Outdoor Adventurous Activities and geography. Numeracy moments are constantly occurring in class, from scorekeeping, to reading Heart Rates, to calculating distances travelled... Science & basic human anatomy is often referred to during warm ups and within the Health Related Activity block. Pupils can also monitor their Heart Rates during class using the latest software.

PE also promotes development of key skills such as speaking and listening, teamwork, building resilience and leadership skills.

The planning and coordination of extra-curricular activities, the Fun Run Day, Healthy Lifestyle Week and Sports Day can also involve other departments. Regular discussion with relevant parties takes place on an informal basis.

Extra-Curricular Activities

Pupil extra-curricular activities are an integral part of Sion Hill life and help promote and develop wholesome attitudes and good social skills as well as further knowledge and understanding of the chosen sport. Sion Hill and the PE Department encourages all pupils to participate in extra-curricular activities.

Extra-curricular sport is compulsory for all 1st, 2nd and 3rd year pupils. These pupils must choose a minimum of one after-school sport to take part in in each term. Attendance is monitored and recorded. Failure to turn up for training will result in a mark in their diary.

The extra-curricular programme is split into two terms; winter/spring and summer terms.

Timetable

Sept – Feb/Mar (EXAMPLE)

	Monday	Tuesday	Wednesday	Thursday	Friday
After school	Hockey 3.45-5.15 Basketball cadet & Sen 4.00 - 5.00 ZUMBA 3.45 - 5.15	Hockey 3.45 - 5.15 MULTI-SPORT 1.15-2.15	Hockey *GAMES Basketball cadet & Sen 1.15-2.15 Bootcamp 1.15-2.15	Basketball 2 nd Yrs 4.00 - 5.00 Hockey 3.45-5.15	Basketball 1 st Yrs 4.00 - 5.00 Athletics 3.50-4.50 Hockey 3.45-5.15

AIMS of THE Extra-Curricular PROGRAMME

- to provide activities which teach the values of cooperation as well as the spirit of competition;
- to offer opportunities which enhance self-confidence and optimum development as an individual;
- to provide opportunities that develop pride, an interest in, and an appreciation for, themselves, their peers, the sport, and the school;
- to provide opportunities for individuals to develop physically, mentally, emotionally, and socially;
- to teach self-discipline and good sportsmanship through competition;
- to encourage respect and a sense of 'fair play' amongst pupils, peers and staff
- to teach sound health habits and safety techniques in all sports

Coaching

The extra-curricular programme would not be possible without the assistance of other members of staff. External coaches with expertise in different sports are also hired to help with the smooth running of extra-curricular activities. The support of parents is also hugely valuable.

Teams

Sion Hill is represented in various Leinster and Dublin leagues across basketball, hockey and tennis. Sion Hill also participates in all East Leinster athletics events.

Matches

Details of squads and match fixtures are placed on the sports notice board every week. It is each pupil's responsibility to check the notice board regularly. Away fixtures sometimes require hiring a bus. Pupils will be asked to contribute to this cost. Where possible, parents are asked to assist with lifts. Hockey matches are played regularly on Saturday mornings.

Sports Committee

The Sports Committee is comprised of two 6th year prefects and one pupil from each year. Aspiring members must apply for positions on the Committee. The Sports Committee works with the PE Department throughout the scholastic year. Their role includes the following:

- They assist with extra-curricular activities during or after school
- They assist with the running of the FUN RUN (annual fundraising event - the money raised is used to buy new sports equipment).
- They assist with the set-up of Sports Day
- They promote PE and extra-curricular sports and healthy lifestyles in school
- They assist PE staff with Open Day
- They are responsible for stock-taking and recording results

- They are responsible for announcing weekly sporting updates to the school.

Prize Day

Each year a number of pupils are awarded prizes for the effort, dedication, attitude and improvements they have made throughout the year in their chosen sport. These achievements are honoured on Prize Giving Day.

The Board of management ratified this policy on 24th September 2020.

Signed:  _____

Mr Paul Meany, Chairperson

