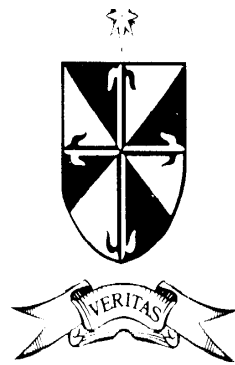


**Dominican College**  
**Sion Hill**



**Physical Education**  
**and**  
**Sports Policy**

**Nov 2011**

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## Section 1 - 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 skilful 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.

## Section 2 - Importance of Physical Education/Sport

*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.

## Section 3 - 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)

(Please see the Junior Cycle PE Syllabus for further detail on the above activities).

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

#### Section 4 - Time Allocation/ Differentiation/ Special Educational Need

PE is compulsory for all. Each pupil in the school is timetabled for 2 classes of PE a week (80mins). These are either in two separate single classes or a double class.

*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 pupils are given visual aids to assist with their learning.*

*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. 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.*

## Section 5 - Health & Safety

*Pupils must wear the school PE uniform of black tracksuit bottoms, PE t-shirt, grey hoody and appropriate footwear (please see below). Their hair must be tied up and all jewellery removed. Small stud earrings are allowed.*

*No food or fizzy drinks are permitted in the gym. Water or juice 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 are made aware to the PE and coaching staff.*

### Footwear

*Fashion trainers are not acceptable for PE. For example, Converse or Keds are not appropriate shoes for sports and should not be worn.*



### 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 = K<sup>1</sup> or K<sup>2</sup>      Note = N

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

## Section 6 - Resources

Aerobic mats: 27	Cricket bats: 10	Rounders bats: 10
Badminton rackets: 36	Batons: 12	Skipping ropes: 12
<i>Blue Bibs: 9</i>	<i>Red Bibs: 23</i>	Yellow Bibs: 27
<i>Compass: 1</i>	<i>Frisbee: 1</i>	Rope: 1
<i>Cones: 114</i>	<i>Badminton Posts: 2</i>	Soccer balls: 37
Cross Trainer: 1	Hockey balls: 84	Gaelic balls: 2
<i>Discus circles: 9</i>	<i>Foam javelins: 16</i>	Netballs: 8
<i>Green Bibs: 8</i>	<i>Orange Bibs: 8</i>	Projector: 1
<i>Gym Balls: 5</i>	<i>Pedometer: 28</i>	Tag Rugby Belts: 34
Gym mats: 23	Med balls: 8	Rugby balls: 12
Hockey Sticks: 48	Velcro pads: 34	Indoor goals: 3
Hula Hoops: 19	Line Markers: 50	Badminton nets: 5
<i>Ladders: 6</i>	<i>Posters</i>	Whiteboard: 1
Long Jump mat: 1	Javelins: 1	TV: 1
<i>Pilates Rings: 6</i>	<i>Swiss balls: 5</i>	DVD player: 1
Safety mats: 3	Beanbags: 10	Rounders posts: 8
Spinning Bikes: 2	Cricket Stumps: 4	Basketballs: 36
Steps: 30	Weights: 9	Volleyballs: 7
<i>Stereo: 1</i>	<i>Speakers: 1</i>	Trampoline: 1
Table tennis rackets: 12	Discus: 9	Hurdles: 8
Tennis Rackets: 33	Tennis Balls: 82	Shot Putts: 15
Uni Hoc Sticks: 23	Sofcrosse Sticks: 12	Volleyball posts: 2
<i>Vault: 2</i>	<i>Box top: 1</i>	Springboard: 2

## Section 7 - 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. PE also promotes development of key communication skills such as speaking and listening, working with others and leadership skills.

The planning and coordination of extra-curricular activities, 1 Mile Challenge and Sports Day can involve other departments. Regular discussion with relevant parties takes place on an informal basis.

## Section 8 – Extra Curricular Activities and Aims

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 the participation of all pupils in extra-curricular activities, however **extra-curricular sport is compulsory for all 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> year pupils**. The extra-curricular programme is split into two terms; winter/spring and summer terms. Pupils must choose a minimum of one after-school sport to take part in in each term. The choices are hockey, basketball, athletics, health-related fitness class, tennis and rounders.

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> pupils must attend the training session of their chosen sport. Attendance is monitored and recorded. Failure to turn up for training will result in a mark in their diary.

### Extra-Curricular Aims

- to provide activities which teach the values of cooperation as well as the spirit of competition;
- to offer opportunities which enhance self-concept and optimum development as an individual;
- to provide opportunities that develop pride, and interest in, and appreciation for the school;
- to provide opportunities for individuals to develop physically, mentally, emotionally, and socially;
- to teach self-discipline and good sportsmanship through competition;
- to provide an incentive for students to attend school regularly and to respect amongst peers and staff
- to teach sound health habits and safety techniques in all sports



## Section 9 – Coaching/ Teams/ Timetable

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.

Below is the list of teams that Sion Hill competes in in their respective Leinster league.

Hockey	1 <sup>st</sup> Yr	Minor	Junior	Senior
Basketball	Minor	Junior	Cadet	Senior
Athletics	Minor	Junior	Intermediate	Senior
Tennis	Minor	Junior	Senior	
Rounders	1 <sup>st</sup> Yr	2 <sup>nd</sup> Yr	3 <sup>rd</sup> Yr	

### SEPT – FEB/MAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					
AFTER SCHOOL	ATHLETICS 3.00-4.00	HOCKEY ALL YRS 3.45 – 5.00	BASKETBALL CADET & SENIOR 3.00 - 4.00  HOCKEY ALL YRS 3.00 - 4.30	BASKETBALL 1 <sup>ST</sup> & 2 <sup>ND</sup> YRS 3.30-4.30	BASKETBALL ALL YRS 3.00-4.30

### APRIL - JUNE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH					
AFTER SCHOOL	ATHLETICS 3.00-4.00	ROUNDERS 1 <sup>ST</sup> YRS 3.45-4.45	GAELIC ALL YEARS 3.45-4.45  ROUNDERS 2 <sup>ND</sup> YRS 3.00-4.00	SOCCER ALL YRS 3.45 4.45	BASKETBALL CADET & SENIOR 3.15-4.15

## 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. Due to a large extra-curricular programme and fixtures list in hockey and basketball, training/matches may be run on a Saturday morning. Attendance will be compulsory.

## Section 10 - Prize Day/ Sports Committee

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

The Sports Committee is comprised of two prefects and one pupil from each year. Aspiring members must apply for positions on the Committee and the PE Department and the Principal review the applications. The Sports Committee works with the PE Department throughout the scholastic year. Their roles include the following:

- They assist with extra-curricular activities during or after school
- They assist with the running of the 1 Mile Challenge Day (annual fundraising event where every pupil in the school jogs 1 mile - 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 in school
- They assist PE staff with Action Day and Open Day
- They are responsible for stock-taking and recording results
- They are responsible for announcing weekly sporting updates to the school.

## Sion Hill Jets

The logo below was designed in September 2008. It represents the PE Department and the sports teams of Sion Hill. The logo was incorporated into new PE sports tops. It was decided that each year would be given a specific colour to represent them. Each year keeps that same colour during their time in Sion Hill.

All pupils are allowed dress up for 1 Mile Challenge Day and Sports Day. The result is a wonderful, vibrant sight of six different colours around the school. The current colours are pink, purple, yellow, green, blue and red.

