



Physical Education Policy – Ballygiblin National School

1. Introductory Statement

This policy was reviewed and updated in 2025 to reflect:

- The *Primary School Physical Education Curriculum* (DES)
 - The *Looking at Physical Education* Inspectorate guidance
 - The *Primary Curriculum Framework (2023)* time allocations
 - Our use of **Daily Exercise Plus** as the core programme across all strands
 - Our whole-school approach to inclusion, participation, and enjoyment
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2. Rationale

Physical Education (PE) contributes to:

- Physical, social, emotional, and intellectual development
 - Positive attitudes to physical activity and lifelong wellbeing
 - Skills in communication, cooperation, and fair play
 - A culture of enjoyment and participation
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3. Vision

We aim to:

- Enable every pupil to participate to the best of their ability
 - Emphasise **fundamental movement skill development**, enjoyment, and confidence
 - Provide a balanced, inclusive, and safe PE experience for all
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4. Aims

In line with the curriculum, we aim to:

- Promote children's holistic development through movement
 - Develop competence across a broad range of movement skills
 - Foster understanding and appreciation of physical activity
 - Build positive attitudes and lifelong fitness habits
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5. Curriculum Overview

Strands:

1. Athletics
2. Dance
3. Games
4. Gymnastics
5. Outdoor and Adventure
6. Aquatics

Strand Units:

Each strand includes:

- Skill development
- Creating and playing
- Understanding and appreciation

Core Programme:

- All class levels use **Daily Exercise Plus** as the main scheme.
- Year A and Year B calendars provide structured coverage and progression.
- External instructors help deliver Dance and Gymnastics modules.

Aquatics:

- **1st to 6th Classes** attend swimming lessons annually (6–7 sessions) at **Fermoy Swimming Pool**.
 - Junior Infants – Senior Infants participate in water safety awareness (land-based).
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6. Time Allocation

In line with the *Primary Curriculum Framework (2023)* and the revised Wellbeing Area:

- **Wellbeing** has a **minimum of 3 hours per week**, which includes:
 - **Physical Education (minimum of 60 minutes per week)**
 - SPHE and related Wellbeing learning experiences
 - Additional daily movement and physical activity are promoted through:
 - **Daily Exercise Plus**
 - Active breaks
 - Yard play
 - Teachers may timetable additional PE time within the Wellbeing allocation as appropriate.
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7. Progression Continuum

Class Group	Key Focus
Infants	<ul style="list-style-type: none">- Exploratory play- Basic locomotor skills (walking, running, jumping)- Simple games- Introduction to dance movement and basic gymnastics shapes
1st & 2nd Class	<ul style="list-style-type: none">- Developing coordination and balance- Simple sequences in gymnastics and dance- Fundamental games skills- Aquatics introduction (water confidence)
3rd & 4th Class	<ul style="list-style-type: none">- Refinement of skills and control- Application of skills in modified games- Cooperative and competitive challenges- Formal swimming stroke development
5th & 6th Class	<ul style="list-style-type: none">- Consolidation and mastery of skills- Greater emphasis on tactics and teamwork- Personal best challenges in athletics- Swimming proficiency and water safety

8. Approaches and Methodologies

Teachers will use:

- Direct instruction (e.g., explicit skill teaching)
- Guided discovery and problem-solving
- Pair, group, and team activities
- Station teaching for skill rotation

- Active and inclusive participation

Daily Exercise Plus guides structured progression of:

- Fundamental Movement Skills
 - Strand content
 - Assessment opportunities
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9. Inclusion and Differentiation

- **Coiscéim autism class** will integrate with mainstream classes where appropriate.
 - Where integration is not suitable, Coiscéim pupils will have parallel PE sessions, with potential for reverse integration (mainstream pupils joining in small groups).
 - Activities are adapted using the *Primary PE Curriculum* guidelines and school resources (e.g., alternative equipment, task differentiation).
 - SNAs support children as appropriate.
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10. Assessment

Assessment is:

- **Light-touch and formative**
 - Based on:
 - Observation of participation and engagement
 - Checklists (skills and dispositions)
 - Pupil reflection where appropriate
 - Recorded in *Cúntais Míosúil*
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11. Equality of Participation and Access

We ensure:

- Equal access to activities for all pupils
 - No pupil is excluded due to financial constraints
 - Gender balance in all opportunities
 - Use of inclusive teaching practices
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12. Organisation and Timetabling

- PE is scheduled weekly with **a minimum of 60 minutes per week**.

- Teachers ensure time from the **3-hour Wellbeing allocation** is used to support PE and movement.
 - Outdoor and indoor spaces are used flexibly.
 - Annual timetables follow the **Year A and Year B plans** (attached as appendices).
 - Swimming for 1st–6th Classes occurs in Term 3 at Fermoy Swimming Pool.
 - External instructors support Gymnastics and Dance delivery.
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13. Resources and Facilities

Resources include:

- **Daily Exercise Plus** lesson library
 - PE equipment (balls, mats, hoops, etc.)
 - Online content and visual aids
 - Digital devices (video modelling)
 - School hall and yard
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14. Health and Safety

- All children wear appropriate footwear and clothing.
 - Jewellery is not permitted during lessons.
 - Equipment is age-appropriate and well-maintained.
 - Warm-up and cool-down are always included.
 - Staff follow procedures in the Health & Safety Policy.
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15. Professional Development

Teachers are encouraged to:

- Engage with **Daily Exercise Plus** CPD resources
 - Reflect on practice using the *Looking at Our School 2022* framework
 - Share ideas and approaches in staff meetings
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16. Parental and Community Links

- Parents are invited to attend events (e.g., Sports Day).
- Links are maintained with local clubs (GAA, athletics, swimming).

- Guest coaches may be engaged to enrich the programme.
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17. Success Criteria

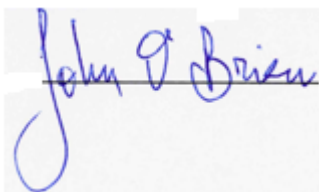

This policy is working well when:

- All pupils engage positively in PE
 - Teachers use Daily Exercise Plus effectively
 - Skills progress year on year
 - Pupils develop confidence and enjoyment of physical activity
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18. Review

This policy will be reviewed every **three years**, or earlier if required by curricular change or school priorities.

Signatures











	
<i>John O'Brien</i>	<i>David Hyland</i>
<i>Chairperson BOM</i>	<i>Principal</i>
<i>Date: 9-9-25</i>	<i>Date: 9-9-25</i>



Ballygiblin NS: Physical Education Plan

Year A





September	October	November	December	January
		 DANCE	 DANCE	 GYMNASTICS
Kicking		Balancing		Hopping
February	March	April	May	June
 GYMNASTICS	 ATHLETICS	 GAMES	 GAMES	 OUTDOOR & ADVENTURE
Hopping	Jumping		Striking	



Ballygiblin NS: Physical Education Plan

Year B



September	October	November	December	January
		 GYMNASTICS	 GYMNASTICS	 DANCE
Walking & Running		Landing		Skipping
February	March	April	May	June
 DANCE	 ATHLETICS	 ATHLETICS	 GAMES	 GAMES
Skipping	Dodging & Side-stepping		Throwing & catching	

