

Swimming Policy

Aims

- To enable pupils to acquire basic swimming skills while they are at Caragh N.S.
- To comply with the requirements of the Revised Curriculum in aquatics.

Rationale

The school has regard to both the physical and mental development of each of its pupils. Believing that a healthy body promotes a healthy mind, the school arranges a course of swimming instruction in Naas swimming pool for students from senior infants to 6th during the school year.

Swimming Guidelines

- Each pupil will attend a 5 week session in a swimming pool annually from First – 6th class.
- The swimming pool at Naas has been reserved for forty-five minutes each Wednesday from 9.40 – 10.25 .
- Attendance at this course fulfils the Aquatics Module of the PE Curriculum as laid down by the Department of Education and parents defray the cost of the course and also that of the transport to and from the pool. It is compulsory for all children to participate in aquatics lessons as part of the National Curriculum. Should a child be unable to attend aquatics, due to a medical condition, a letter must be sent to the school requesting exemption and stating the reason why.
- Should a child be unable to attend one lesson due to ill health or any other reason, a letter must be given to the class teacher and he/she will remain under the supervision of a class teacher in the school for the duration of the lesson. Children are not allowed to be taken away by their parents while the swimming lesson is taking place. It is a normal school day and supervision will take place.
- Pupils will be accompanied by and supervised by a class teacher on the way to and from the pool. Pupils will travel by bus to the pool and the class teacher will provide supervision before and after the swimming lesson.
- Pupils attending the pool at any given time will be from a combination of classes .This is to allow for the different levels of swimmers to be spread out over various sections of the pools
- All children attending the course should wear their tracksuit. It is suggested that swimming togs be worn under tracksuits coming to school. Each child must have a suitable bag to carry his/her swimming gear (Sports bag or similar with secure zip or other fastening).
- Swimsuits must be one piece no bikinis.
- Time is limited so children are not encouraged to bring shampoo and shower gel to the pool and to quickly rinse after their lessons.
- Swim hats must be worn .
- Deodorants must not be brought to the pool as the dressing rooms are confined spaces and they leave a strong smell.
- All items brought to the pool should be clearly labelled with the child's name.
- Mobile phones and cameras are forbidden to be used in the swimming pool premises by both adults and children for child protection reasons.

Instructional Arrangements

The P.E. Co-ordinator will organise the swimming sessions for all classes. Instruction in the pool will be provided by the pool instructors.

Special Needs Pupils

The SNA's are required to assist the Special Needs pupils to undress and dress before and after swimming lessons in Naas swimming Pool. They should also assist the child to enter and exit the pool and be available at all times during the swimming lesson to take the child from the swimming instructor if he/she was no longer taking part in the lesson.

The SNA's are not required to enter the water with the child. It is the responsibility of the instructor, be it an individual or group instructor to teach the special needs pupil their swimming lessons. It is the decision of the swimming pool whether or not the pupil is capable of being in a group swimming situation. This depends on the ability of the individual child in the water. If the child is required to have an individual instructor the cost is incurred by the parent/guardian. This decision may be reached before or after the child's first lesson in the pool.

In relation to school tours, where classes are visiting a swimming pool or a water area e.g. an adventure park the same procedures apply. SNA's are not required to enter the water with the special needs pupil.

Health and Safety

Best practice in relation to the supervision, instruction and child protection procedures as outlined by the Irish Sports Council, Swim Ireland and the National Safety Council will be adhered to at all times. Staff will follow the guidelines of our own Health & Safety Statement and Child Protection Policy at all times.

Pupils are required to behave at all times in a manner that ensures the safety of all involved in school swimming. Pupils must obey the instructor's orders at all times and comply with the school's Code of Behaviour Policy and the pool's Health and Safety Guidelines.

Parents should be aware that our Health & Nutrition Policy still applies during swimming lessons. No treats are permitted during this time as the swimming lessons are part of a normal school day.

Parents/guardians will receive a standard letter providing information on school swimming before their child starts their swimming term. The fees for swimming lessons must be returned to the class teacher prior to the start of the swimming term.

Teachers of all classes should remain on the viewing deck during the lesson in order to supervise the overall group and pupils who may need to use the toilets or need their attention during the lesson.

In the best interest of the child, it is the duty of parents/guardians to inform the class teacher and/or Principal with regard to any health condition that may affect the child in the pool. This information will be held in confidence and provided on a need to know basis to the swimming instructors.

Implementation and Review

This policy was originally implemented by the Board of Management in

This policy will be reviewed by the Board of Management every two years.

Ratification and Communication

This policy was ratified by the Board of Management in -----

It has been communicated to all staff and the parent body.

Physical Education Policy

Introductory Statement

The Physical Education Policy for Caragh NS was formulated by the Post Holder and staff. The plan has been ratified by the Board of Management.

Through PE we aim to enable pupils to develop co-ordination, strength, stamina and skilfulness and to promote spatial awareness, intelligent reactions to situations and appreciation of physical excellence.

We believe that PE should lead to a sense of well-being, a greater understanding of health and fitness, a healthy lifestyle and a feeling of self-confidence.

Vision

In our school we believe that physical education plays a vital role in the development of the whole child. Therefore, the children will enjoy a rich variety of experience in physical education within the guidelines of the Primary School Physical Education Curriculum. A balance of individual, team, co-operative and competitive activities aims to cater for individual pupils' needs and abilities that enables them to enjoy physical activity.

Rationale

The purpose of this policy is to provide practical guidance for teachers, parents and other relevant persons on the provision

of the effective teaching of PE in our school. The planning and management of the Physical Education curriculum in our school will always have the children as the focus of attention through the provision of a broad, balanced and well differentiated programme of physical activities. PE provides opportunities to develop desirable personal and social attributes: the concept of fair play, the acceptance of success and failure, and the ability to co-operate in group situations. These opportunities contribute to the understanding and promotion of a healthy life-style and the emotional and intellectual development of the child.

Aims

We endorse the aims of the Primary School Curriculum for PE

To promote the physical, social, emotional and intellectual development of the child

To develop positive personal qualities

To help in the acquisition of an appropriate range of movement skills in a variety of contexts

To promote understanding and knowledge of the various aspects of movement

To develop an appreciation of movement and the use of the body as an instrument of expression and creativity

To promote enjoyment of, and positive attitudes towards, physical activity and its contribution to lifelong health-related fitness, thus preparing the child for the active and purposeful use of leisure time

Strands and Strand Units

Our Physical Education curriculum is divided into six 'strands' or sections as recommended in the Primary School Physical Education Curriculum.

These six strands are:

Athletics

Aquatics

Dance

Games

Gymnastics

Outdoor and Adventure Activities

Each strand is subdivided into strand units .The curriculum is designed to be spiral in nature. The children experience at least 5 strands in each year. As they progress through the school, they experience opportunities to refine and develop their skills, abilities, knowledge and appreciation in each strand. We measure progress in the level of participation by the child, in the degree of difficulty mastered and the quality of movement performed as the child passes through each level. The strands Athletics, Dance, Games and Outdoor and Adventure Activities are taught at each class level. The pool-based section of the Aquatics strand is taught from First Class to sixth class in Naas Swimming.

Athletics

The athletics strand aims to provide children with a variety of opportunities to develop the techniques of running, jumping

and throwing as they progress through the school.

Aquatics

The aquatics programme is concerned with gaining competence and confidence near, in, under and on water. A major component of this strand will be water safety, which will be taught each year, often integrated with SPHE. In our school the bulk of the aquatics is taught from First Class to sixth class throughout the year. In line with Department of Education and Science recommendations, it is our policy not to charge for in-school curricular activities. However, when organising the aquatics programme strand, we are unable to meet the cost of running an adequate aquatics programme. As a result parents have to defray the cost of buses and instruction. No child will be denied access to swimming lessons due to lack of financial resources and the school has made provisions for such children to attend classes.

Dance

The dance strand involves the children in creating performing and appreciating movement as a means of expression and communication. Creative dance and folk dance are involved in our programme.

Games

The games strand involves the playing of a variety of games to develop basic skills, enhance social tradition in Gaelic games;

our traditional field games form a prominent part of this strand.

Gymnastics

The gymnastics strand is concerned with the use of controlled movement in a creative way in response to set tasks both individually and in groups. Children will refine and enhance their movement skills through a sequential programme of activities.

Outdoor and Adventure Activities

The outdoor and adventure activities strand is concerned with walking, water-based activities, orienteering and outdoor challenge activities. A trip to an Adventure Centre may be included in this strand.

Approaches and Methodologies

All lessons throughout the school are taught as class groups following the individual class plans. Some lessons may on occasion be taught alongside a sport coach. Aquatics lessons are always taught by specialist swimming teachers.

We intend to approach PE by:

Providing a physical education curriculum which is accessible to all pupils irrespective of their abilities;

Providing a progressive curriculum covering areas of games, gymnastics, dance, athletics and outdoor adventurous activities.

Preparing activities which are enjoyable, stimulating and challenging for all pupils,
Enabling pupils to enjoy success and be motivated to develop further individual potential.

We will attempt to develop positive attitudes towards PE by:

Physical activity and healthy lifestyle and an understanding of the beneficial effects of exercise

Competition and good sporting behaviour as well as success and limitation in performance

Working with others and being part of a team

Safety procedures and the importance of rules

Methodologies:

The teachers will use a combination of the following approaches;

Direct teaching approach – involves the teacher in telling or showing them what to do and in observing their progress.

Guided discovery approach – involves the teacher in designing a series of questions that will eventually lead to one or more appropriate answers and ultimately the discovery of a particular concept or solution.

Integration – the teacher will consider how objectives can be achieved through integration.

The teacher will use methods that encourage maximum participation by the child through group work.

Teachers will plan for children to work individually, pair, group and team play, co-operatively and competitively. Through Station teaching the teacher is able to allow maximum numbers of children to participate for groups working on different tasks at the same time.

Through using a play area divided into grids will allow for individual or pair practices, group work and small-sided games.

Structure of a PE lesson:

Warm Up - - - - - Main Activity - - - - - -Cool Down

Physical Resources – Facilities and Equipment

The following facilities are available to the children and staff for physical education:

One school yard – suitable for catching and throwing activities and playground games.

School astro- area; suitable for all outdoor games, athletics and some out-door and adventure activities.

Naas Swimming Pool- This is used for the aquatics strand.

Parish field- suitable for all outdoor games, athletics and out-door and adventure activities.

Our school is developing a well-resourced physical education store containing the necessary equipment for the implementation of the six strands. Equipment is regularly checked and stock replenished as often as budget allows.

Assessment and Record Keeping

As physical education is a physical activity-based area, most assessment is done within the lesson by observing, listening, asking questions and giving feedback to pupils' achievement. They use these records to report annually to children, parents and relevant staff. Children may be asked to self-assess and peer assess where appropriate.

Teachers will provide an overall assessment of each child achievements in P.E. in the school report at the end of their academic year and at annual parent teacher interviews.

We assess:

Willingness to participate in activities

Readiness to engage with a certain activity

The level of competence of a child in carrying out an activity

The level of competence of a child in carrying out an activity

Interest in and attitude to activity

Willingness to cooperate in individual, pair and group activities

Our assessment tools are:

Teacher observation

Teacher-designed tasks

Children with Different Needs

We acknowledge that each individual needs and all are at different stages of their personal development. We also recognise that for some children, access to the Physical Education curriculum is problematic because of physical,

intellectual or emotional difficulties. Every attempt, often with the valued assistance of additional staff (SNAs), is made to ensure that all children experience the richness and breadth of a full physical education and curriculum.

Teachers will support and ensure the participation of children with special needs.

Classes are organised / activities adapted to include children who may have physical disabilities.

Children with exceptional ability/talent for PE will be encouraged and supported.

We will encourage inactive/shy/self-conscious children to participate in PE activities.

Equality of Participation and Access and Inclusion

We promote the needs and interests of all pupils regardless of ability, culture, gender or aptitude. Quality work to the best of the children's ability is the target for everyone. We promote social learning by enabling the children to use and share the space and equipment safely, to work co-operatively with partners or in small groups and to appreciate each other's work. Every child has access to all PE activities provided by the school and lack of financial resources on behalf of the child will not hinder their participation.

Equal opportunities will be given to boys and girls to participate in classes/activities.

Boys/girls will have equal access to and opportunities to experience all strands.

Boys/girls will have equal opportunities to enter competitions

if part of extra-curricular programme.

Linkage and Integration

Every attempt is made to link the various strands of the PE curriculum and to integrate the other subject areas with PE, where appropriate. (eg. Dance with Music, Aquatics with SPHE, Athletics with Maths and Orienteering with Geography, Gaeilge, English and ICT are also easily linked with PE.)

Teaching and Learning

Most of the teaching in physical education is conducted by the class teacher with the class group. However, visiting coaches may be available to support in the implementation of some strands. In aquatics, specialist swimming coaches are employed by the school to teach swimming. All support coaches work under the supervision of the class teacher in planning and implementing the PE programme. The class teacher will be present to supervise all activities organised by visiting/supporting coaches and will retain ultimate responsibility for the class.

The Games, Outdoor and Adventure activities and Athletics strand are done at a time when it is hoped the weather will be fine and will allow the PE lessons to be based outside..

We hold an Active Week annually whereby we introduce new physical activities to the pupils, eg tennis, tag rugby, frisbee boxing, badminton etc. We invite specialist coaches and try to

include parents who have skills or interest in a particular sport.

Code of Ethics

Any coach working in the school context is expected to adhere to the school Child Protection Statement. They should always ensure that they treat children with integrity and respect and that the self-esteem of children is enhanced. All adult actions in sport should be guided by what is best for the child and carried out in the context of respectful and open relationships. All persons involved in coaching will undergo Garda Vetting which will be kept on the school premises.

After School and Break time Activities

Opportunities are provided for children to participate in and enjoy a variety of extra-curricular activities. These include hurling and Gaelic football, camogie, basketball and athletics. Participation based extra-curricular activities offer opportunities to all who wish to partake in these at lunch-time and after school. School representative teams are also catered for in Cumann na mBunscol competitions.

Health and Safety

The children are required to wear the school tracksuit and bring appropriate gear on the day they have physical education. Children should not wear dangerous jewellery. Children are taught to handle all apparatus safely and carefully. Should an accident occur in the PE lesson we will

follow the procedures outlined for accidents in our Health and Safety policy. Children will not be asked to do activities for which they are ready. Teachers should ensure that all equipment is safe for children to use. Pupils should be shown how to lift, carry, place and use equipment safely. All accidents will be logged in the school's Incident Book.

Extra curricular activities which take place in G.P. Hall, astro and parish field will be under the supervision of a least two staff members .

Buses will be used to transport pupils to matches .

Buses will be supervised by a two teachers .

Teachers will bring a First Aid Kit to activities .

Parents will be informed of departure and arrival times .

The bus company will provide copies of Garda Vetting for all drivers .

Pupils are required to behave at all times in a manner that ensures the safety of involved in activities .

In the best interest of the child it is the duty of the parents/ guardian to inform the school regarding any health condition that may affect the child while participating .

Any coaches from outside the school will provide evidence of Garda Vetting .

Individual Teachers' Planning and Reporting

Individual teachers will design a physical education plan specifically for their own class while at the same time ensuring

that their class plans coordinate with and feed into the overall school plan, set out in the policy. This should ensure clear progression as children move from class to class. Strands covered in PE each month are recorded on the Cuntas Miosúil.

Staff Development. Teachers are notified of courses relating to PE available in the area and are encouraged to attend in-service programmes when available. Staff members are encouraged to share the expertise, skills, documents etc. acquired on courses. Time is allocated as appropriate in staff meetings to discuss aspects of the PE programme when they arise.

Community Links

Parents have a responsibility to encourage their children to participate in all strands of the PE curriculum. As with any curricular plan in the school, parents can view the PE policy by request.

Local clubs and sporting organisations are invited to provide information on the services that they provide. We are very much aware of the school's role in the community and we are also conscious of the fact that the expertise of people in the community is an invaluable resource to any school. Local coaches from Raheens, Eire Og Chorra Choill, Caragh Celtic support teachers in the coaching of hurling, Gaelic football and soccer. Other members are invited to the school to inform children about what their clubs have to offer.

Roles and Responsibilities

The post holder and staff will coordinate the progress of the plan, encourage and accept feedback on its implementation.

The plan will be monitored and evaluated every two years by the staff, towards the end of the school year when we can reflect meaningfully on how well the PE programme has been taught and received in the school.

Equipment List

ATHLETICS	AQUATICS	DANCE
Mats	Equipment	CD Player
Space markers	provided by Naas	Music for creative
Tall cones	Pool	dance
Beanbags		Music for folk
Rods / canes		dance
Skipping ropes		Music for Irish
Hoops		dance
Hurdles		Music for other
Bibs		traditions
Relay batons		
Foam javelins		
Foam discus		
Primary shot		
Balls		

Chalk Tape Stop watch Agility hurdles Agility ladders		
GAMES Balls – big and small Hoops Space markers Large cones Beanbags Ropes Hurleys / unihoc sticks Bats / racquets Bibs / braids Parachute	GYMNASTICS Mats Hoops Benches Space markers Balance beam – low Climbing frame Gym box	OUTDOOR & ADVENTURE ACTIVITIES Benches Hoops