

PHYSICAL EDUCATION MEÁNSCOIL IOGNÁID RÍS



Introduction

Physical education develops pupils' physical competence and confidence, and their ability to use these to perform in a range of activities. It promotes physical skilfulness, physical development and a knowledge of the body in action. Physical education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams. PE also promotes positive attitudes towards active and healthy lifestyles.

The Junior PE curriculum includes a number of areas of study, representing a wide range of physical activities. The areas of study are:

Games Invasion Olympic Handball Uni Hoc / Hockey Net Badminton	Games Invasion Uni Hoc / Hockey Basketball Net Volleyball	Games Invasion Olympic Handball Basketball Net Badminton
Gymnastics	Gymnastics	Gymnastics
Games Field Gaelic Football Soccer Rugby	Games Field Gaelic Football Soccer Rugby	Games Field Gaelic Football Soccer Rugby
Adventure Activities Climbing Wall/Circuits	Adventure Activities Climbing Wall/Circuits	Adventure Activities Climbing Wall/Circuits
Athletics	Athletics	Athletics
<i>HRE Integrated</i>	<i>HRE Integrated</i>	<i>HRE Integrated/</i>

**HRE = Health Related Education dealt with in conjunction
with school SPHE programme.**

The transition year PE programme is designed to challenge students, introduce them to new activities and complete assessed coursework in the form of a written project. Each student must also work as part of a group and complete an assessed task of planning, preparing and running a tournament

During transition year, pupils may also be offered the opportunity to complete coaching and umpiring awards in the areas of volleyball, basketball, Gaelic Football and hockey. Pupils are timetabled for a triple period throughout the year.

- **Health Related Fitness and Fitness testing**

Aerobic Activities / Flexibility / Strength / Speed / Power

Also Circuit Training / Circuit design

- **Games Activities**

Badminton / Indoor / Soccer / Olympic Handball / Basketball / Gaelic Football

Senior Cycle PE includes a range of physical activities where the emphasis now, is on encouraging students to take part in an activity for recreational purposes with a view that they remain involved in “physical activity for life”. The choice of activities include:

**Soccer / Volleyball / Badminton / Weights and conditioning /
Climbing and others where the students request.**

We would hope that your son avails of these wonderful opportunities in his time with us.