

Active School Flag



Physical Education

Our school P.E. programme allocates a balanced amount of teaching time to each of the different P.E. strands. All classes are taught 6 different PE strands each year: Athletics, Aquatics, Gymnastics, Games, Dance and Outdoor and Adventure.

This year we are focusing on the Athletics Strand.

In Howth Road N.S. each class receives at least 60 minutes per week of physical education. Our school ensures that all P.E. activities are planned so that they are accessible by all pupils. Every child's progress in P.E. is discussed with parents at PT meetings and feedback is included in the annual school report. Both pupil and parent surveys were conducted. These also assisted us in our planning.



By taking part in the Active School Flag programme it has helped us to focus on an improved provision of Physical Education in the school.

Teachers use the Primary Schools' Sport Initiative, as well as the PDST 'Move Well, Move Often'



programme to help when delivering the different strands We also teach the Land PAWS Water Safety Programme. This year, as part of the ASF initiative, it was decided by the staff to select Athletics as the strand for development.

This is what is covered in each strand:

Athletics



The strand units of the athletics curriculum include:

- Running
- Jumping
- Throwing
- Understanding and appreciation of athletics



Aquatics

The strand units of the Aquatics curriculum include:

- Hygiene
- Water safety
- Entry and exit from the water
- Buoyancy and propulsion
- Stroke development
- Water-based ball games
- Understanding and appreciation of aquatics



In October and November each year 1st and 2nd class go to swimming lessons very Friday in Westwood Gym, Clontarf. Each week the children learn and develop different strokes and techniques. Aquatics proves to be a weekly highlight for all children. Water safety is also taught using the Land PAWS Water Safety Programme.

Dance

The strand units of the Dance curriculum include:





- Exploration, creation and performance of dance
- Understanding and appreciation of dance

This strand was also supported by local visiting coaches.

Gymnastics

The strand units of the Gymnastics curriculum include:

- Movement
- Understanding and appreciation of gymnastics



We practice all the basic movement actions of balancing, rolling, turning, twisting, stretching, climbing and transferring weight with a variety of rolls. When doing gymnastics we also travel on apparatus. We follow a devised individual, pair and group sequence and we practice take-off and landing skill. Gymnastic helps us with our posture and to develop good body tension. It was also really beneficial to observe and describe movement of peers as this

helped with the understanding and appreciation of Gymnastics.

Games

The strand units of the Games curriculum include:

- Sending, receiving, and travelling
- Creating and playing games
- Understanding and appreciation of games



During Games lessons children are provided with opportunities to develop skills, create and play games, as well as learning to understand and appreciate new and familiar games. The children have opportunities to develop skills and understanding through



enjoyable individual, small group and team activities.



Children experienced a balance of skills and games in a number of categories: Invasion Games, Net Games, Fielding/Striking and Target Games. This strand was also supported by local visiting coaches.

Out door and Adventure

The strand units of the Outdoor and Adventure curriculum include:

- Walking
- Orienteering
- Outdoor Challenges
- Understanding and appreciation of outdoor and adventure activities

We have set up an orienteering course around the school with our new Active School Walkway pack. The activities in this stand help to develop appreciation and enjoyment of the great outdoors. The activities are team-orientated and develop social skills. Some involve map-reading and problem-solving, coming to group decisions, developing leadership qualities and taking calculated risks.



Resources

Now that our build is finally finished we have an amazing storage facility for storing all our P.E. equipment. We have taken the opportunity to do a full audit of our equipment. It is now clearly labelled, well organised and accessible for teachers to use in the course of their lessons. We have disposed of any old and broken equipment and also purchased some new dodge balls for our after schools sports clubs.

Croke Park Hours

In Howth Road N.S we use some of our Croke Park hours to further develop our skills and training. All staff are certified in First Aid training and staff members have

also attended courses and workshops on Physical Education. Ms McIlhagga attended the PDST 'Move Well, Move Often' course in April 2018. She then informed the rest of the staff of new knowledge and ideas and distributed the updated booklets and lesson plans at a following staff meeting.

Howth Road NS also facilitated a PDST Folk Dance Workshop on the 7th March this year which was well attended.



Healthy Eating Policy



Howth Road Healthy Eating Policy encourage pupils to bring healthy lunches. Pupils also learn about nutrition and the importance of staying active in their S.P.H.E. lessons. They then share this important nutritional message with their families and friends. Teachers have also replaced sweets for treats with other more active rewards such as 'go Noodle' or trips to the playground in the local park.

Class Rewards

Positive rewards comprise of extra physical activity as treats for pupils. These may include, 'Go Noodle', '10@10' and 'Just Dance' as well as trips to the park for extra PE.

We have also begun setting active homework where pupils are required to do a number of activities with their families to encourage everyone to be active outside school as well.



School Tours

Teachers are requested to keep in mind an active elements when booking their School tour. Children can look forward to active activities during their trip such as treetop walks and the 'Leap of Faith' in Castlecomber Adventure Park, bog hopping in Causey Farm as well as a trip around the Crystal Maze in Carlingford Adventure Park. Smaller trips can also be expected during such as to the National Art Gallery with a detour to the playground of course!

Physical Activity

Physical Activity is the promotion of engagement in exercise and movement in addition to the 60 minute per week timetabled curriculum subject of Physical Education. Howth Road N.S. actively promotes the message that children require 60 minutes of moderate to vigorous physical activity every day.



In Howth Road N.S. we have an extremely busy schedule as we engage in a wide variety of different programmes, ideas and initiatives which have inspired the children to become more active. The following survey of **“What Sports Club Are You In?”** was carried out by our Active Schools Committee details how active our pupils and teachers are outside of school.

What Sports Clubs are you in outside of school?

Sport	Club/ location
Athletics	Clonliffe Harriers
Archery	Blackheath Archers
Ballet	Clontarf School of Ballet, Metropolitan School of Dance
Basketball	Killester Basketball Club
Climbing	Awesome Walls, Westwood Gym Clontarf
Cricket	Clontarf Critic Club
Cycling	Clontarf Cycling Club, Carton
Dancing	Irish dancing, Girls Brigade, Showtime
GAA	St Vincents, Clontarf, St. Pauls, Raheny
Gymnastics	Bayside, Coolock, Santry, Eccles Drumcondra
Golf	The Royal Dublin Golf Club, St. Anne’s Pitchadn Putt, Mannan Castle Golf Club
Hockey	Mount Temple, Clontarf
Horseriding	Child Vision
Karate, Kempo	Swords, Santry
Kick boxing	St. Friachra’s
Pilates	Seafield Road, Clontarf
Rugby	Clontarf Rugby Club
Running	Raheny Shamrocks, Park Run Fairview, Malahide
Sailing	Bull island
Soccer	Marino AFC, Belvedere F.C, Raheny United FC, Clontarf FC
Swimming	Westwood, CRC, Northside, sports link
Tennis	Clontarf Lawn tennis Club, Westwood Gym
Taekwondo	Beaumont, Clontarf Taekwondo Club
Yoga	St. Anthony’s



Howth Road N.S. promotes the full range of fundamental movement skills during break times and pupils are encouraged to run, play, and do 'talking as you're walking'. We have two daily playground breaks and our school yard is zoned and marked to allow children to engage in a variety of different activities. Our school has playground leaders who set up activities and sports equipment during break times for others to use during the summer. We also have put up our Active School Walkway around the yard.

All pupils are afforded the opportunity for extra classroom based physical activity break on wet days and short physical activity breaks during the day (Go Noodle, 10 @ 10, Just Dance etc.)

Our school has agreed an Active School Flag slogan which is **"Treat your body nice and get off your device!"**

Our school incorporates physical activity into school calendar events as we hold different seasonal activities and events. All events are planned so that they are accessible by all pupils. These include cricket, tag rugby and a sponsored walk. And of course, who could forget our 'Wake up, Shake Up' every morning during Active Week!



Finally all classes participated in a non-competitive running initiative called '**Run Around Ireland**' this year that lasted a number of weeks.

After School Sports

After school Sport runs twice a week on Wednesdays and Thursdays. It incorporates a wide range of sports such as basketball, cricket, football, tag rugby and dodgeball.

Partnerships

Partnerships within and outside the school are an important aspect of the Active School Flag. When a school participates in the Active School Flag Programme it is vital to interact and engage with other organisations and clubs.



Our school invited different sports clubs/physical activity providers from the local community to visit our school for Active School Week and at other times during the year, to give taster sessions of their activity. New activities that we tried out were dance, cricket, tag rugby, athletics and skipping. We also have a soccer team playing in the Garda Fair Play Awards.

Celebrating Success Outside of School

Our school informs pupils and parents about physical activity opportunities that are available in the local community. The pupils of Howth Road N.S are very busy outside of school and from the survey below you can see the clubs and sports that the children are involved in. We love to share and celebrate their success in assembly too! Here are a few of the highlights.



A photoshoot for an Aldi Promotion with Paul O'Connell



Participating in the Leprechaun Cricket Cup



Bringing home the cup!



Some first class bowling!

Teams from the school have also participated in the annual tag rugby blitz and Community Garda Soccer Blitz Fair Play Awards.

Meet our Active School Committee



Within Howth Road N.S we established our own ASF committee at the outset of the process. In each classroom, children who were interested in joining the committee nominated. They explained why they would like to be on the committee, how hard they would work and how they would inspire others

to become active. Their class then voted for their chosen candidate.

Our committee is made up of pupils from First to Sixth Class. Teachers Ms Jackson and Mr. Smyths as well as parent Reinaldo Grube are also on our committee.

The pupils on the Active School Committee have very important jobs. Here are some examples:

- They motivate us to get active.
- They organise P.E and playground equipment.

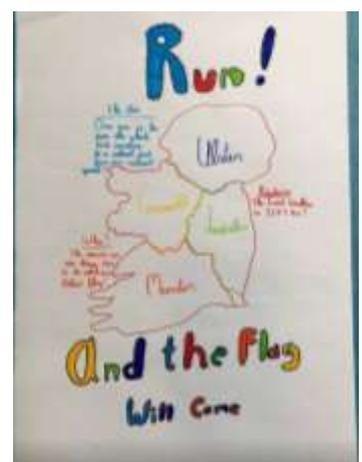


- They lead playground activities such as 'Wake Up, Shake Up' during Active Week



- They helped in the selection process of our ASF slogan and made posters.
- They have committee meetings to plan and organise ASF events.
- They keep all classes up to date on ASF news and events such as the 'Run around Ireland' initiative and ACTIVE WEEK.
- They keep the ASF noticeboard up to date.

Poster Competitions





Slogan Competition



Active Week

What is Active Week?

Active week is a week of encouraging pupils as well as their teachers and parents to become more active. It part of our annual school calendar and takes place in the summer term. It is organised in such a way that is it non-competitive and accessible to everyone.

Pupils are involved in the design and organisation of the week's activities and contribute their ideas and feedback through the Active School Committee. The teachers are encouraged to promote physical activity in a cross curricular way and teach many exciting Active Lessons and learning throughout the week. This includes Active Homework being set throughout active week.



A whole school fun event in the form of a sponsored walk is organised and parents invited to participate. Local clubs invited to give taster sessions. This year we have organised new events such as Frisbee and Tug of War which will take place over in Fairview Park.

The Parents' Association will be running our annual **Sports Day** on the 16th May this year.

What's on?

Check back for updates!

Wednesday 5 th May	Thursday 6 th May	Friday 7 th May	Monday 10 th May	Tuesday 11 th May
	Wake up Shake up	Wake up Shake up	Wake up Shake up	Wake up Shake up
Active lessons	Active lessons	Active lessons	Active lessons	Active lessons
	Frisbee	Whole school Sponsored Walk	Dancing with Siun	Tug o' War
Drop everything and dance!				Drop everything and dance!
Active Homework	Active Homework		Active Homework	Active Homework