

Active Schools Flag Supporting
Documentation.

Attymon N.S.

Co. Galway



The below information is taken from our school website - <http://attymonns.weebly.com/news-2018---19.html>

Success Criteria 1 – PHYSICAL EDUCATION

All pupils are provided with 60 minutes timetabled PE per week.

	Monday	Tuesday	Wednesday	Thursday	Friday
9.30 - 10.25	Gaeilge Spellings Verbs Soeal Nua Sin E	Gaeilge Poems Ag Labhairt Poster Verbs	Gaeilge Poems Ag Labhairt Me Fein Gramadach	Gaeilge/Mass Poems Briathra Soeal Me Fein	Gaeilge Spelling Test Ag Scriobh Soeal
10.15 - 11.00	Maths	Maths	Maths	Maths	Maths Test
11.00 - 11.10	Break	Break	Break	Break	Break
11.10 - 11.20	Run	Run	Run	Run	Run
11.15 - 11.30	Maths	Maths	Maths	Maths	Maths Test
11.30 - 12.20	English Reading Zone 3rd and 4th Writing Genres 5th and 6th	English Reading Zone 5th and 6th Writing Genres 3rd and 4th	English Poetry/Story Planning/News Topic	English Long Question Reading Zone	English Spellings Writing Piece/Comprehension Cards
12.20 - 12.30	Games	Games	Games	Games	Games
12.30 - 1.00	Lunch	Lunch	Lunch	Lunch	Lunch
1.05 - 1.30	5th and 6th Class History Test 3rd and 4th Class Novel Reading	3rd - 6th Geography Test	5th and 6th Class History Test 3rd and 4th Class Novel Reading	3rd - 6th Class Irish Tests	P.E./Art
1.30 - 2.30	Music	Geo 3rd - 6th	Science/SPHE 3rd - 6th (Golden P.E. Time)	History 3rd - 6th	P.E./Computers

All classes are taught at least 5 different PE strands each year (Athletics, Aquatics, Dance, Gymnastics, Games, Outdoor and Adventure)

Athletics:

The children in the Senior Room took part in the annual Cross Country Championships that took place in Renmore yesterday. Over 2000 children took part from all around the county and we had a number of very strong performances on the day. The children in 3rd and 4th classes ran 1000m whilst the children in 5th and 6th ran 1200m.

Each day in school, in preparation for this event, the children ran the above



distances. We will continue to do this throughout the year. Well done to all who took part and a big thank you to the organisers. During September we engaged in other aspects of the P.E. curriculum.

Aquatics

P.A.W.S - Primary Aquatics Water Safety. Last year the pupils in the Senior Room completed the P.A.W.S programme. In April our certificates arrived much to the joy of the class! We go swimming for 8 Mondays during the last term.



Dance:

We are busy preparing for the annual Peace Proms performance. We are rehearsing all our dance moves and songs eagerly. In February we travelled by bus for a rehearsal and on March 2nd we will be performing live in front of 100s of people in University Limerick.

Well done to all who were involved in the annual Nativity play that took place on Christmas Eve. Have a look at the preparation for the big night below.

Ms. Gallagher's class love to partake in GoNoodle. If it's raining outside they like to invite the Senior Room to their classroom to engage in this activity. So, hail, rain or snow everyday is an active day in Attymon N.S.



Gymnastics:

Over the last term the pupils in the Senior Room have made an extra effort to include and teach pupils in the Junior room new games and skills. In this picture you can see pupils in the Junior Room are being taught gymnastic, orienteering and soccer skills. The Junior Room pupils have been taught many other playground games by our playground leaders in the Senior Room.



Games:

As always games are a popular amongst our pupils. This year games were a special feature of P.E. programme and this will be discussed later.



Outdoor and Adventure

Bhí Toraíocht Taisce againn i rith Seachtain na Gaeilge timpeall na scoile agus bhain na páistí an taitneamh as go léir.



On the last day of term we went on Easter treasure hunt. This orienteering adventure was exactly what we all needed so as to burn off all the holiday excitement.



Our school PE programme allocates a balanced amount of teaching time to each of the different PE strands

Attymon School P.E. Plan Outline

September - October	Athletics and Games
November - December	Gymnastics and Games
January - February	Dance and Games
March - April	Aquatics and Games
May - June	Aquatics Games
Outdoor and Adventure	Spread throughout the year and integrated with other subjects

Our school prioritises a different PE strand for further development every year

This year we are prioritising games. Please have a look below to see how we are putting games to the forefront in Attymon N.S.

Lunch Time Hurling. October 18th

Every day before big break all the children in the senior room grab hurl and helmet and play for 15 minutes. This is a great way for the children keep engaged with our local sports.

Active Schools - Active Break Times. November

For the Month of November the pupils of Attymon National School are busy keeping active during break times. Over the course of the next four weeks the pupils will be dedicating a part of their playtime to running and games such hurling and rounders.



This is very important for our fitness and health as we strive to renew our Active Schools Flag.

Thank you to David Hooban who has been coming to our school on Friday mornings to help train our hurling and camogie teams this year.



Olympic Handball Training

We are busy in preparation for the upcoming schools Olympic Handball Championship



Olympic Handball - February 6th

Since returning in the New Year we have been busy practicing our handball skills. On February 6th we competed in Galway Olympic Handball Competition and were unlucky now to advance beyond the group stage. Well done to all the pupils in the Senior Room who trained hard and represented the school proudly last Wednesday.



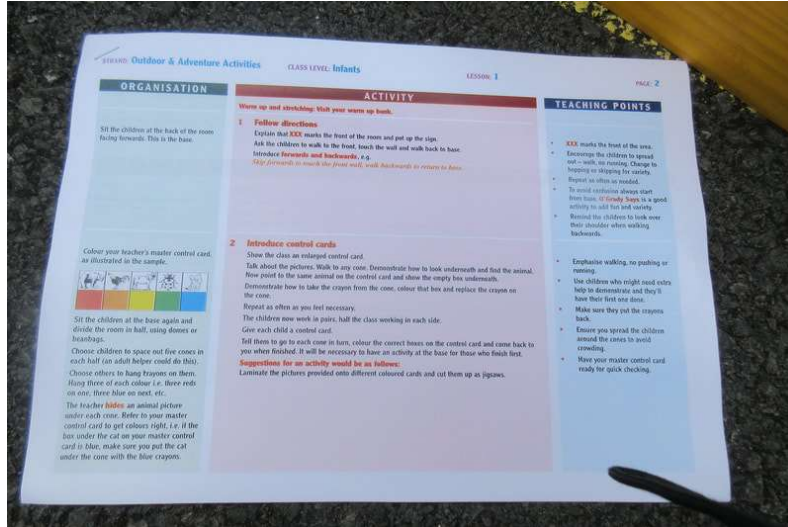
The Junior Room have been utilizing PSSI lesson plans to help improve their games.



All teachers use the PSSI lesson plans to guide their delivery of the Primary PE Curriculum

PSSI Lesson Plan in Action

The school this year have been utilizing the wonderful P.E. resources on the PSSI (Primary Schools' Sports Initiative) website. This lesson plan focused on games and orienteering.



Our school prescribes PE homework on the days that children have PE classes

Keep Fit Homework Diaries - April 2019

For the final term we will be placing a big emphasis on staying fit and healthy at home. In order to help promote this each pupil was given a Keep Fit Homework Diary. Each day during the final term the pupils will have a keep fit assignment that will be done at home.



Renewal Schools - Our school teaches the Land PAWS Water Safety Programme

P.A.W.S.

P.A.W.S - Primary Aquatics Water Safety. Last year the pupils in the Senior Room completed the P.A.W.S programme. In April our certificates arrived much to the joy of the class!



Success Criteria – PHYSICAL ACTIVITY

Our school trains pupils as Playground Leaders

Over the last term the pupils in the Senior Room have made an extra effort to include and teach pupils in the Junior room new games and skills. In these pictures you can see pupils in the Junior Room are being taught gymnastic, orienteering and soccer skills. The Junior Room pupils have been taught many other playground games by our playground leaders in the Senior Room.





Our school has sign posted an 'Active School WALKWAY'

We have created 290m walk way around the school. This is the path the pupils in the Senior



Room run each day.

Every class incorporates short physical activity breaks (10@10, GoNoodle, Bizzy Breaks, etc.) into their daily routine. It is school policy that on the days when children are unable to play outdoors, that every classroom teacher will incorporate an extended classroom-based physical activity break into the school day. All classes participated in a non-competitive running initiative this year that lasted 4 weeks, or longer

Ms. Gallagher's class love to partake in GoNoodle. If it's raining outside they like to invite the Senior Room to their classroom to engage in this activity. So, hail, rain or snow everyday is an active day in Attymon N.S.

Every day the children in the senior room run 1km a day. The children record their own times after their run. This run keeps our minds sharp and our bodies healthy! By February our combined distances ran was over 1000km – that's from Dublin to Berlin!

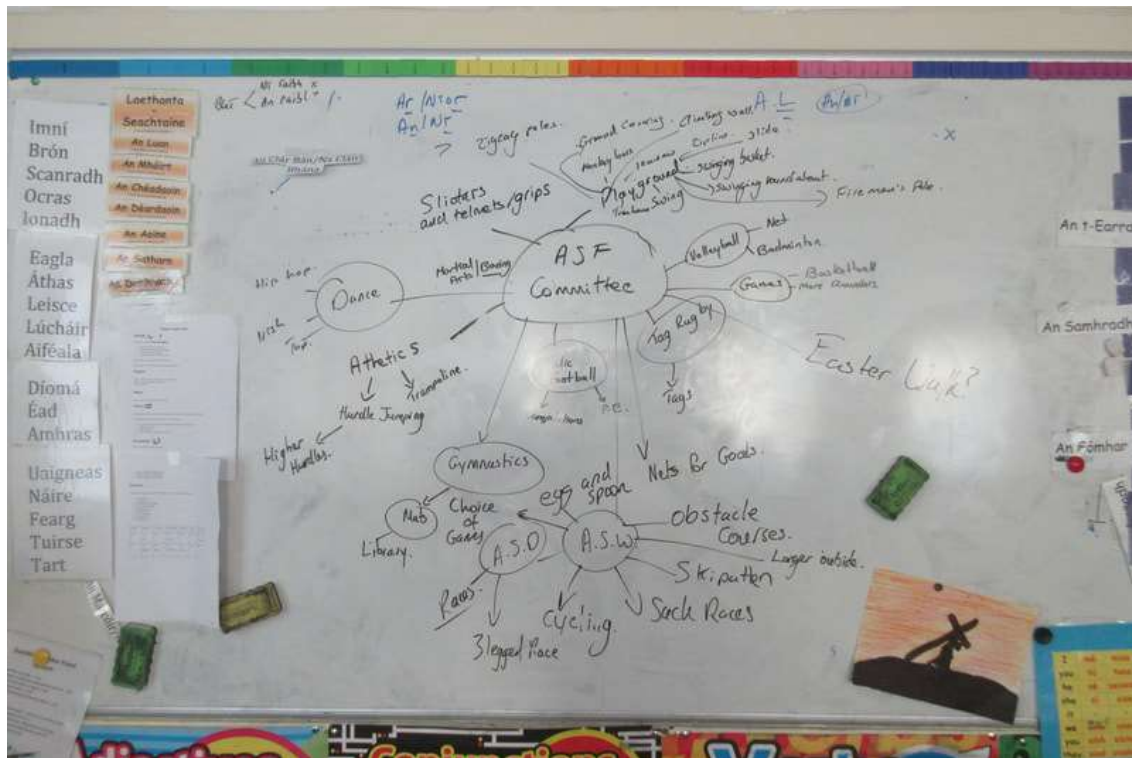


Our school website/PowerPoint includes an ASF section about PARTNERSHIPS

Our school established an ASF committee at the outset of the process

The pupils in the Senior Room make up the bulk of our ASF Committee. At one of our meetings this month we examined how we could make our school become a more active place.



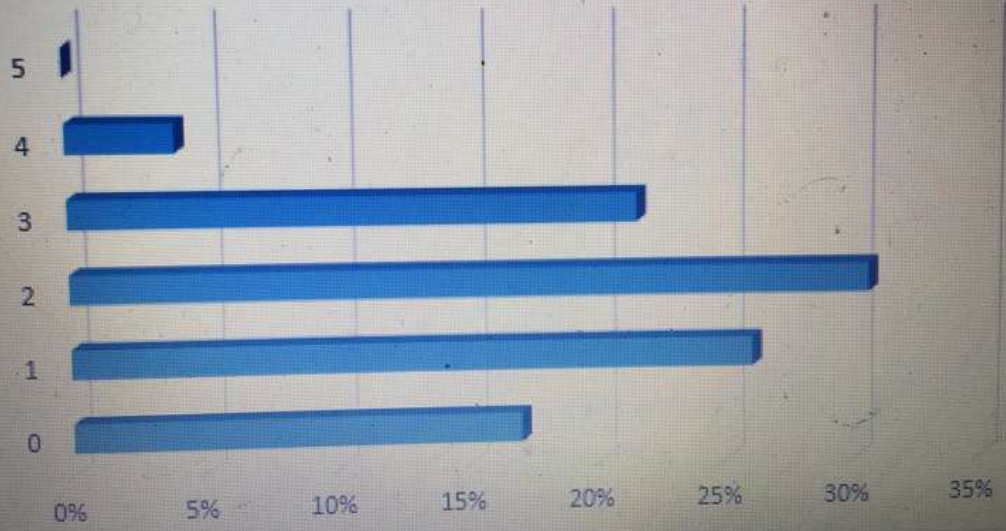


Senior pupils conducted a 'What Club Are You In?' survey to find out about physical activity opportunities in the local community

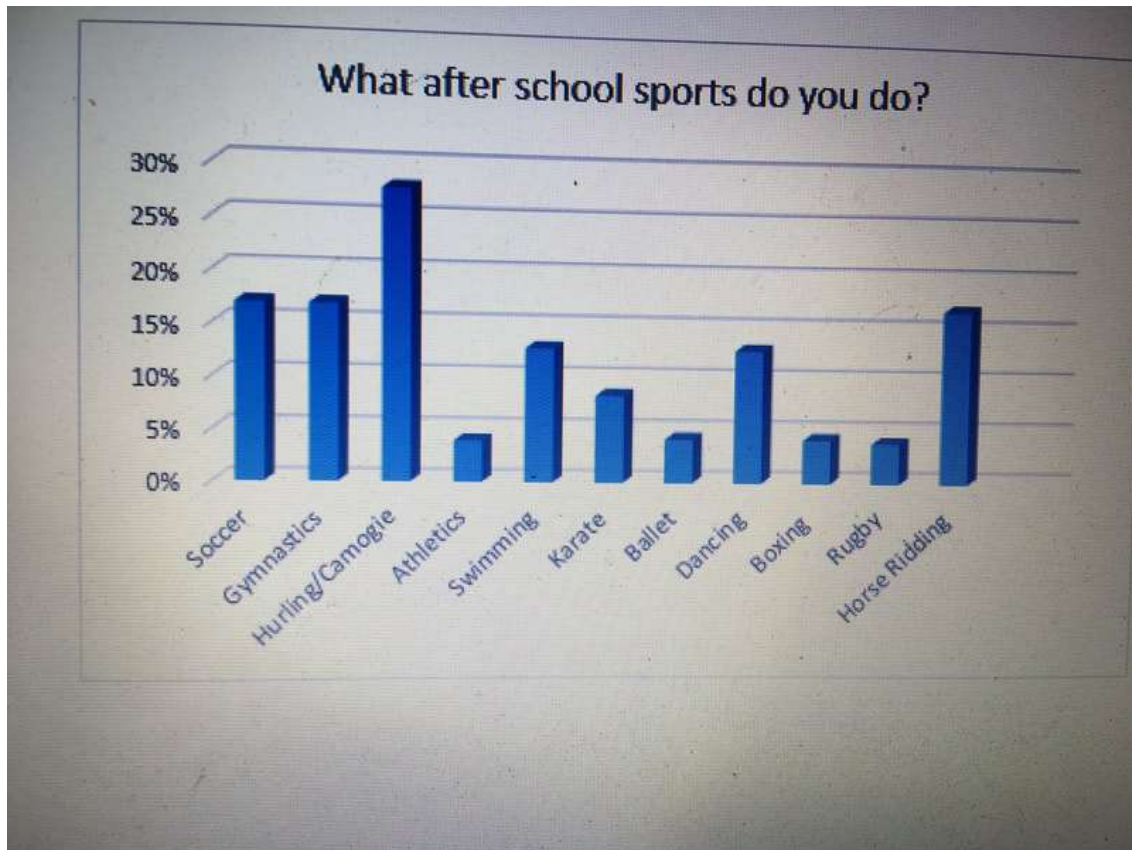
During the month of March the parents and pupils of Attymon N.S. completed questionnaires based on the pupils' involvement in sport, both inside and outside of the school. We have compiled the results and below is a sample of what we found.

0% 10% 20% 30% 40% 50% 60%

How many after school sports do you do?



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Our school acknowledges physical activity and sports achievements achieved during and outside of school hours

See Website.