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## WE ARE AN ACTIVE SCHOOL

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Barraduff National School is an Active School. We are a school where physical activity is valued, promoted and enjoyed by all. Active School Flag (ASF) is a Department of Education and Skills initiative supported by Healthy Ireland, and part of the National Physical Activity Plan. The ASF initiative provides schools with a framework to guide, support and incentivise them to work towards achieving a physically educated and physically active school community.

<https://activeschoolflag.ie/>

Our school slogan is “RUN A MILE, ITS WORTH YOUR WHILE!”

### The Goals of The Active School Flag Initiative:

- Promote physical activity in a fun, positive and inclusive way.
- Incentivise schools to engage in a process of self-reflection, action planning and collaboration at whole school level.
- Support schools to identify strategies to energise the school day and to reduce sedentary time.
- Encourage schools to strengthen their PE programmes and to promote physical literacy.
- Provide students with voice, space, influence and audience to participate in the decision-making process of their school.
- Empower schools to develop, and strengthen partnerships, with parents, local and national organisations.

### ASF Coordination Team:

Teachers: Mr Cullen, Ms. Carroll

Students: All classes 1<sup>st</sup> – 6<sup>th</sup> are represented on the coordination team. All pupils take an active part.

### Physical Activity Initiatives

ASF initiatives that we participate in at various times throughout the year:

- ‘Active Break Every Day’ challenge
- ‘Run a Day’ challenge
- ‘Active School Week’
- Active School Walkway
- Feel Good Fridays

## PHYSICAL EDUCATION



AQUATICS



ATHLETICS



DANCE



GAMES



GYMNASTICS



OUTDOOR &  
ADVENTURE

## THE PE CURRICULUM

The Physical Education (PE) is for children from junior infants to sixth class. The curriculum contributes to children's overall development by helping them to lead full, active and healthy lives.

The PE curriculum provides a balanced range of activities for children through the six strands:

- Athletics
- Dance
- Gymnastics
- Games
- Outdoor and adventure activities
- Aquatics.

Link: [https://www.curriculumonline.ie/getmedia/ca8a385c-5455-42b6-9f1c-88390be91afc/PSEC05\\_Physical-Education\\_Curriculum.pdf](https://www.curriculumonline.ie/getmedia/ca8a385c-5455-42b6-9f1c-88390be91afc/PSEC05_Physical-Education_Curriculum.pdf)

*Curriculum area of focus for our school*

2020/21: Athletics

2021/22: Aquatics

## FUNDAMENTAL MOVEMENT SKILLS (FMS)

A focus on Fundamental Movement Skills contributes to the development of the physically literate child. It has been designed to complement the teaching of the Irish Primary School Physical Education.

“Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”

(Whitehead, 2014)

Link to teaching posters on all the FMS:

<https://pdst.ie/sites/default/files/PDST%20FMS%20Posters%20English.pdfm>

Online resources:

<https://www.scoilnet.ie/pdst/physlit/fms-activities/>

## FMS INSTRUCTIONAL VIDEOS

Walking: <https://vimeo.com/211490781>

Running: <https://vimeo.com/211489161>

Hopping: <https://vimeo.com/211498474>

Skipping: <https://vimeo.com/211517213>

Jumping:

Jumping for Height <https://vimeo.com/214481650>

Jumping For distance <https://vimeo.com/214481579>

Dodging: <https://vimeo.com/214481476>

Side Stepping: <https://vimeo.com/214850491>

Landing: <https://vimeo.com/214481523>

Balancing: <https://vimeo.com/214481395>

Catching: <https://vimeo.com/211488363>

Throwing: <https://vimeo.com/211489230>

Kicking: <https://vimeo.com/211488539>

Striking with the Hand: <https://vimeo.com/211489384>

Striking with an Implement: <https://vimeo.com/211490153>

## Additional PE Instruction:

Throughout the school year we have visiting instructors in football, hurling, athletics and golf. In term 3 our school do swimming lessons.

## Partnerships

### Kerry Recreation & Sports Partnership.

Our school liaise with Gearóid O Doherty, the Sports Inclusion Disability Officer with Kerry Recreation & Sports Partnership.

## KRSP Active School flag information.

They have a variety of programmes and initiatives under our current 'Keeping Kerry Active' initiative. There is something for everyone.

These can all be viewed and booked at this link:

<https://www.eventbrite.ie/o/kerry-recreation-and-sports-partnership-9472522732>

### Family Fun Fitness:

This is an online multi-activity programme for children with a disability and their families. For more info click this link:

<https://www.eventbrite.ie/e/family-fun-fitness-tickets-151032212413?aff=ebdsoporgprofile>

List of School Activities Kerry Recreation & Sports Partnership supports:

- Get Ireland Walking
- The Daily Mile
- Active School
- Tralee junior parkrun
- Swim for a Mile School Challenge

<http://www.kerryrecreationandsports.ie/>

## Cara

Cara are a national organisation providing a collaborative platform to enhance sport and physical activity opportunities for people with disabilities.

<https://caracentre.ie/>

Our school is signed up to the Cara sports inclusion disability charter.

### Sports Inclusion Disability Charter

**Openness:** Be open to and understanding of people with disabilities.

**People:** Access training for our staff/volunteers to facilitate the inclusion of people with disabilities.

**Activities:** Develop and deliver inclusive activities.

**Facilities:** Review our facility/venues/equipment to make our organisation more accessible

**Promotion:** Promote the inclusive nature of our activities in a variety of formats.

## Kerry GAA And Cumann Na MBunscoil

We undertake skills coaching from Kerry Schools GAA and participate in games with local schools and in Cumann na mBunscoil competitions.