

Irish Primary PE Association

October 2009

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PE in the Primary School - INTouch articles...What do you think?

Over the past number of months you may have noticed a number of articles published in the InTouch magazine for INTO members regarding the teaching of PE in primary schools.

The debate began with an article submitted in March 09 by members of the INTO education committee which posed the question '*To teach or not to teach PE: the specialist or generalist in primary schools?*'. This article outlined the possible pros and cons of the role of both teacher types in the effective delivery of primary PE and concluded that the specialist PE teacher will guarantee access for all children in a way that the generalist primary teacher cannot.

In the April 09 edition, a response to this was articulated by some of the staff of the PE departments within the Colleges of Education. They argued that the generalist primary teacher (with appropriate support) is best placed to teach an integrated curriculum of which PE is a part and that PE should be seen within the context of a holistic view of primary education.

The IPPEA believed that the voice of the association should be heard within this debate and so an article from the executive committee was published in September 09. In keeping with the fundamental philosophy and mission statement of the association, the argument favoured the class teacher as best placed to provide quality PE. It also recognised the need for ongoing professional development for teachers in the area in order to ensure quality PE lessons.

The most recent contribution in the October 09 issue, made by some of the staff in one of the Colleges of Education, proposed the concept of primary teachers with an expertise in PE as a possible way forward. It argued that a greater level of expertise is required so that a 'critical mass' of suitable qualified primary teachers with an expertise in PE could impact on school settings.

It is encouraging to see this debate continue in InTouch as it brings the issues around primary PE to the fore. If nothing else it ensures that primary teachers are prompted to think (and talk) about PE and its valuable role in primary education. We would welcome any further comments as an association to this healthy discussion and encourage members to respond by e-mailing the IPPEA or the INTO.

All articles are available on the INTO website (www.into.ie)

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Wicked Websites!

Have you taken a look at www.teacherstv.co.uk recently?



There are some great clips available based on PE in primary schools. Why not check out some of the featured clips below!

<http://www.teachers.tv/video/31183>

Fundamental Movement Skills

PE enthusiast and reception teacher Sharon Badger shares her tips for integrating Fundamental Movement Skills into the curriculum with trainee teachers.

She shows how over seven weeks she has integrated Fundamental Movement Skills into the curriculum, in PE, maths and English and right across the school day

<http://www.teachers.tv/video/12076>

Firm Foundations

This programme highlights the work of Tottenham Infant School in Enfield (UK); a school that recognises the importance of physical education in child development.

<http://www.teachers.tv/video/12069>

Everyone's Included

Three very different primary schools demonstrate how they set about including all their pupils in PE and school sport.



North Dublin

The North Dublin TPC (through Drumcondra Education Centre) continues into its 2nd year of operation, beginning with two workshops in November.

Details are as follows:

Workshop 1 'Exploring the use of equipment in PE'

Tuesday 3.11.09 : 7-9pm, Coláiste Mhuire, Marino.

This workshop will focus on uses for common equipment found in your storage areas for the teaching of various aspects of PE. We also encourage you to bring any useful/unusual equipment that you may have used yourselves and would like to show the group! We plan to spend the last part of the workshop brainstorming ideas for further workshops in 09/10 as we plan our year.

Workshop 2 'PE and physical activity ideas for infants'

Wednesday 18.11.09: 3-5pm, Scoil Chaitríona, Coolock.

This workshop is geared towards teachers of infants with a view to enhancing their range of infant specific activities

In-service Certificate in Physical Education

As the end of the Certificate in Physical Education approaches and the Diploma awaits us, I can only say that it had been an extremely enjoyable experience.



January saw a large group of teachers gather in St.Patrick's College for the start of a journey that would prove to be informative, creative, fun and most of all an opportunity to develop and expand our teaching in Physical Education.

The approach was one involving both practical and theory based activities and with the expertise of Frances Murphy, Maura Coulter and Susan Marron we were provided with endless amounts of activities. Our action packed weekends contained activities for all the strands from Games to Aquatics and with workshops from visiting experts we were given an insight into the world of Dance, Motor skills, Rhythmic Gymnastics, playground games and Physiotherapy.

With little time to sit still we also ventured to Malahide Castle where our competitive streaks came shining through yet again in a battle to see who the Champions would be in Orienteering. As our group itself was made up of people with vast experience in particular sporting areas, Susan, Frances and Maura seized the moment for us to learn even more.

Michael gave us great ideas for skipping, Manus in handball and proving that there's a Beyonce in each and everyone one of us, Breda gave us a lesson in Hip Hop.

The Certificate has been an experience that I can only describe as being brilliant, where people with the same love of Physical Education came together, challenged each other, learned from each other, created friendships and had great fun. Thank you to everyone involved!

Suzy Macken, (Inservice Cert. in PE student 2009)

TPC update!

across the strands.

Any members living/teaching in this region can join us by contacting John Murphy (murphjohnd@eircom.net) or Caitríona Cosgrave (ccosgrave@mie.ie)

Galway

The initial meeting of the Galway branch of IPPEA TPC is scheduled to take place at the **Tuesday 24th November at 7.30pm.**

Liam Moggan (NCTC UL) has been confirmed as the guest speaker for the evening meeting and is sure to enthuse and inspire all with his words. The remaining time will be an open forum for discussion around the interests and needs of the teachers presents and around how the TPC can be developed to help address/meet these as effectively as possible.

This is a very exciting development in Galway for all interested in PE in the primary school. For further information look out for the Galway Education Centre mail-shot which should arrive in schools shortly or phone **Ita Seoighe 087-6949922 or Mags Nohilly 087-2614450**

Tips section

Looking for something new and exciting to do with those hula hoops that are gathering dust in your PE store? Take a look at some interesting warm up ideas below!

- Free running and bowling the hoop
- Bowling on one side and then the other
- Running, bowling and crossing in front to the other side
- Running, bowling and crossing in front to the other side and continuing with the other hand
- Bowling the hoop and jumping over/through it while it's in motion
- Threading the needle - passing through the hoop from above or below
- Spinning the hoop while standing
- Spinning the hoop while circling it as it spins
- Standing, spinning the hoop on 1 arm, 1 leg, the body
- Spinning the hoop on 1 arm, throwing it into the air and catching on same/other arm/continuing the spin when caught
- Throwing the hoop forward with reverse spin to make it return to you
- Throwing the hoop forward with reverse spin and jumping astride/over it when it returns
- Throwing the hoop forward with reverse spin and trapping it at a low/medium/high level using ankles/knees legs/arms/elbows etc
- Skipping with the hoop on the spot/moving forwards/backwards
- Practising 5 basic jumps with the hoop on the ground - in and out/over and back
- Running and jumping to land in the hoop
- Perform balances at high/medium/low level on 3/2/1 small body parts, while holding hoop



Pair work

- Bowling hoops to each other simultaneously.
- Spin your hoop and cross to catch the partner's hoop while spinning
- Hold the hoop off the ground for the partner to practise jumps into and out of it
- Perform a sequence of travelling/balancing, and jumping actions using on or both hoops

Active School Flag 2009/2010



The Active School Flag Initiative has taken the primary and post primary schools of Ireland by storm in recent months as the drive towards creating a more physically active and healthy population gathers force. Over 600 schools throughout the country have already registered to participate in the initiative with a small number of schools already proudly flying the flag.

The official launch of the initiative will take place on Friday 16th October in Coláiste Choilm, Ballincollig, Co. Cork at 9.30 a.m. and was performed by Mr. Batt O'Keefe, Minister at the Department of Education and Science. The Minister presented Active School Flags to Coláiste Choilm, Ballincollig and S.N. Cill Daibhre, Kildorrery in recognition of the great work being done in both schools in the promotion of physical education, physical activity and sport among pupils and among the wider school community.

The event was attended by several dignitaries including local community representatives, local representatives from National Governing Bodies, members of the HSE Health Promoting Schools, staff and members of the parent body, Boards of Management, past pupils and Lisa Cummins, Cross-Channel swimmer. Students from the schools engaged in a short performance which showcased the range of physical activities taking place in both schools.

The Active School Flag aims to empower schools to promote the greater involvement of students in physical activity and sport through meaningful curricular Physical Education and involvement in extra-curricular and community programmes. It is envisaged that this important initiative will lead to long-term health, social and economic benefits through a more physically active population. The Active School Flag also aims to embed the school in the local community and aims to foster increasing accessibility to community and school facilities. Through activities aimed at engaging students in Physical Education, physical activity and sport, a greater positive school identity is nourished and promoted which in turn leads to greater social responsibility among the school population and the wider school community.

The Active School Flag is a non competitive initiative and had its origins in the European Year of Education through Sport and was formerly known as the Active School Awards.

Once a school is awarded the flag they may hold it for three years upon which time they may opt to engage in a similar process focusing on a specific aspect of Physical Education, Physical Activity and Sport.

Further details on the Active School Flag Initiative are available at www.activeschoolflag.ie

John O'Donnell, (Active School Flag Co-ordinator & PPDS)

PE support service - PPDS

Would you like some additional support in Physical Education? Do you need to review your whole school plan?

If the answer to any of these questions is "yes" then why not request support for your school from the Primary Professional Development Service?

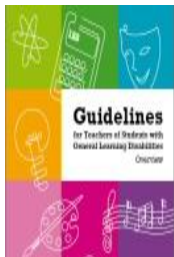
PE advisors across the country can assist your school with the implementation of the Revised PE curriculum. Supports range from staff meeting inputs to whole school

planning to modelled lessons. Modelling gives the class teacher an opportunity to observe the Advisor work with his/her class in an agreed area of PE. The pre and post dialogue between the Advisor and teacher can provide lots of food for thought and assistance in all strand areas of PE.

If your school hasn't applied for the service already you can fill in an application form online at www.ppds.ie.



NCCA Guidelines for Teachers of Students with MGLD



The NCCA website provides a link to the PDF downloads of this resource. It is a fantastic resource for any primary teacher to have, especially in the area of PE. The range of exemplars available is quite impressive and provides a range of strategies and methodologies for ensuring inclusion in your PE lesson.

Take a look at the sample below and check out http://www.ncca.ie/uploadedfiles/P_Mild_PE.pdf for yourself!

Address potential areas of difficulty for students with mild general learning disabilities	
Potential area of difficulty	Implications for learning
Fitness levels	It may prove necessary to set targets to improve fitness
Possible strategies	
<input type="checkbox"/> Include active warm-ups and drills for skills practice <input type="checkbox"/> Vary activities in the lesson to include the use of gross motor skills; have regular short periods of exercise daily. Do cooling down exercises. Consult with parents/guardians.	
Potential area of difficulty	Implications for learning
Listening and responding	The students may have difficulty with short term memory and concentration span.
Possible strategies	
<input type="checkbox"/> Keep instruction clear and simple. Students repeat instructions. <input type="checkbox"/> Give a demonstration of the task; do a verbal analysis of the task; student performs the task; the teacher affirms the task.	

Reference: NCCA guidelines for Teachers of Students with MGLD, p.18

Book Review



Fundamental Motor Skills and Movement Activities for Young Children - Teaching Remediation and Assessment.

(Joanne M Landy and Keith R Burridge)

Publ: The Center for Applied Research in Education

ISBN: 0-13-013941-6

This book is targeted at teachers of children who have co-ordination and movement difficulties from the age of 5 up but can also be used by teachers delivering PE programmes particularly with younger classes. It provides easy to read outlines of the key points of a wide range of skills from body control skills (jumping and landing, balance etc) to locomotion skills (walking, running dodging, leaping etc) and object control skills (catching and bouncing balls, striking and kicking). Also provided are simple activities and fun games for practicing these skills as well as pointers regarding common faults and remedies. All activities are illustrated by simple drawings and diagrams. A useful addition to any PE library!

Sample warm-ups

Homes: Find a home space in your play area. Check that you cannot touch anyone. This is your home- remember it! Now leave your home to touch 5 markers and return to stand tall at home. Go!

Scrambled eggs: Teacher calls out movement action and children move in this way, in and out of each other, without touching anyone. Decrease the size of the space available and change the actions to make the activity more challenging.

Sample ball game in pairs: "Catching tennis". Use a rope/rod stretched across two chairs as a net. Partners stand on each side of the net and underarm throw ball back and forth. Allow one bounce before catch; then no bounces. Start with 2-handed catching then just 1-hand catching.

Dates for your diary!

IPPEA Conference 2010 - It is envisaged that our annual conference will go ahead in March 2010 in Mary Immaculate College, Limerick. Date and times to follow!

GAA Games Development Conference 2009 - November 20th and 21st Croke Park, Dublin. Check out www.gaa.ie for more details.



If you have any ideas, tips or topics you would like to contribute to the next issue December 2009 please forward to: cliodhnabreen@gmail.com or 087-1255610.

Happy Halloween!
Enjoy the Mid-Term.

From all in IPPEA

