



Irish Primary PE Association

Cumann Corpoideachais Bunscoile na hÉireann

IRISH PRIMARY PHYSICAL EDUCATION ASSOCIATION (IPPEA)

GUIDANCE STATEMENT ON PHYSICAL EDUCATION IN SCHOOLS **January 2021**

Following on from the [IPPEA guidance statement](#) (August 2020) and in response to DES circular 0074/2020, the IPPEA recommends that school principals, Boards of Management, and teachers continue to actively assure quality Physical Education (UNESCO Charter, 2015) during the Covid-19 crisis, despite the challenges it poses for the subject this winter and in a remote learning environment.

The IPPEA now recommends that the class teacher:

- Safeguards the physical education time and day during the school week by virtually connecting with the children, ideally with a **visual** presence, and if not by **talking** to the children about physical education
- Sets manageable PE, play or other movement activities from the menus below. Highlight the skills being practiced
- Encourages the children to undertake an active skill/task with a member of their household
- Prompts the children to perform an active task around their house/apartment/ garden/local playground/park (within 5Km Government guidelines)
- Encourages the children to keep a simple diary, write a brief description, draw an image or take a photo to record a cognitive, physical or social aspect of the activity. This can be explained to the children as what they learned with their head, their heart and their hands. The children could then upload/email their response and some feedback could be provided if possible

Home PE



-Dip into the Professional Development Service for Teachers (PDST) online resources. There is a wide range of activities, videos and ideas based on the Irish Primary PE Curriculum here:

<https://www.scoilnet.ie/pdst/primary/pe/HomeSupport/>

-Adapt the PSSI online lesson plans related to [Scavenger Hunts](#), [Snake Walks](#) and [Obstacle Courses](#)

Play



-Encourage play outdoors: ball games against the wall; skipping with a rope; hopscotch; football; space hopper balls; pogo sticks; throwing and catching a frisbee, biking/scooting/skating (wear a helmet if you're on wheels); develop an outdoor obstacle course; take the dog for a walk with their parents/guardians permission!

-Encourage play indoors: sing and move to action songs, create simple dance moves then teach them to someone in your household; balance on large and small body parts; develop an indoor obstacle course

Other useful links



-Irish Heart Foundation resource for physical activity breaks at home:

<https://irishheart.ie/publications/bizzy-breaks-booklet/>

-Óga yoga on RTE: <https://rtejr.rte.ie/category/rtejr-blog/yoga/>

-10@10 physical activity breaks <https://rtejr.rte.ie/10at10/>

<https://www.gonoodle.com/>

-Links for a variety of brain breaks on YouTube <https://childhood101.com/brain-breaks/>

<https://justdancenow.com/> Play online without a controller