



St. Comgall's Primary School
23 Brunswick Road
Bangor
Co. Down
BT20 3DS

St Comgall's PS, Bangor



Physical Education Policy



Principal: *Mrs Cathy Hunter*
Tel: 02891 463194
Email: chunter073@c2kni.net
Website: www.stcomgallsp.co.uk
Twitter [@ComgallsBangor](https://twitter.com/ComgallsBangor)



GENERAL AIM

It is the aim of this school to provide all the children from years 1 – 7, with a broad and balanced programme of work in Physical Education, in line with the requirements of the Northern Ireland curriculum.

It is the belief of the staff that P.E. has a significant contribution to make to the physical, personal and social development of each pupil. The staff feels that Physical Education can:

- ✓ Help the children to develop a positive self-image and enhance their self-confidence.
- ✓ Help develop qualities of perseverance, fairness and self-discipline.
- ✓ Give pupils a sense of achievement.
- ✓ Promote a positive attitude to exercise and personal well being.
- ✓ Provide children with the opportunities to develop leadership skills.
- ✓ Equip children with the ability to co-operate with others.
- ✓ Provide a means of enjoyment.
- ✓ Contribute to the development of skills required in other curricular areas.
- ✓ Allow children with Special Educational need to participate and develop.
- ✓ Make the children aware of the importance of general exercise with relation to a healthy lifestyle.

In order to achieve these aims a challenging programme will be devised which will allow the pupils to experience personal challenge through a range of learning experiences. This will be a progressive plan, which will allow children to practise, review and refine their performance when required.

The programme will be broad and balanced and will be delivered through a variety of teaching and learning approaches to help the children become competent across a range of physical activities. The programme for Primary 1-4 classes will be a comprehensive and progressive scheme provided by Ulster GAA in approval with the Education Authority of Northern Ireland. Where possible, lessons will be led by Ulster GAA coaches in these FUNdamentals programme.

FOUNDATION STAGE/ KEY STAGE 1

The programme will include units of work from the areas of Games, Athletics, Dance and Gymnastics. A yearly overview will indicate the timescale of each element of PE and when pupils should be provided with these learning experiences.

- ✓ Primary 1 and 2, in addition to a 1 x 45 minute PE lesson, will also have a 45min outdoor play session.
- ✓ Primaries 3 and 4 will have two periods of 45 mins weekly.

N.B. 45min Gymnastics lesson will equate to one of these weekly lessons

Gymnastics lessons will be provided on an 8 week block for each class at Bangor Aurora Leisure Centre. The aim and rationale of this initiative is to provide expert coaching at a young age for pupils to develop whole body management and control.

The lessons will be progressive with pupils achieving grades and incentives similar to the swimming programme and cost of the lesson and transport will be paid by parents.

KEY STAGE 2



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The areas of study will be the same as in Key Stage 1 with the inclusion of *swimming*. Children in Primary 5, 6 and 7 will receive a full term (minimum 10 weeks) of coaching at Bangor Aurora and Aquatic Centre.

Primaries 5, 6 and 7 will have at least two 45 min sessions of P.E. per week. *N.B. 30min swimming lesson will equate to one of these weekly lessons*

A yearly overview will outline the sport specific skills to be developed through KS2 PE, particularly in relation to Games and Athletics.

FACILITIES AND EQUIPMENT

The school facilities include one sports hall (approx. 15x12m) with an adjoining stores for easy access to equipment. Teachers have an inventory of all equipment available.

Outdoor facilities include two smaller playgrounds. The school also has access to St. Comgall's Parish Hall (approx. 22 x 15m) from 12pm daily which is adjoined to the school gates.

Due to the outstanding facilities and proximity of the Bangor Sportsplex Athletics Track, Bangor Fuels Football Arena and Aurora Health & Wellbeing Sports Centre, good use is made of these facilities and specialist coaches at apt times of the year.

Parents are asked to contribute to the associated costs of Transport/Specialist coaching as apt and with notice however, it is a school policy that no child is ever left-out or penalised and costs are not a barrier to taking part.

The small equipment contained within the school is reviewed annually and replaced when necessary. This includes balls of various sizes, hoops, ropes, beanbags, quoits, bats, training bibs, cones, cricket balls and markers.

When the opportunities arise, the Cross Curricular Themes of Personal Development and Mutual Understanding will be delivered through the P.E. programme incorporating Shared Education. Links between healthy living and cultural understanding and P.E. will be encouraged and discussed. PDMU will be delivered through P.E. by promoting aspects of co-operation, teamwork and respect for themselves and each other.

The school Football, Netball, Gaelic Football, Athletics and Cross-Country Teams will participate in various leagues and competitions available including local, county, provincial and cross-community tournaments.

EXTRA CURRICULAR ACTIVITIES

The staff of this school recognise the value and importance of varied after school activities.

The school's involvement in the leagues and tournaments mentioned already will involve much before and after school time coaching by staff and external coaches.

Other activities will be evaluated and assessed on a needs basis.

This will include the school's participation in the following competitions:

- North Down Area League (Boys' football)
- Cattle Juniors Cup (Boys'/ Girls' football)
- North Down Area League (Netball) leading to NI Qualifiers (Netball)



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- Rockport, OLSPCK & Sullivan Tournaments (Netball)
- Swim Ulster & Swim Ireland Schools Cup (Swimming)
- Flahavan's Cross-Country League (Athletics)
- St. Columbanus' Cross-Country (Athletics)
- AND Borough Fun in Athletics (Athletics)
- AND Borough Cross-Country (Athletics)
- North Down District Athletics Competition
- Cumann na mBunscoil Aontroma League/ Championship (Gaelic Football)
- Olympic Handball tournaments

As a result of staff and parental influence, many of our pupils pursue additional sporting interests outside of school. Activities include Athletics, Park Runs, Swimming, Gaelic Games, Martial Arts, Football, Ice Hockey, Horse-Riding, Irish Dancing, Ballet, Hockey, Cheer-Leading & Gymnastics to name a few.

In recognition of our pupils' talents and dedication, all of these sporting achievements are recognised within school and where apt, celebrated on Seesaw and/or School Twitter Feed.

SCHOOL SPORTS DAYS

Two half days in the last term are devoted to Sports Day, one day for each key stage.

Primary 1-3 sports day takes place in the Parish Hall whilst Primary 4-7 events take place in Bangor Sportsplex.

The events in the Senior Sports Day are used as qualifiers for the North Down Athletics Competition. Heats for each of the track and field events are ran prior to the event with finals taking place on Sports Day followed by fun team activities.

Following the competitive races for inter schools qualification, emphasis is placed on the participation of all pupils in completion of alternative team events and the involvement of parents.

SAFETY/ ACCIDENTS

All teachers are aware of the importance of safety with regard to activities and the use of equipment. An annual circular detailing current safety guidelines or changes is provided to teachers/coaches and is also accessible via the school office for use.

Podium For Sport provide an annual check of all large PE equipment.

Risk Assessments are regularly carried out in consultation between Staff/PE & DT Co-ordinators.

P.E. UNIFORM

St. Comgall's PS PE uniform traditionally consisted of a heavy blue sweatshirt with school logo, navy tracksuit bottoms or leggings and white polo tshirt, navy shorts and black or navy trainers. Feedback from staff and children reported concerns re hygiene of the material, restriction in movement, dignity of pre-pubescent children wearing tight white aertex t-shirts and leggings and the overall inconsistency of appearance for purposes of team or class activity.

In consultation with the Pupil Council and PE Prefects, a new sportswear kit was designed and introduced for 2019/20 consisting of a royal blue breathable, round-neck sportswear tshirt with ultra



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bright strips for 'glow in the dark', navy tracksuit bottoms and half zip tracksuit both with ultra-glow strips, courtesy of The SignatureWorks, Bangor.

Whilst this kit is not compulsory, (and children will not be penalised for not having it), the feedback from staff, coaches, pupils and parents reflects that it is much more '*fit for purpose*'.

Acknowledging the associated costs of changing kit, assistance for parents who may need it is available in confidence by contacting the school office.

Regardless of the type of PE uniform purchased by parents, pupils can not take part in PE lessons if they do not have PE appropriate clothing and footwear for the lesson. It is a school policy that in the interests of health & safety, jewellery should be worn during lessons.

All pupils are required to have apt swimming gear for lessons at Aurora (KS2) – girls require a full one-piece swimming costume and boys require board or swimming shorts. Goggles and hats are optional but encouraged.

Staff have also been issued with PE attire and are asked to wear/change into it for PE lessons.

WHOLE SCHOOL INITIATIVES

As a school community, we are committed to raising the profile of healthy living through PE, leisure and healthy living initiatives.

We participate in Sustrans Active Travel programme which encourages pupils to walk, cycle or scoot to school as a sustainable, environmentally friendly mode of transport. As part of this programme we encourage healthy initiative such as the Big Pedal and Walk to School.

We also aim to provide opportunities for pupils to participate in the Daily Mile initiative to increase physical fitness, well being and concentrations. Foundation Stage pupils should participate once a week, Key Stage 1 and 2 pupils twice a week (excluding PE days).



HEALTH AND WELLBEING

The school aims to provide opportunities for pupils to develop strategies to develop resilience, mindfulness and positive mental health. This will be done through PDMU lessons and Children's Yoga where deemed appropriate.

There will be lessons provided to targeted age groups during particularly stressful periods i.e. Primary 7 in Term1 close to exam time, Primary 1 or 2 pupils during transition and where deemed appropriate or where pupils may avail of the benefits.



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Work in this area is also supported by ongoing initiatives such as The Daily Mile and Sustrans Active Travel. All classes make use of the school grounds for these activities and acknowledge the benefits of regular outdoor learning for health & wellbeing.

In addition, all classes employ wellbeing apps linked to the **Take 5** Strategies including; **Cosmic Yoga, The Zen Den, Go Noodle, Calm** etc.

We also make use of visiting Health & Sports Agencies & Coaches to promote Health (Physical & Mental) & Wellbeing at key times.



SPECIAL EDUCATIONAL NEEDS

Children with disabilities or Special Educational Needs will participate in the P.E. programme as fully as their disability will allow, taking account of parental and medical advice and any appropriate risk assessment.

PHYSICAL DISABILITIES

A risk assessment should be carried out for PE lessons with child's parents/ guardians and Vice-Principal (DT) regarding pupil's involvement in PE lessons if necessary.

MONITORING PUPIL PROGRESS:

The PE Co-ordinator monitors planning and delivery of PE lessons through Planning Files, Seesaw evidence, lesson visits and questionnaires.

The progress of all pupils is monitored and commented upon in the child's Annual Report.



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This Policy was written by: **Mr Sean Ennis**

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