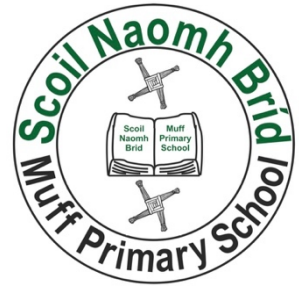




# Scoil Naomh Bríd

## Active School

### 2016-2017 Report



This report was compiled as part of our Active Schools Application. Our flag was granted in 2018 and remains valid for 3 years. At Scoil Naomh Bríd we try to provide as many different activities as we can. We try to cater for those children who like to participate in individual as well as team sports. Above all we encourage all pupils to participate regardless of their skill level or experience.

#### Area 1: Physical Education

- J1 Tuesdays & Fridays
- SI Mondays & Thursdays
- 1st Tuesdays & Thursdays
- 2nd Mondays & Fridays
- 3rd Mondays & Fridays
- 4th Tuesdays & Fridays
- 5th Tuesdays & Thursdays
- 6th Mondays

Our weekly PE timetable for all classes ensures 1 hour PE every week.

Our supplementary PE timetable shows the annual schedule for aquatics, céilí dancing and Gaelic Football.

Extra PE input may come in the form of visiting instructors in areas such as rugby, cycling, soccer, hurling or Zumba.

#### Long-term Planning Overview

- The following document gives a brief outline of the types of learning and learning experiences that our pupils will have over the school year.
- These lessons are teacher led with assistance from outside qualified tutors when available.

**Scoil Naomh Bríd**

Teacher: Johanne Mc Colgan

Yearly Planning Overview:

Classes: Junior Infants-6<sup>th</sup> Class

Class/Month	September GYMNASTICS & COOPERATIVE GAMES	October GAMES	November ATHLETICS	December DANCE	January GYMNASTICS	February GAMES	March DANCE	April GAMES	May GAMES	June DOOR ADVENTURE ACTIVITIES & OUTDOOR ATHLETICS
Junior Infants	Fundamental Movements (Gymnastics) & Listening Games	Throwing & Catching Activities & Games	Introduction to Sportshall Athletics Games	Movement & Dance Expressive & Creative Christmas Play Dance & Movement.	Gymnastics (travelling, balancing, specific skills, symmetry/asymmetry Creating movement sequences	Introduction to Soccer skills -basic kicking, passing and ball control.	Dance & Skipping	Introduction to Gaelic football skills: Kicking/hand passing/Pick up	Striking Games: using equipment to strike a static and moving object. Bat & Ball/Hurling/Camogie/Hockey /Simplified tennis.	Outdoor Athletics: Running, Relays, Longjump, Turbojavelin, Balancing games, Shotputt & sack racing. Sprints 50mtr Parachute games/ outdoor obstacle activities/Giant Jenga & soft play equipment.
Senior Infants	Fundamental Movements (Gymnastics) & Listening Games	Throwing & Catching Activities & Games	Introduction to Sportshall Athletics Games	Movement & Dance Expressive & Creative Christmas Play Dance & Movement	Gymnastics (travelling, balancing, specific skills, symmetry/asymmetry Creating movement sequences to music	Introduction to Soccer skills basic kicking, passing and ball control	Dance & Skipping	Introduction to Gaelic football skills: Kicking/hand passing/Pick up	Striking Games: using equipment to strike a static and moving object. Bat & Ball/Hurling/Camogie/Hockey /Simplified tennis.	Outdoor Athletics: Running, Relays, Longjump, Turbojavelin, Balancing games, Shotputt & sack racing. Sprints 50mtr Parachute games/ outdoor obstacle activities/Giant Jenga and soft play equipment
First Class	Fundamental Movements (Gymnastics) & Listening & Cooperative Games	Throwing & Catching Activities & Games	Introduction to Sportshall Athletics Games	Movement & Dance Expressive & Creative Christmas play dance & Movement	Gymnastics (travelling, balancing, specific skills, symmetry/asymmetry Creating movement sequences & Patterns with and without music With and without a partner.	Introduction to Soccer -basic kicking, passing and ball control Soccer	Dance & Skipping	Introduction to Gaelic football skills: Kicking/hand passing/Pick up	Striking Games: using equipment to strike a static and moving object. Bat & Ball/Hurling/Camogie/Hockey /Simplified tennis.	Outdoor Athletics: Running, Relays, Longjump, Turbojavelin, Balancing games, Shotputt & sack racing. Sprints 80mtr Parachute games/ outdoor obstacle activities/Giant Jenga building blocks & soft play equipment
Second Class	Listening & Cooperative Games Parachute <del>ACTIVITIES</del>	Throwing & Catching Activities & Games	Sportshall Athletics -Competitive participation	Movement & Dance Expressive & Creative Line Dancing Hip Hop Jive Céilí dancing Christmas play dance & Movement	Gymnastics (travelling, balancing, specific skills, symmetry/asymmetry. Creating movement patterns & sequences with and without partners. Introducing the forward roll, backward roll and handstand.	Developing our Soccer Skills -Dribbling & passing.	Dance & Skipping	Developing Gaelic skills; Soling/Scoring/Pick-up/Fistpass	Striking Games: using equipment to strike a static and moving object. Bat & Ball/Hurling/Camogie/Hockey /Simplified tennis.	Outdoor Athletics: Running, Relays, Longjump, Turbojavelin, Balancing games, Shotputt & sack racing. Sprints 80mtr Parachute games/ outdoor obstacle activities/ Orienteering activities and outdoor circuits

Third Class	Listening & Cooperative Games Parachute Activities	Throwing & Catching Activities & Games	Sportshall Athletics -Competitive participation	Christmas Play Movement & Dance Expressive & Creative Line dancing Hip/Hop Jive Cajal dancing Cajal dancing	Gymnastics (travelling, balancing, specific skills, symmetry/asymmetry). Creating movement patterns & sequences with and without partners. Introducing the forward roll, backward roll, handstand and cartwheel.	Developing our Soccer Skills -Dribbling & passing	Dance & Skipping	Developing Gaelic skills; Soloing/Scoring/Pick-up/Fictpass	Striking Games: using equipment to strike a static and moving object. Bat & Ball/Hurling/Camogie/Hockey /Simplified tennis.	Outdoor Athletics: Running, Relays, Longjump, Turbojavelin, Balancing games, Shotputt & Three legged Race Distance Running Sprints 100mtr Outdoor obstacle courses and Orienteering activities. Outdoor circuits Outdoor pursuits activity day trips.
Fourth Class	Listening & Cooperative Games Parachute Activities & Games.	Throwing & Catching Activities & Games Basketball/Netball/Volley ball	Sportshall Athletics -Competitive participation	Movement & Dance Expressive & Creative Line dancing Hip/Hop Jive Cajal dancing Christmas Play dance	Gymnastics (travelling, balancing, specific skills, symmetry/asymmetry). Creating movement patterns & sequences with and without partners. Introducing the forward roll, backward roll and handstand. Moving on and off apparatus: vault etc	Developing our Soccer Skills -Scoring & Tactical Play Full sided games	Dance & Skipping	Improving our Gaelic Skills: Tackling/Tactical Play /Small Sided (7V7)and full sided games(13V13)	Striking Games: using equipment to strike a static and moving object. Bat & Ball/Hurling/Camogie/Hockey /Simplified tennis.	Outdoor Athletics: Running, Relays, Longjump, Turbojavelin, Shotputt & Three legged Race Distance Running 100mtr Sprint/ Outdoor obstacle courses and Orienteering activities / Outdoor circuits Outdoor pursuits activity day trips.
Fifth Class	Listening & Cooperative Games Parachute and team work games.	Throwing & Catching Activities & Games Basketball/Netball/Volley ball	Sportshall Athletics -Competitive participation	Movement & Dance Expressive & Creative Line dancing Hip/Hop Jive Cajal dancing Christmas Play dance	Gymnastics (travelling, balancing, specific skills, symmetry/asymmetry). Creating movement patterns & sequences with and without partners. Introducing the forward roll, backward roll and handstand. Using the vault and balance	Improving our Soccer Skills -Scoring & Tactical Play.	Dance & Skipping	Improving our Gaelic Skills: Tackling/Tactical Play /Small Sided (7V7)and full sided games(13V13)	Striking Games: Using equipment to strike moving object: Hurling/Camogie/ Rounders/Hockey	Outdoor Athletics: Running, Relays, Longjump, Turbojavelin, Shotputt & Three legged Race Distance Running Sprints 100mtr Outdoor obstacle courses and Orienteering activities/ outdoor circuits Outdoor pursuits activity day trips
Sixth Class	Listening & Cooperative Games Parachute and team work games.	Throwing & Catching Activities & Games Basketball/Netball/Volley ball	Sportshall Athletics -Competitive participation	Movement & Dance Expressive & Creative Line dancing Hip/Hop Jive Cajal dancing Christmas play dance	Gymnastics (travelling, balancing, specific skills, symmetry/asymmetry). Creating movement patterns & sequences with and without partners. Introducing the forward roll, backward roll, handstand, cartwheel, handspring and splits. Using equipment.	Improving our Soccer Skills -Scoring & Tactical play Full sided games	Dance & Skipping	Improving our Gaelic Skills: Tackling/Tactical Play /Small Sided (7V7)and full sided games(13V13)	Striking Games: Using equipment to strike moving object: Hurling/Camogie/ Rounders/Hockey	Outdoor Athletics: Running, Relays, Longjump, Turbojavelin, Shotputt & Three legged Race. Distance Running Sprints 100mtr Outdoor obstacle courses and Orienteering activities /outdoor circuits Outdoor pursuits Activity day trips.

This Planner is merely a guide to the type of learning that will occur each month in each class. The planner is subject to change to accommodate for blocked periods of Swimming, Gaelic Skills, Soccer Skills and Cajal Dancing.

## Area 2: Partnerships

Here at Scoil Naomh Bríd we have established very close links with our Local G.A.A Club Naomh Padraig. The Club provides endless hours of support to the school in a variety of ways.

- Coaches assist with the weekly coaching skills blocks.
- They provide additional coaches to assist with our lunchtime training sessions.
- The Club is also readily available to assist with mini Gaelic blitzes during our Active Schools Week and provide regular access to their pitch and facilities for the school.



Quigley's Point Swifts FC was established in 1970 and moved to the 'School Pitch' in the 1970s.

Here at Scoil Naomh Bríd we have excellent links with the soccer club and have full use of all the facilities the club provides.

There have been major developments to the site with a 3G Astro-turf pitch with floodlights, new pitch and the new clubhouse was officially opened on Sunday 15<sup>th</sup> July 2012. Quigley's Point FC caters for the needs of all ages in the local area. The club provides coaches to the school to assist in the coaching of our boys and girls soccer teams.



## Links with the Parents and Local Community

### Newsletter

- Here at Scoil Naomh Bríd we send home a monthly bulletin informing our parents about everything that has been happening in school over the past month.
- The bulletin is also an excellent way to illustrate the sporting achievements of our boys and girls. We include match reports, racing reports and a photo or two to ensure our parents are kept up to date on the children's sporting successes.
- The bulletin also helps us to acknowledge the help and support of our parents that of their sporting expertise or taster sessions for the children in various sports and activities.
- We also use our bulletin to inform our parents of any 'Active' activities coming up in the community (forest walks, community clean-ups, Community park fun days and charity runs, Gaelic finals, Soccer tournaments or coaching opportunities for the kids).

### School 5k

- Scoil Naomh Bríd is currently planning our own school 5k run to raise funds for the school. We will be encouraging all parents and family members to participate and register to run as a family!
  - A special family registration form has been designed in preparation for what is to be a fantastic active activity where parents and family members will lead their children in a healthy and enjoyable activity.
- The Parents Association of Scoil Naomh Bríd will be actively assisting the school in the planning, organising and implementation of this fantastic community and school event. They will be overseeing the registration process, the marshalling and the celebratory tea and refreshments afterward in our school hall. Inishowen Athletics Club will be supporting the school and the Parents Association to ensure the smooth running, timing and completion of our 5k Active Challenge!

### Well Done Wall

- On entrance to Scoil Naomh Bríd all parents and visitors can see the sporting achievements and successes of all the boys and girls as they are photographed and displayed on our 'Well Done Wall' on the foyer as you enter the school. Both the parents and visitors to the school enjoy looking at the photographs and appreciating the children's sporting endeavours in and outside school.



## Sporting Success at Scoil Naomh Bríd in 2016/2017



During the school year of 2016/2017 we witnessed all our hard work and efforts in the area of Gaelic football coming to fruition. Both our boys and girls team made it to the Cumann na mBunscol County Final. This was a huge achievement for the school as we were the only school to have both our boys and girls teams in the final and it had been almost 30 years since we reached a final.

The children were very proud to wear their school jerseys that day!

The boys and the girls lined out in the county final wearing their school colours with pride. It is days like those that make all the efforts and training hours worthwhile.

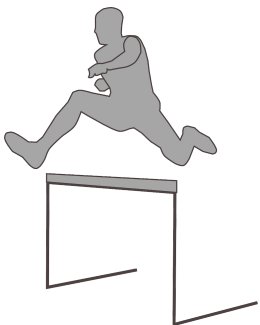
As a coach and educator, I am delighted to say that each and every one of these girls has continued to train and play Gaelic football with our local club outside of school hours. Great enjoyment in school Gaelic has led to increased participation at Club Level, and healthier students all around! An Active school has inspired active students!



Over the last 4/5 years we have invested a lot of time and efforts to encourage the children to participate in Cross Country running. The children train every week without fail. They practise their running and increase their distances through a series of games and challenges that are challenging but fun! This has ensured great attendance at training and fantastic results at competition. This fantastic squad of children brought home 13 individual medals, Team gold in the Under 9 girls, team gold in the under 11 girls, team gold in the under 13 girls, team silver in the u9 boys and team silver in the u13 boys!

## Sportshall

For the last three years we have been encouraging our pupils to participate and compete in the Sports Hall Athletics Programme. This programme is designed to create an athletics programme where participation is rewarded and teams are given points. The activities for sports hall can be adapted to suit any small school hall and are thoroughly enjoyed by the children. They provided opportunities for great success for all children. In 2017, we won county winning relay team and 1<sup>st</sup> & 2<sup>nd</sup> in sprinting.



Over the last number of years Scoil Naomh Brid has invested a lot of time and efforts into outdoor athletics. The pupils have been introduced to as many areas of athletics as possible. Participation in this area has increased dramatically and every year our numbers are increasing. With the variety of events available there is something for every child. Each year we travel to the Finn Valley Athletics competition at the Finn Valley Athletics Track in Stranorlar. The boys and girls love this experience and we have achieved improving success with each year we participate.

Inishowen Boys Soccer Champions 2017

### Area 3: Active Schools Week 2016/2017



Active Schools week has become an integral part of our school calendar! Every year at Scoil Naomh Bríd we look forward to a week of exciting, enthralling and invigorating activity!

The staff and all the children participate to the best of their abilities and everyone gets their efforts acknowledged on Sports Prize Giving Day.

Last year's activities ranged from the 'Muff Marathons' to the Super Soccer Scorer, Morning Wake-up Dance, Leaping Leapsters, Last Man Standing, Dodgy Dice activities and many more. It was a week of activity we will never forget. Everyone is eagerly looking forward to this year's activities and seeing what new challenges they will bring!!

Here are our activities for the week:

**Monday:** Morning wake up dance! Lunchtime Crunch Movements, Super Soccer scorer!, Lunchtime play equipment and dance music. **The Muff Marathon!** Each child will run an allocated lap or two of the soccer pitch, dependent upon their age. The gold baton will be passed from class to class as the entire class complete their challenge. Teachers included!!

**Tuesday:** Morning wake up dance! Lunchtime Crunch Movements, Super Soccer scorer! Lunchtime play equipment and dance music. **Gaelic Mayhem!** Every class will participate in a gaelic blitz assisted by our gaelic coaches who will be here from 9:30am. Junior Infants Versus Senior Infants, First Class Versus Second Class, Third Class versus Fourth Class, Fifth Class Versus Sixth Class.

**Wednesday:** Morning wake up dance! Lunchtime Crunch Movements, Super Soccer scorer!, Lunchtime play equipment and dance music. **Sprinting For Success!** Finding the fastest boy or girl in the school over 100mtrs! Finding the fastest boy and girl in each class. Pitch will be set out for the race track. Pupils can compete during their class time or P.E. time and then compete in the grand Finale at Lunchtime.

**Thursday:** Morning wake up dance! Lunchtime Crunch Movements, Super Soccer scorer!, Lunchtime play equipment and dance music. **Dodgeball Tournament!** Over the day each class will play dodgeball against pupils from another class, teams will be given to class teachers. A selection of pupils will then compete against the teachers as the grand finale! **Dodgy Dice!** Pupils complete the following challenges based upon the number that is obtained when the dice is rolled: Star Jumps! Bum Kicks! Press-ups! Frog Leaps! High Knees!

**Friday:** Morning wake up dance! Lunchtime Crunch Movements, Super Soccer scorer!, Lunchtime play equipment and dance music. **Leaping Leapsters!** Everyone will gather on the soccer pitch facing the old clubhouse after lunchtime. Pupils will then leapfrog over each other in a race to the end of the pitch!

- At the end of our Active Schools Week 2017, everyone had that much fun that we wanted to keep some of our activities and use them throughout the year!
- The Lunchtime Crunch movements have been retained and used every day as signalled by the bell.
- The children enjoy playing with a resource box full of play equipment every day during the lunchtime!
- Scoil Naomh Bríd endeavours to keep our kids Active!

## Area 4: Physical Activity

- At Scoil Naomh Bríd, we actively promote physical activity throughout the day in our school. Pupils have active morning runs or jogs depending on their age and/or ability; they have two active breaks each day where a variety of lunchtime activities are provided to include: Yoga, Fundamental Movements, Gaelic Football, Soccer, Dance, Circuit Training, Cross country Running, Sportshall Athletics, Indoor Gaelic and Outdoor Athletics.
- Throughout the day teachers are encouraged to provide 'Brain breaks' for pupils at any time and brief intervals of activity to reenergise their pupils and get them some fresh air. Many teachers take their classes outside the classroom to complete active learning opportunities: Map Work, Maths Eyes, Shape and Space, Directional activities, Structured and Free Play, Nature and Science related challenges/ learning opportunities amongst many others.
- On our Active Schools Board pupils can choose which lunchtime activities they wish to attend during each week. Activities are provided for all age groups within the school and cover a variety of the Strands of Physical Education.
- Pupils are encouraged to take part in a number of active initiatives: Yard Games, Danceathon, Skip-Hop, Cycle to School, Walk on Wednesday. These activities can be small group or whole school activities. 'Do Your Talking as You Are Walking' is encouraged in our yard but due to the presence of play equipment pupils never need to be reminded.
- Pupils are also encouraged to get Active through gardening in our school Polytunnel. All classes are allocated a section in the polytunnel where they must Plant, weed and actively care for their produce. At the end of each growing season the pupils dig up their produce and take them to home to show their parents the 'Fruits of their Labours'!! This gardening is back breaking work!!
- Staff have encouraged children to get more active by replacing sweet treats with 5mins playtime or points that pupils collect and then redeem when they want or when the weather is good for some extra play time.
- Our school lunchtime are a hive of activity with pupils participating in their chosen sporting activities of experiencing Active Play in the yard or on the pitch with the Outdoor play equipment.
- Our school yard has been zoned into three Active play areas; the Junior Yard, Senior Yard and the Basketball/Football court. This helps to keep pupils safe and ensures there is plenty of space for them all to play in our school grounds.
- Each yard has been assigned playground leaders that are responsible for giving out and collecting the play equipment. These leaders also check the equipment before they return it to the play store and replace any missing equipment. The leaders are also encouraged to help the younger pupils create and play games that include everyone.
- School Calendar: Every year important dates are marked into our school calendar. These include the Crosscountry events in the First Term, the Sportshall Gaelic, The Sportshall Athletics, The Finn Valley Summer Sports Athletic Events, the Cumann Na mBunscoil Blitzes, Soccer Tournaments, Our Active Schools Week and our Summer Sports Day.
- Here at Scoil Naomh Bríd we try to introduce the children to a variety of sports and fitness activities. We have had a number of outside individuals visit our school and deliver taster sessions to the pupils. These include: Karate, Hip-Hop dance, Tag Rugby, Yoga, Camogie and many more.
- All staff at Scoil Naomh Bríd focused on Sportshall Athletics this year and participated in whole staff training with Niall Mc Gee of Inishowen Athletics Club. This was a fun, energetic and helpful learning experience for all staff.

**Scoil Naomh Bríd, Where an Active child is a Happy Child!**