



1941
2016
*Celebrating
75 years*

PE - Junior Cycle

A central tenet of our mission statement refers to the 'holistic' development of the student. We take this very seriously in our PE Department. Together with our colleagues on the coaching staff and the wider school community, we endeavour to provide students with an enjoyable, broad and balanced PE curriculum that fosters life-long engagement with physical activity.

In Loreto College Foxrock, the physical development of each student is considered to be an integral part of her full education and lifelong growth as a person. The college promotes the physical development and well-being of its students through systematic involvement in structured classes of Physical Education and an extensive extra-curricular sports programme. PE is taught in the school by a team of four qualified PE teachers and follows the Junior Cycle Physical Education Framework (short course) and revised Senior Cycle PE programme.

The Junior Cycle programme consists of four strands, each one focusing on learning in different physical activity areas:

- Physical activity for health and wellbeing.
- Games.
- Individual and team challenges.
- Dance and Gymnastics.

As part of this wellbeing short course, students at the college are assessed in each strand. This creates learning experiences where our students are motivated and engaged in regular physical activity, while also enabling them to become physically educated young people.

At Junior Cycle we are now offering the new Short Course specification; beginning with the First Year group of September 2016. This programme is a 100-hour course run in 2nd and 3rd Year, with an additional 1st Year Programme designed to embed the required skills for the short course. Students have a double period of PE every week. From 2020, PE will be profiled under the area of Wellbeing on the JCPE and students will have the opportunity to showcase their achievements in this subject in an official capacity. More details on this development can be found on www.curriculumonline.ie Changes in the PE programme will include a greater emphasis on formative assessment and the use of ICT. The school is fortunate to have four qualified PE teachers on staff, in addition to a wider sports staff who facilitate co-curricular sports. We are thrilled about the current changes in PE at a national level and look forward to showcasing the very best of our students in this subject.

The college boasts excellent facilities - a fully equipped Sports Hall catering for basketball, badminton, soccer, and a range of indoor sports, games and classes. Equipment for a multitude of sports and activities is available for the use of students. The college has a full-sized floodlit astro-turf hockey pitch and a large enclosed astro-turf multi-purpose pitch marked for tennis courts. A fully equipped gym catering for cardiovascular and muscular endurance requirements is also available to students in the evenings after school and supervised by a qualified gym instructor.

A highlight of the school year is 'Healthwise Week' in March; a joint initiative between PE and Home Economics Departments that gets the whole school moving and eating well (or, that's the plan at least!). This annual week of fun and frolics includes annual fixtures such as the Loreto Mile Challenge, 5Km Run, Tug of War, specialised fitness and activity classes and the ever-popular inflatable obstacle course! There is also a social-justice component whereby funds are raised for our sister school, Loreto Rumbek.

Junior Cycle P E Plan

Loreto College Foxrock – Short Course in Physical Education 2017/18

Teachers: L Ryan, A Walsh, F Early, M McGinley

	Summer – Midterm	Midterm – Christmas	Christmas – Midterm 2	Midterm 2 – Easter	Easter – Summer
	7 Weeks	7 Weeks	5 Weeks	5 Weeks	6 Weeks
<u>Year 1</u>					
Unit Title	Fundamental Skills in Games	Gymnastics 1	Athletics 1	Orienteering & Team Challenges	Invasion Games
Assessment					
<u>Year 2</u>					
Unit Title	Athletics 2	Gymnastics 2	Health Related Activity	Dance 1	Net Games (3 weeks outdoor/3 weeks indoor)
Assessment		Final Performance & Review			
<u>Year 3</u>					
Unit Title	Physical Activity for Wellbeing	Invasion Games	De-stress Activities	Adventure & Team-building Activities	Net Games (3 outdoor/ 3 indoor)
Assessment		Sport Ed - Coaching		Participation in, & Reflection on Hike	Sport Ed - Coaching