



1941
2016
*Celebrating
75 years*

P E - Senior 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.

At Senior Cycle, students continue to learn about the importance of physical activity as part of a fulfilling and healthy lifestyle. Students at the college have the opportunity to experience an array of activities, from Zumba and Pilates to spinning and aqua aerobics. While performance is a key focus at the college, learners at Senior Cycle are also encouraged to undertake roles other than that of the performer. Coaching modules, organised team challenges and sport education are some of the modules also offered to students. With this combination of activities, our aim is to help develop students into confident and competent participants in physical activity now and into their adult lives.

The Transition Year programme incorporates many new opportunities for students, including personal activity programmes, coaching award opportunities, exercise to music and team-challenges. Closely aligned with this programme is a six-week 'Outdoor Pursuits' module run by Ms L. Ryan. All activities in this module are designed to foster student responsibility, personal growth and 'challenge by choice'. Students are also encouraged to explore their natural environment and enjoy it in an ethical way (Leave No Trace).

Activities include:

- Archery
- Skiing
- Climbing (single-pitch) OR Climbing (bouldering)
- Campskills- Fire-making
- Campcraft- Tent Setting, Waste Disposal, Stove Cooking
- Communications- Semaphore, radio signalling
- Orienteering

Additionally, students are expected to participate in the Gaisce programme and will participate in an end-of-year adventure activity to receive their award.

Other activity-based modules in Transition Year include:

- Fencing
- Self- Defence



1941
2016
*Celebrating
75 years*

From September 2018, the school will be implementing the Senior Cycle PE programme for all 5th and 6th Year students. Again, this is a new syllabus and we are very excited about the opportunities it brings for our students. Details can be found on curriculumonline.ie. Students will receive a double period of PE per week in the areas of; invasion games/net games/ divided court games, adventure activities, physical activity for health and well-being, gym programming, dance, athletics. These will be delivered under the following curriculum models:

- Teaching games for understanding
- Sport Education
- Personal and Social Responsibility
- Health Related Physical Activity.

The PE Department is very active in the promotion of co-curricular activities also. Senior students have the opportunity to engage in additional activities such as 'Park-Run', 'Runamuck', Sky-Sports Challenge, Cycle against Suicide and Camino de Santiago.

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.

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.