

Section 1: Physical Education

A holistic approach is applied to the teaching of physical education, promoting the students physical, mental, emotional and social wellbeing.

ALL students receive a double timetabled period of P.E. each week and follow the syllabi devised by the NCCA.

Junior Cycle curriculum:

Strands taught:

- Gymnastics
- Dance
- Health Related Activities
- Adventure Activities
- Athletics
- Games – Invasion & Net

First Years

- Games – Invasion – Basketball/ Futsal
- Dance
- Gymnastics
- Games – Net - Volleyball
- Adventure

Second Years

- Games – Net - Tag Rugby
Olympic Handball
Basketball
- Gymnastics
- Games – Net – Badminton
- Athletics
- Health Related Activities
- Games – Invasion - Ultimate Frisbee
Futsal

Third Years

- Games – Tag Rugby
Olympic Handball
Soccer
- Gymnastics
- Games – Net – Volleyball
- Games – Net – Badminton
- Athletics
- Health Related Activities

Senior Cycle P.E.:

Transition Year:

Games - Tag Rugby / Olympic Handball / Futsal / Table Tennis / Ultimate Frisbee / Volleyball / Badminton / American football

Artistic and aesthetic activities - Gymnastics

Aquatics

Personal exercise and fitness

A variety of different circuits developing cardiovascular endurance, muscular endurance, flexibility, core and muscular strength.

Fifth & Sixth Year:

Games – Tag Rugby / Olympic Handball / Futsal / Table Tennis / Ultimate Frisbee / Volleyball / Badminton

Personal exercise and fitness:

A variety of different circuits developing cardiovascular endurance, muscular endurance, flexibility, core and muscular strength.

Boxercise and High Intensity Interval Training

Artistic and aesthetic activities:

Gymnastics.

Photographic and Video of our P.E. programme from all year groups:

DANCE with the theme of sport



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Gymnastics






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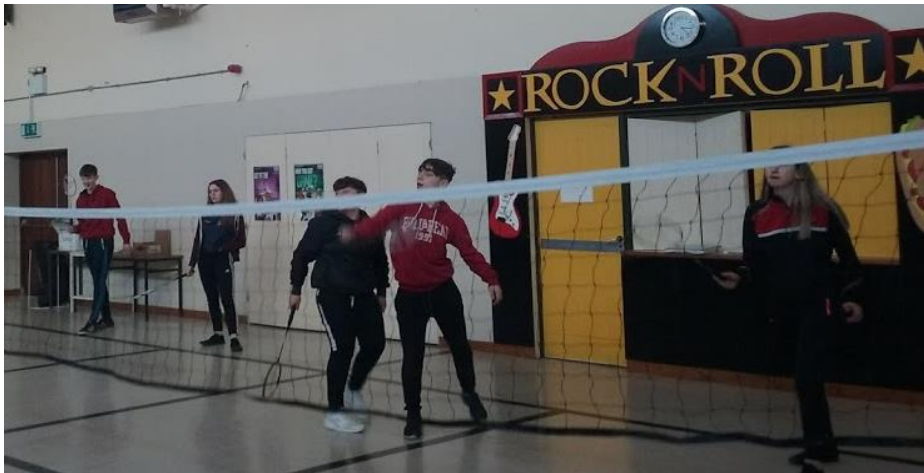
Games

Futsal





Badminton



Handball





Basketball





Ultimate Frisbee



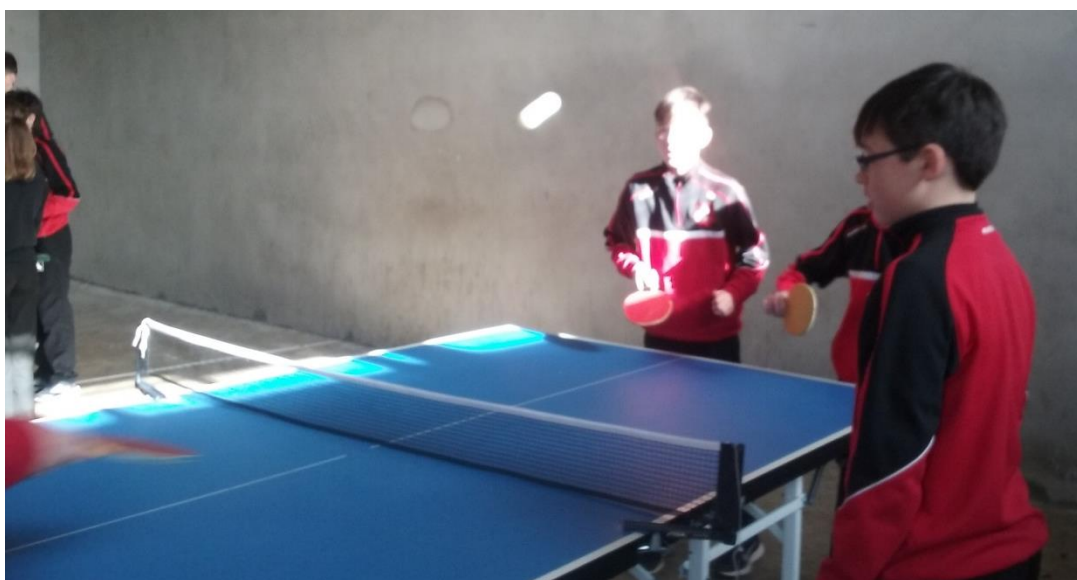


Volleyball





Table Tennis





Olympic Handball





Tag Rugby



Athletics

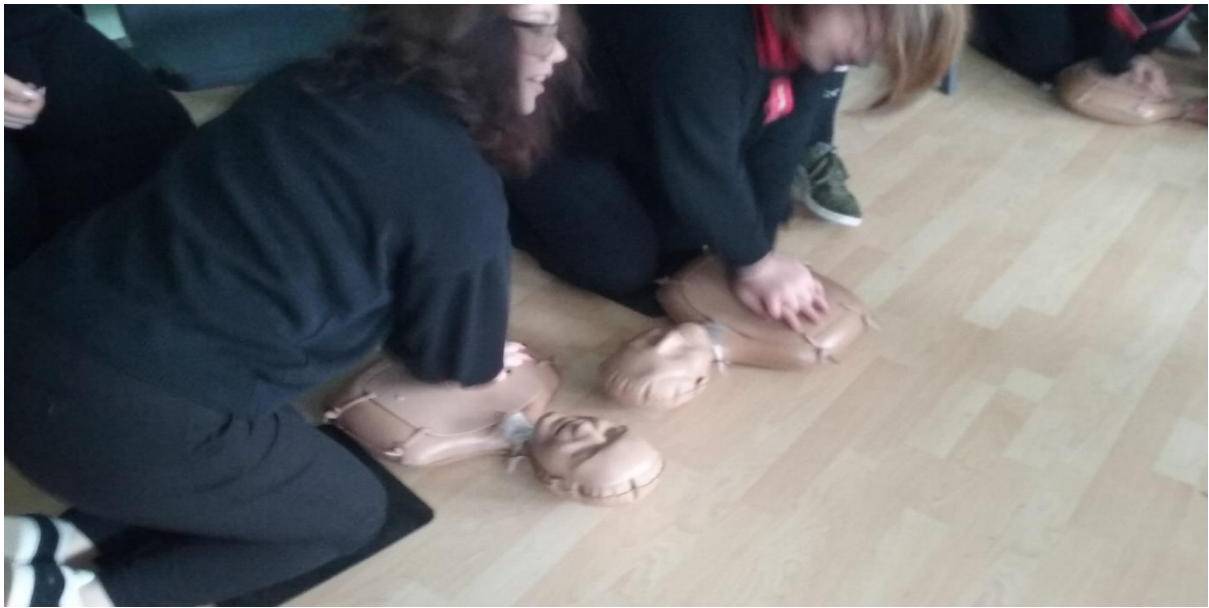


Adventure Education





Hands on CPR





Circuits focusing on cardiovascular endurance and muscular endurance



Boxercise:









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