

School Self-Evaluation Process

Kilbonane National School

September 2024 – June 2026

Introduction:

School self-evaluation of teaching and learning is part of the ongoing work of Kilbonane National School. The focus of school self-evaluation for 2024-2026 is Physical Education.

Kilbonane N.S. is a rural, mixed primary school under Catholic patronage. As of the above date, there are currently 96 pupils (51 boys and 45 girls), four Mainstream Teachers, a teaching Principal, as well as two SET Teachers. One SNA caters for the needs of ten pupils also. Pupils generally come from middle class backgrounds and there is strong parental support for teaching and learning, a factor that is acknowledged as having a positive effect on pupil attainment levels and on pupils' attitudes to learning.

Below is an outline of the SSE process that we have undertaken in our school recently:

A Staff Meeting was held on 28th August 2024 to discuss what our focus for School Self-Evaluation might be.

Teachers agreed that Physical Education is the area of teaching and learning that needs most investigation currently in our school.

After a period of reflection and discussion and having reviewed current practices in the school, we agreed to focus on further enhancing our Physical Education lessons for the duration of this plan.

A questionnaire survey for parents was formed and sent (using Google Forms) to the parents of 1st to 6th Class.

A questionnaire was drawn up to get children's thoughts on Physical Education in our school. The children completed the questionnaire in class (1st -6th class).

Data Gathering:

Discussing the topic as a staff, we have looked at teaching and learning in our school in the area of Physical Education. This is what we discovered:

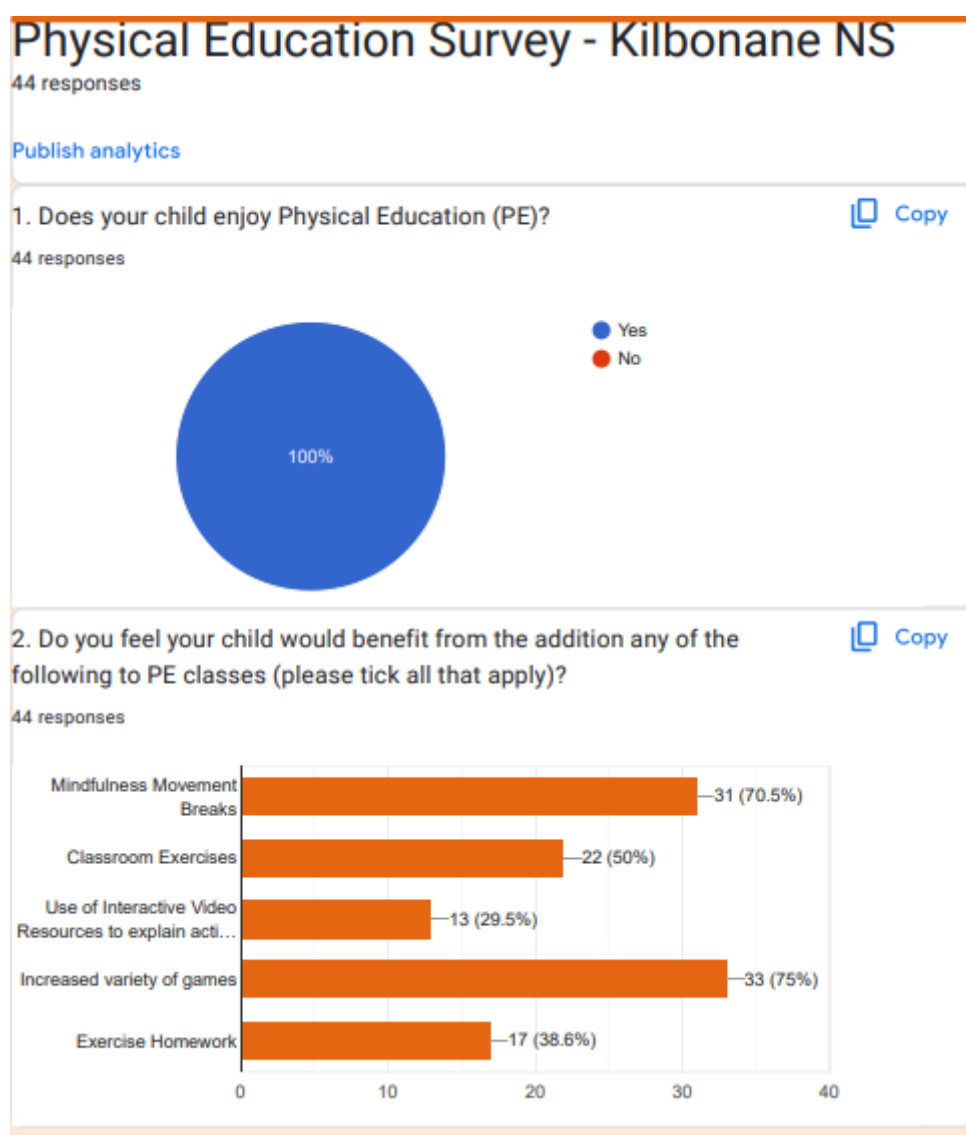
- (i) Most pupils enjoy the Physical Education programme provided within the school and are motivated to partake in all activities
- (ii) There is a strong focus on the strand of 'Games' in the school, with a variety of activities offered throughout the year, however, we feel we can develop on this
- (iii) We avail of external support for areas such as hurling, football, gymnastics, swimming and dancing
- (iv) We have sufficient P.E. facilities in the school i.e. halla, AstroTurf and our basic P.E equipment is sufficient for delivery of current lessons
- (v) We run an engaging 'Active Week' led by the Student Council and end of year Sports Day
- (vi) We need to further develop our confidence and competence in teaching Physical Education
- (vii) Students need to be taught to accept winning and losing through our teaching of Physical Education

Kilbonane NS Physical Education Survey 2024 – Parents

We formed a questionnaire survey and sent it (using Google Forms) to the parents of 1st to 6th Class. The results of the survey can be seen at the end of the report. Overall, the school is performing well and the parents have a positive view of how Physical Education is promoted in Kilbonane NS.

The results, when examined in detail, reveal the following:

- **100%** of parents reported that their child enjoys P.E in school
- **70.5%** of parents would like the addition of Mindfulness Movement Breaks
- **50%** of parents would like exercises to be incorporated in to the classroom setting
- **29.5%** of parents would see the benefit of using videos to aid pre-teaching of skills before execution of P.E. lessons
- **38.6%** of parents would like to see the addition of 'exercise homework'



Kilbonane NS Physical Education Survey 2024 – Pupils

Every child from 1st to 6th Class were surveyed and they each submitted their answers by questionnaire. Again, the results of that survey can be seen at the end of this report. Overall, the children have a very positive view of Physical Education in Kilbonane NS.

The key points we took from this survey were:

The results, when examined in detail, reveal the following:

- **98.73%** of students reported that they child enjoy P.E in school
- **32.87%** of students would like the addition of Mindfulness Movement Breaks
- **46.5%** of students would like exercises to be incorporated in to the classroom setting
- **34%** of students would see the benefit of using videos to aid pre-teaching of skills before execution of P.E. lessons
- **60.2%** of students would like to see the addition of 'exercise homework'

With this knowledge, the staff discussed the outcomes.

The following recommendations and strategies were agreed upon:

1. Develop the Fundamental Movement Skills of children, focusing on skills to be transferred across all strands
2. Promote the importance of physical education and understanding of nutrition
3. Incorporate 'Mindfulness Movement Breaks' into our weekly routine
4. Increase classroom exercises through active brain breaks
5. Increase variety of games during 'Games' strand and also during warm-up.
6. Pre-teaching of specific skills before games/activities
7. Teaching pupils to be respectful through winning and losing
8. Teaching pupils to be respectful of peers, staff and coaches
9. Provide CPD for teachers
10. Developing a yearly P.E plan for the school that will ensure that all strands are covered annually

Pupil's Survey

Physical Education Survey 24-25
Pupil Questionnaire Results

