

## School Improvement Plan – Physical Education

### Kilbonane National School

September 2024 – June 2026

<b>Summary of main strengths</b>	<ul style="list-style-type: none"><li>• Most pupils enjoy taking part in P.E lessons</li><li>• There is a strong focus on the strand of ‘Games’ in the school</li><li>• We avail of external support for areas such as hurling, football, gymnastics, swimming and dancing</li><li>• We run an engaging ‘Active Week’ each year led by the Student Council</li></ul>
<b>Summary of main areas requiring improvements</b>	<ul style="list-style-type: none"><li>• Educate students about the importance of daily physical activity for health.</li><li>• Promote understanding of nutrition and hydration in relation to physical performance.</li><li>• Implement integrated P.E programme.</li><li>• Include elements that support not just physical skills but also cognitive (understanding rules, tactics), social (teamwork, communication), and emotional development (self-confidence, resilience).</li><li>• Teach students the necessary skills to accept winning and losing through our teaching of Physical Education</li><li>• Provide continuous professional development opportunities for PE teachers to learn about new teaching techniques, safety guidelines, inclusive practices, and technology use in PE (e.g., fitness tracking apps, interactive tools).</li></ul>

### Our Improvement Plan – From September 2024 to June 2026

#### YEAR ONE 2024-2025

- To further develop our whole school approach to Physical Education with the implementation of an integrated programme
- To ensure that the children at every class level are provided with a variety of Physical Education lessons that challenge them

<b>Improvement Targets</b>	<b>Required Actions</b>	<b>Persons/ groups responsible</b>	<b>Criteria for Success</b>	<b>Timeframe for actions</b>	<b>Review Dates</b>
Educate students and develop an awareness about the importance of regular physical activity for health.	Have in-depth class based discussions about the importance of physical activity for the body. Incorporate daily classroom movement, mindfulness breaks and fitness initiatives like Fitness February	Class teacher / SET team	Daily classroom movement breaks incorporating interactive elements such as ‘Bizzy Breaks’, ‘Go Noodle’, ‘Joe Wicks’, ‘Danny Go’ ‘Cosmic Yoga’	End of year one	June 2025

Promote understanding of nutrition and hydration in relation to physical performance.	Educate students about the importance of fuelling our body with nutritious foods and the importance of drinking water.	Class teacher / SET team	Each class will create a food pyramid to display in their classroom. Create a physical education information board in the halla	End of year one	June 2025
Implement an integrated P.E programme for all classes to foster physical, cognitive, social and emotional development	All classes will partake in a new integrated P.E programme to implement fundamental movement skills, in conjunction with external support for football, hurling, gymnastics, dancing and swimming	Class teacher / SET team	Through participation of programme, students will not only further develop their physical skills but will also enhance their cognitive, social and emotional skills	End of year one	June 2025
<b>YEAR TWO 2025-2026</b>					
- To continue to develop a whole school approach to Physical Education - To continue professional development in the area of Physical Education					
<b>Improvement Targets</b>	<b>Required Actions</b>	<b>Persons/ groups responsible</b>	<b>Criteria for Success</b>	<b>Timeframe for actions</b>	<b>Review Dates</b>
To maintain a consistent approach to Physical Education in order to maintain a high standard.	To continue to encourage physical activity and positive affirmation and acknowledgment of the children's efforts/accomplishments.	Class teacher / SET team	Continue to encourage all students to participate in P.E through fun and engaging lessons	End of year two	June 2026
To continue professional development	Teachers will partake in CPD	Class teacher	Teachers will incorporate new learning into lessons	End of year two	June 2026
<b>Monitor and Review</b> Progress and challenges will be reviewed during staff meetings/ Croke Park hours. Agree and allocate time for monitoring actions. The plan will be communicated to parents via the school website. Discuss how the new programme is working					