

Physical Education in Crescent College Comprehensive 2017-18

The PE programme is based on a 30 week cycle, with 6 blocks of activities lasting for 5 weeks each. In general there are 2 classes timetabled for PE at any one time in the Junior Cycle and 3 classes in the Senior Cycle.

Year	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Year 1	Hockey Foundation	Foundation Hockey	GAA Ed. Gymnastics	Ed. Gymnastics GAA	Rugby Basketball	Basketball Rugby
Year 2	Soccer Badminton	Badminton Soccer	Health Related Dance	Dance Health Related	Basketball Tennis	Tennis Basketball
Year 3	Soccer Badminton	Badminton Soccer	Health Related Hockey	Hockey Health Related	Outdoor Adventure Spikeball	Outdoor Adventure Spikeball
Transition ** 4 th Year	Event management	Basketball Cycling Frisbee	Options	Pupil led learning	Basketball Prep Achill * Frisbee	Basketball HRA Frisbee
Year 5 *	Volleyball Hockey HRA	Volleyball Hockey HRA	Options	Volleyball Hockey HRA	Health Related	Fun Activity
Year 6 *	Soccer Frisbee Badminton	Soccer Badminton Pupil Led	Options	Basketball Tag rugby Tennis	Options	Fun Activity

** Transition Year Blocks are for 4 weeks.

* Choices for 5th and 6th year class activities depend on how many classes are timetabled for PE at any one time.

* Transition Year PE in Crescent features a week long outdoor pursuits programme in Achill in May.

The PE Options available to senior students in CCC may be picked from the following. Any practical additions to the list are entirely welcome, please let us know.

Judo	Yoga	Pilates
Uni-hoc	Gaelic Football	Golf
Tennis	Hurling/Camogie	Hip-hop
Squash	Zumba	
Boxing	Jazz Dancing	Your ideas

The following rules apply for PE in CCC

- ✓ Participation in PE is compulsory in CCC. We can cater for all levels of ability and indeed we have programmes for those with disabilities.
- ✓ Pupils must wear appropriate gear, ie. shorts, T shirt, sports socks and runners/football boots. We are not worried about colours but will insist that all gear is safe. Shoes must be laced properly, **flat soled shoes are not allowed for health and safety reasons.** This is the responsibility of the student. Mouth guards and shinguards are recommended when appropriate.
- ✓ In cold weather and in particular when the class is outdoors, pupils must wear a tracksuit over the above gear.
- ✓ All students must shower after PE class. Personal hygiene and good health practices are fundamentals of the PE programme and the PE teachers will strictly enforce the showering rule (thus, soap, towel and complete change of clothes, especially underwear, are essential).
- ✓ At the bell at the start of class pupils must proceed quickly to the PE hall and be changed and ready for activity 5 minutes later. At the end of class pupils are allowed 12 minutes to shower and get back to the school in time for the next class.
- ✓ Video analysis (for in-school coaching purposes) is part and parcel of PE and games in Crescent.