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### Exemplar Action Plan

This is an exemplar action plan written to match the exemplar review document on this web site. It provides sample responses to the five priorities that were yielded from the exemplar review document.

**When schools are applying for the Active School Flag they must provide responses to all 17 areas in the review document and from those choose 15 priorities that they will include in their action plan.**

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Priority	Task	Person(s) responsible	Support required	Completion date
<p><b>To contact the I.R.F.U. and seek their help in providing a rugby certificate coaching course for T.Y. students.</b></p>	<p>To contact the local I.R.F.U. development officer and organise dates for the delivery of a coaching certificate course to T.Y. students.</p> <p>To organise a tag rugby tournament as part of the Active School Week and to seek the assistance of the local I.R.F.U. development officer in this regard.</p> <p>To order a set of tag rugby belts from a Sports Vouchers Scheme</p> <p>To compile a tag rugby scheme of work and resource portfolio for the P.E. department.</p>	<p>Teacher C</p>	<p>I.R.F.U. development officer.</p> <p>Inter-net resources.</p> <p>Tag rugby coaching manuals.</p>	<p>10-2-09</p>
<p><b>To compile a directory of local sports clubs and facilities and create a school co-curricular brochure for distribution to all 1st years</b></p>	<p>To compile a directory of the local sports clubs and their contact details based on the information gathered by the L.C.A. class for their community club brochures.</p> <p>To create an information leaflet for all 1<sup>st</sup> year students</p>	<p>Teacher A</p>	<p>L.C.A. students.</p> <p>All 1<sup>st</sup> year P.E. teachers.</p> <p>Secretary to help with the photocopying.</p>	<p>20-01-09</p>

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	<p>detailing the times, venues and coaches of the co-curricular sports and physical activities available to them.</p> <p>To place copies of both the sports directory and co-curricular activities leaflets on notice boards in the 1<sup>st</sup> year area, the gym and the main social area of the school.</p> <p>To ask the 1<sup>st</sup> year P.E. teachers to distribute both booklets to their classes.</p>			
<p><b>To further develop the Active School Week programme in terms of the activities provided for students.</b></p>	<p>To organise lunch time displays each day so that students can show case their physical skills and abilities. Displays might include table tennis, martial arts, dance and gymnastics.</p> <p>To organise a tag rugby tournament for T.Y.s as part of the weeks events.</p> <p>To include a variety of fun events into the 1<sup>st</sup> year Sports Day programme. Events might include tug of war, three legged race, egg and spoon etc.</p> <p>To ask the art department for their help in organising publicity posters for the events of the Active School Week</p>	<p>Teachers A to organise lunch time displays.</p> <p>Teacher C to organise the tag rugby tournament.</p> <p>Teacher B to organise the fun events for the Sports Day programme and to liaise with the art teachers.</p>	<p>I.R.F.U. development officer.</p> <p>Art teachers.</p> <p>1st year students to be asked for their suggestions about fun events that could form part of Sports Day.</p>	<p>03-04-09</p>

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<p><b>To review and update the physical education plan in terms of the P.E. programmes taught in the school.</b></p>	<p>To revise the transition year P.E. plan in terms of the new elements which have been added over the past three years. These additions would include the I.R.F.U. coaching certificate in rugby, the orienteering module and the walking programme.</p> <p>To write up the theoretical and practical components of the year long Sports Science module for transition years and to include it in the P.E. plan.</p> <p>To include the L.C.A. Leisure and Recreation programme into the P.E. plan outlining the content for the 3 modules and key assignments.</p>	<p>Teacher A to take responsibility for the T.Y. and Sports Science documentation.</p> <p>Teacher B to write up the documentation for the L.C.A. Leisure and Recreation programme.</p>	<p>All members of the P.E. department will be consulted during the drafting process.</p> <p>Principal.</p> <p>Board of Management members.</p>	<p>13-03-09</p>
<p><b>To improve the orienteering resources in the school.</b></p>	<p>To contact Orienteering Ireland to request that a scaled orienteering map of the school and its environs be drawn up.</p> <p>To order several copies of the scaled map and laminate them.</p> <p>To approach the woodwork department with precise measurements for orienteering markers and to ask them to cut them out.</p> <p>To paint markers red and</p>	<p>Teacher B</p>	<p>Orienteering Ireland</p> <p>Woodwork department members</p> <p>Transition year co-ordinator</p>	<p>23.02.09</p>

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	<p>white and to designate a storage area for the markers and maps.</p> <p>To organise an orienteering event in the local forest for transition years as part of their P.E. programme. To ask Orienteering Ireland for their help in this regard.</p>			
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