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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 18 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>To source equipment that will encourage more individual activity on the yard and complement the implementation of all the strands.</p>	<p>a) To create an audit of all equipment in the school.</p> <p>b) Purchase resources that will encourage maximum participation on the yard – beanbags, space markers, bibs etc..</p> <p>c) Purchase Gymnastics equipment – benches, mats, hoops, skipping ropes.</p> <p>d) Each class teacher to have an equipment list available to them on display.</p>	<p>a) Post holder or other</p> <p>b) Post holder or other BOM or Parents Association to support with purchase of same</p> <p>c) Post holder and class teacher</p>	<p>Contact and visit local school that has purchased equipment recently.</p> <p>Parents Association</p> <p>PE Supplier Catalogues</p>	<p>25.03.10</p>
<p>To prioritise the first two key messages of the PE curriculum for the present school year.</p> <ul style="list-style-type: none"> • The importance of enjoyment and play • Maximum participation by all children 	<p>a) To contact the PPDS for advice on how</p> <p>b) That teachers will teach each class grouping at least six new activities in PE class that they can play on the yard on breaktime – Busy</p>	<p>Principal</p> <p>PE Postholder in conjunction with class teachers and possibly PPDS Advisor</p>	<p>Support from the PPDS Advisor</p> <p>PSSI Lesson Plans</p>	<p>25.03.10</p>

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	<p>Bee, Call the Number, Crusts and Crumbs, Sun and Snowballs, Shamrocks and Leprechauns, Saucers and Domes.</p> <p>c) These activities will be photographed and named with flashcards and be displayed on windows facing out onto the yard</p> <p>d) That each class will display these two key messages in their classrooms as their motto for PE for the year.</p>	<p>Class Teachers</p>		
<p>To secure the services of parent body to provide physical activity at break times and during Active School Week.</p>	<p>a) Invite two parents to do yoga and aerobics with the senior classes during Active School Week</p> <p>b) Invite parents of pupils in infant classes to the school to participate in playground games with children during Active School Week.</p> <p>c) Set up a rota of interested parents who will help organise Wednesday break-time activities</p>	<p>a) Class teachers and Principal</p> <p>b) Class teacher and Principal</p> <p>c) PE Postholder</p>	<p>Parents Association</p> <p>PSSI Lesson Plans</p>	<p>25.06.10</p>

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	<p>with the pupils during the year</p> <p>d) Organise a Break-time Activities night with these parents to show the variety of playground games played by the pupils.</p>	<p>d) PE Postholder</p>		
<p>To introduce more individual activities to children in all classes.</p>	<p>a) To introduce the athletics strand to all classes for a 6 week block of work.</p> <p>b) To introduce target games in PE lessons.</p> <p>c) To invite a hip hop dance teacher to the school for some classes during Active School Week.</p> <p>d) To conduct a survey with the children in all classes as to the type of activities they would like to engage with. To select one or two activities as a result of this survey (Integration with Maths and SPHE) and introduce them to the children in the 6 weeks leading up to Active School Week.</p>	<p>a) All teachers</p> <p>b) All teachers</p> <p>c) Active School Week Coordinator</p> <p>d) SPHE postholder and Student Council or fourth class teacher with class</p>	<p>Support from PPDS, or Athletics Ireland, Parent or past pupil with a qualification in athletics coaching</p>	<p>25.06.10</p>

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<p>Organise a walking bus enlisting assistance of parents, local authorities, An Garda Síochána and local GAA club.</p>	<p>a) To conduct a transport survey of children in all classes to determine how many children use various forms of transport to travel to school</p> <p>b) To convene a meeting of parents to discuss the organisation of a 'Walking Bus'.</p> <p>c) To contact the local GAA club to discuss car parking facilities and the use of the GAA club as a meeting and drop off point for the 'Walking Bus' each morning.</p> <p>d) To invite the Road Safety Officer with An Garda Síochána to School Assembly to speak to the children about road safety.</p>	<p>Student Council</p> <p>Principal and PE Postholder</p> <p>Principal</p> <p>PE Postholder</p>	<p>Parents Association, GAA Club, An Garda Síochána</p>	<p>25.03.10</p>
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