

**ST. NATHY'S COLLEGE**

**SUBJECT DEPARTMENT**

**PLAN**

**JUNIOR CERT P.E.**

**2009-2010**

# JCPE programme

	<b>Block One</b>	<b>Block Two</b>	<b>Block Three</b>	<b>Block Four</b>
Year One	Invasion Games	Net Games Badminton	Gymnastics	Athletics Level 1
Year Two	Soccer	Aquatics	Gymnastics Level 2	Badminton Level 2
Year Three	Volleyball	Basketball	Health and Fitness	Outdoor Activities

- \* The programme consists of one activity from each of the following areas of study.

Adventure Activities, Aquatics, Athletics, Invasion Games, Net and fielding Games, Gymnastics, Health related activity.

- \* Three of the activities are taken to level two, these are Invasion Games Basketball, Net Games/ Badminton and Gymnastics.

## **Other Activities:**

It is also hoped that the students will participate in a wide range of activities, these will include Rounders, Indoor Soccer, Indoor Hockey, Olympic Handball, Athletics level 2, Olympic Gymnastics and Racketball.

## **Time**

The P.E. programme is developed on the basis of a time allocation of one double period per week  
(70 / 80 mins)

## **Facilities:**

Indoor Space	Use of P.E, hall and Sports Complex.
Outdoor Space	Use of school Pitch and school grounds
Swimming Pool	Use of Pool in Abbeyfield Leisure Centre.

