

Support Materials

An tSraith Shóisearach do Mhúinteoirí

Junior **CYCLE** for teachers

Support Materials
*The Short Course in
Physical Education
within the
Wellbeing Area of Learning*



www.jct.ie

Introduction

The *Framework for Junior Cycle* (2015) outlines the key educational changes that the Department of Education and Skills (DES) is putting in place for young people in the first three years of their post-primary education, and represents one of the most significant educational reforms in Ireland since the foundation of the state. The framework incorporates a shared understanding of how teaching, learning and assessment practices should evolve to support the delivery of a quality, inclusive and relevant education that will meet the needs of all junior cycle students, now and in the future.

Short courses are a new and optional curricular component within the *Framework for Junior Cycle*. Short courses allow a school the flexibility to broaden the range of learning experiences for students, meet student needs, address their interests, and encompass areas of learning not covered by the combination of curricular subjects available in the school. Short courses require 100 hours of student engagement and are assessed through Classroom-Based Assessment, and reported on to parents/guardians and students by the school.

The Framework for Junior Cycle (2015) presents a hugely developmental opportunity for physical education in schools. The introduction by the National Council for Curriculum and Assessment (NCCA) of the Short Course in Physical Education (2016) and the Guidelines for Wellbeing in Junior Cycle (2016) provides opportunities for schools to;

- design a Wellbeing programme to suit the needs and interests of their student.
- allow students to profile their achievements in physical education on the final award at Junior Cycle - the Junior Cycle Profile of Achievement

The Junior Cycle for Teachers (JCT) school support service was established in 2013 to assist schools in implementing their junior cycle programme through the provision of high quality continuing professional development (CPD) opportunities and relevant learning and teaching resources.

The following resources have been developed by the Short Courses and Wellbeing teams within JCT to assist physical education departments in their work in terms of curriculum planning and programme development.

They include:

- Short Course in PE – Course Overview Template
- Short Course in PE – Unit of Work Template
- Short Course in PE – Unit of Work Reflection Template
- Short Course in PE – Departmental Review Template
- Short Course in PE - Yearly Planning and Review Template
- Our Junior Cycle Wellbeing Programme – Developing a shared vision, and a coherent, collaborative approach
- Our Junior Cycle Wellbeing Programme – Scoping the potential contribution of PE
- Our Junior Cycle Wellbeing Programme – Considering the Wellbeing Indicators in our current programme design
- Our Junior Cycle Wellbeing Programme – Furthering our shared vision, and a coherent, collaborative approach

It is envisaged that these documents, as well as the appendix documents contained within the Guidelines for Wellbeing in Junior Cycle (2016), will provide a strong starting point for schools and teachers.

For further information, please contact JCT at info@jct.ie

Short Course in PE – Course Overview Template

| Teachers: | | | | Reviewed : | | | Date of next review: | | |
|---|--------------------|-----------------------|-----------------------|--------------------|-----------------|--|----------------------|--|--|
| | Summer – Midterm 1 | Midterm 1 – Christmas | Christmas – Midterm 2 | Midterm 2 – Easter | Easter - Summer | | | | |
| <p style="text-align: center;"><u>Year 1</u></p> <p style="text-align: center;">Unit Title</p> <p style="text-align: center;">Learning Outcomes</p> <p style="text-align: center;">Assessment Approaches</p> <p style="text-align: center;">Reporting</p> | | | | | | | | | |
| <p style="text-align: center;"><u>Year 2</u></p> <p style="text-align: center;">Unit Title</p> <p style="text-align: center;">Learning Outcomes</p> <p style="text-align: center;">Assessment Approaches</p> <p style="text-align: center;">Reporting</p> | | | | | | | | | |
| <p style="text-align: center;"><u>Year 3</u></p> <p style="text-align: center;">Unit Title</p> <p style="text-align: center;">Learning Outcomes</p> <p style="text-align: center;">Assessment Approaches</p> <p style="text-align: center;">Reporting</p> | | | | | | | | | |

Short Course in PE – Unit of Work Template

| | | | |
|--------------------|--|------------------------|--|
| Unit Title: | | Term: | |
| Teacher/s: | | No of Weeks: | |
| | | Date of Review: | |

Learning Outcomes (from Specification)

At the end of this unit, students will be able to...

Assessment

Students will demonstrate their learning when they...

Learning Experiences

-

-

-

-

-

| Element/s of Key Skill/s | | Wellbeing Indicator/s | |
|---------------------------------|--|------------------------------|--|
|---------------------------------|--|------------------------------|--|

Post Unit Reflection

Short Course in PE – Unit of Work Weekly Planning Template

Week 1

Week 5

Week 2

Week 6

Week 3

Week 7

Week 4

Week 8

Reflection on the Unit:

Short Course in PE – Departmental Review Template

Teacher/s:

Date of Review:

Strengths

Challenges

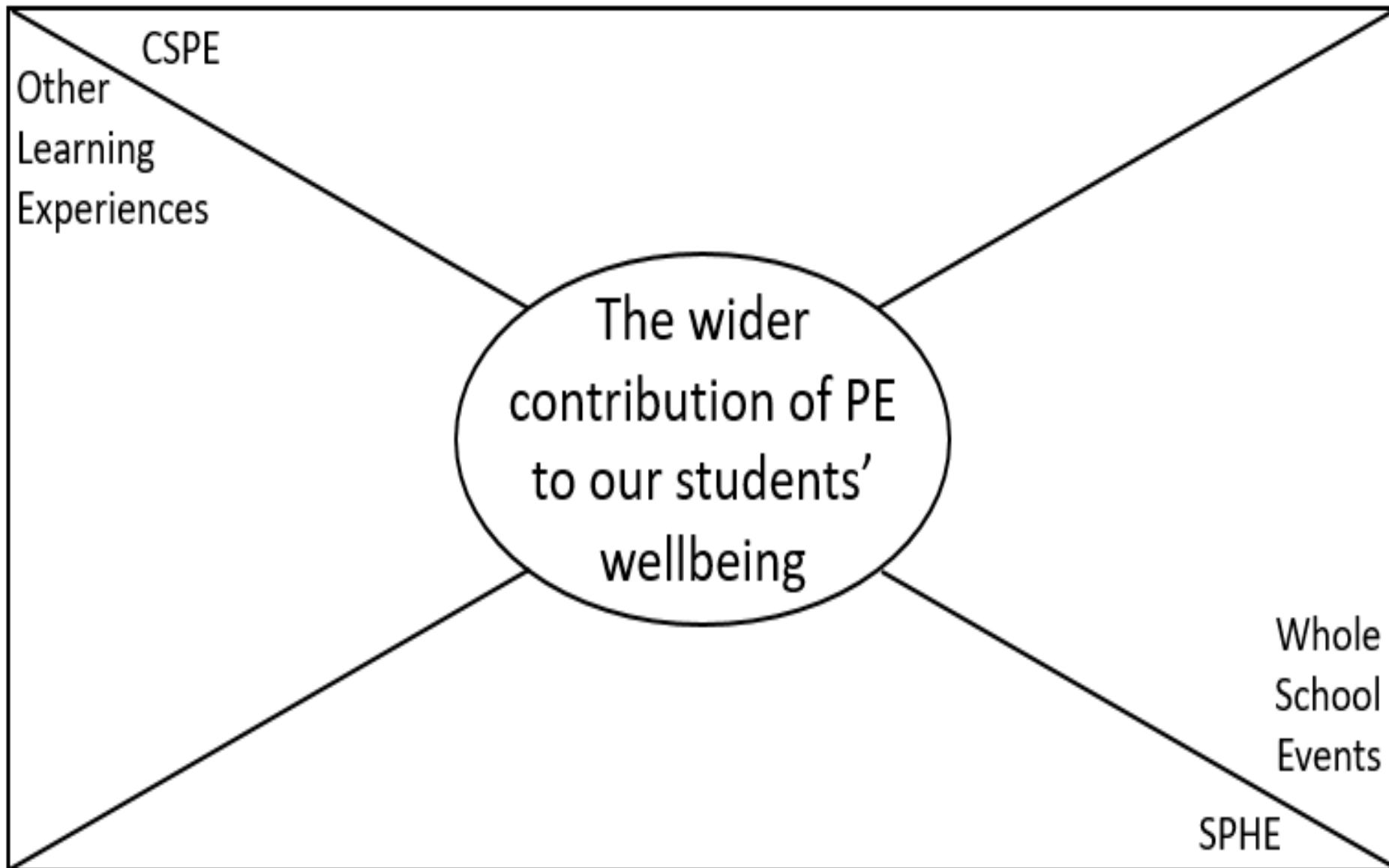
Opportunities

Other comments

**Our Junior Cycle Wellbeing Programme (Year 1) –
Developing a shared vision, and a coherent, collaborative approach**

| | Year 1 | Summer – Midterm 1 | Midterm 1 – Christmas | Christmas – Midterm 2 | Midterm 2 – Easter | Easter – Summer | Time |
|--|-------------------|--------------------|-----------------------|-----------------------|--------------------|-----------------|------|
| CSPE | Unit Title | | | | | | |
| | Learning Outcomes | | | | | | |
| PE | Unit Title | | | | | | |
| | Learning Outcomes | | | | | | |
| SPHE | Unit Title | | | | | | |
| | Learning Outcomes | | | | | | |
| Other | Unit Title | | | | | | |
| | Learning Outcomes | | | | | | |
| Potential Collaborative Themes | | | | | | | |
| | | | | | | | |
| Collaborative Wellbeing-related Events | | | | | | | |
| | | | | | | | |

Our Junior Cycle Wellbeing Programme – Scoping the potential contribution of PE



Considering the Wellbeing Indicators in our current programme design

We provide opportunities for students to:

| | |
|--------------------|--|
| Active | <ul style="list-style-type: none"> • be confident and able participant in physical activity? • be physically active every day? |
| Responsible | <ul style="list-style-type: none"> • take action to protect and promote their wellbeing and that of others? • make healthy eating choices? • take responsibility for their learning? |
| Connected | <ul style="list-style-type: none"> • feel connected to their school, their community and the wider world? • appreciate that their actions and interactions impact on their own wellbeing and that of others, in local and global contexts? |
| Resilient | <ul style="list-style-type: none"> • believe that they have the coping skills to deal with life's challenges? • know where they can go for help? • believe that with effort they can achieve? |
| Respected | <ul style="list-style-type: none"> • feel that they are listened to and valued? • have positive relationships with their friends, their peers and their teachers? • show care and respect for others? |
| Aware | <ul style="list-style-type: none"> • be aware of their thoughts, feelings and behaviours and can make sense of them? • be aware of what their personal values are and can think through their decisions? • to understand what helps them to learn and how they can improve? |

| | |
|---------------|--|
| Year 1 | I promote these wellbeing indicators for students by.. |
| Year 2 | I promote these wellbeing indicators for students by.. |
| Year 3 | I promote these wellbeing indicators for students by.. |

**Our Junior Cycle Wellbeing Programme –
Furthering our shared vision, and a coherent, collaborative approach**

| | |
|----------------------|--|
| <u>Year 1</u> | Success Area/s for further development Action points for next year |
| <u>Year 2</u> | Success Area/s for further development Action points for next year |
| <u>Year 3</u> | Success Area/s for further development Action points for next year |

An tSraith Shóisearach do Mhúinteoirí

Junior**CYCLE**
for teachers

Junior Cycle for Teachers (JCT) Support Service

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