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Draft National Planning Framework Ireland 2040 RECEIVED

The GAA welcomes the opportunity to respond to the draft National Planning Framework.

The key challenges around planning for Ireland 2040 are clearly and concisely stated:

- Make provision for a population increase of 20% - one million people approximately - and an aging overall demographic.
- Increase the number of new homes by 25% - half a million approximately.
- Grow the number of new jobs by 33% - for two thirds of a million people approximately.
- Make provision for proportionate growth through targeted pattern of city population, in the context of overall development, across urban- metropolitan & city - and rural - large town, small town, village & countryside areas.
- Ensure that this vision is complemented by a series of core values based on:
 1. Opportunity
 2. Choice
 3. Quality
 4. Creativity
 5. Connectivity
 6. Collaboration
 7. Self-Reliance
 8. Commitment

The Office of the Planning Regulator will put things on a statutory basis and will, in conjunction with the Regional Spatial & Economic strategies (RSEIS) and the National Investment Plan (2018-2027), ensure that matters are progressed in the most systematic manner possible.

The fact that most people will have no more than a 50-minute commute time to work and that they will be no more than 60 minutes from an international connection from their home or

work place are most laudable. The fact that it is proposed to maintain an equilibrium between sustainable economic & environmental development is a further embellishment in this regard.

While the need for improvement around “quality of life and live-ability in Dublin” are referenced, it is disappointing in the light of predicted trends around obesity, that there is no overt reference to how this will be addressed - in the context of Bio-Psycho-Social-Spiritual Wellbeing and/or the World Health Organization (WHO) recommendation that people undertake 60 minutes of moderate to vigorous activity per day. It is assumed that the reference to “Sports Facility” on page 77 is a typographical error and that should reference facilities where both schools and sports clubs are concerned.

In the context of Ireland 2040, the 5 Star Centre - see Appendix 1 - is small in nature, but is also indicative – in excess of 14 million hours of physical activity per annum - of what can be achieved provided there is real vision in this regard and access is provided to adequate recreational facilities.

The importance attaching to this is more significant still when it is viewed in the context of functionality within the 4 CORE – Communal, Occupational, Recreational & Educational – domains and is delivered as part of an overall programme of Wellbeing & Lifelong Learning (WeLL).

The GAA strongly advocates for the inclusion of definite proposals in this regard and is happy, at an organizational level, to facilitate in any way it can in this regard.



Appendix 1

GAA 5 Star Centre – Summary

The GAA 5 Star Initiative aims to support and recognise Primary Schools that provide pupils with 60 minutes of moderate to vigorous Gaelic Games activity per week in a manner that ensures the children will experience fun, friendship, fairness and ultimately improve their fitness. The 60 minutes would ideally comprise of 4 x 15 minute segments.

What is a GAA 5 Star Centre?

Recognition as a “GAA 5 Star Centre” is awarded to Primary Schools that undertake to deliver a programme of Gaelic Games activity that is age-appropriate and meets the developmental needs of children within the school. To receive recognition as a “GAA 5 Star Centre” a Primary School must provide for the flexible delivery of the following activities over the course of a school-year:

1. Have-a-Ball
2. Fun & Run
3. Camán & Play/Catch & Kick
4. Go Games
5. Go Games Skills Challenges

These activities are games-based, player-centred and learner-led. Through the activities the children can become confident and competent participants in physical activity; i.e., develop their fundamental & functional movement abilities culminating in the ability to play the ball on both the left and right-hand side of the body. Furthermore, they will enjoy an enhanced sense of well-being on foot of the fun, friendship fairness and freedom they experience through the activities.

Who will deliver the activities at a GAA 5 Star Centre?

The activities will ideally be delivered by the Teacher/s in the school. Recognizing that Teachers have different levels of competence and confidence when it comes to the organization of Gaelic Games, the GAA’s full-time Games Development personnel will act in a support capacity and will provide assistance, training and up-skilling to Teachers.

Why has the GAA 5 Star Centre been developed?

The GAA 5 Star Centre is a key initiative of the GAA’s Play to Stay Well (Wellbeing & Lifelong Learning) Programme. The 5 Star Centre has been developed by the GAA’s National Games Development Department for two reasons.

Firstly, the GAA 5 Star Centre is a means of encouraging and rewarding schools that provide pupils with 60 minutes of moderate to vigorous activity per week. This is important as it is currently estimated that

18% of Primary School pupils receive 60 minutes of moderate to vigorous activity per day and 1 in 9 Irish children are now classified as overweight (CSPPA, 2010)

Secondly, the GAA 5 Star Centre is a means of recognizing the pivotal role that Primary Schools and Primary School Teachers have played in the promotion and development of Gaelic Games and Irish Cultural Heritage since the foundation of the GAA in 1884. Teachers have been hugely influential in the development of intrinsic motivation among primary school

How can your School become a GAA 5 Star Centre?

A Primary School can apply online to become a GAA 5 Star Centre. Applications for registration as a GAA 5 Star Centre will be accepted during the period March 1st – July 31st for the following school year. Applications will be a two-step process to include online registration and a planning meeting with a member full-time Games Development personnel.

What benefits does a GAA 5 Star Centre receive?

Becoming a GAA 5 Star Centre is optional. However, Primary Schools that do register as a GAA 5 Star Centre on an annual basis will benefit as follows:

- The School will be listed as an accredited GAA 5 Star Centre on the GAA website and will receive a GAA 5 Star Flag and Certificate of Participation for display in the School;
- The planning and preparation for the delivery of the GAA 5 Star Centre will contribute to the usage of Croke Park Hours as per DES Circular 0042/2016;
- The School will receive discounted access to the Teacher Summer Courses, GAA Coach Education Courses and the GAA Games Development Coaching Conference;
- The School will be entered into an annual draw to win one of a number of prizes with an overall value of €20,000 including:
 - equipment vouchers from O'Neill's;
 - class trips to Croke Park for a Museum & Stadium Tour;
 - GAA Fun & Run equipment packs;
 - sets of O'Neill's leisure gear for the Teachers in the School;
 - a school-visit from a GAA 5 Star Centre Ambassador (current Inter-County player);
 - Sports Days in the National Games Development Centre in Abbotstown.

After three year's consecutive participation as a GAA 5 Star Centre, the School will be listed as a recipient of the GAA WeLL-Mark (WeLL: Well-being & Lifelong Learning). The WeLL-Mark serves to recognise those Schools that are actively promoting Wellbeing & Lifelong Learning through Gaelic Games on a self-sufficient and sustainable basis. Recipient Schools will be invited to a Gala Awards Ceremony.



GAA 5 Star Centre Activities:



Have-a-Ball

Have-a-Ball is a series of fun-based exercises that contribute to the development of rudimentary and fundamental movement skills among children aged 4-12 years.

GAA Fun & Run



Fun & Run is an activity – involving a team of batters/kickers and fielders - which is suitable for all age and ability levels. It is particularly suited to meet the needs of people with disabilities, people from socially deprived and ethnic minority groups who often perceive themselves to be excluded from mainstream GAA activities. It aims to provide people with a strong sense of Irish culture and heritage through a purposeful activity that will enable them to grow and maintain optimum participation across the full diversity of Irish community life.



Camán & Play/Catch & Kick

Camán & Play includes the organization of the following activities:

- Goal to Goal
- Over the River
- Tennis & Volleyball Hurl
- 3 Goals In
- Wall Ball – including Target Shoot & 1 Wall Handball
- Ball Rebounder
- Freestyle Hurling
- 2-Ball Conquest
- Lift & Strike
- Indoor Hurling
- Ground Hurling

Ground Hurling preserves ground striking of the ball and it is also an ideal introductory activity in non-traditional Hurling areas as well as providing a strong basis for cross-fertilization with other sports such as hockey, ice-hockey, shinty and bandy.

Camán & Play activities can be adjusted to suit a mix of genders, ages and/or abilities.



Catch & Kick involves modified versions of Gaelic football, which focus on the fundamental skills of catching and kicking the ball and includes activities such as:

- Goal to Goal
- Over the River
- Gaelic Tennis & Volleyball
- 3 Goals In
- Wall Ball – including Target Shoot
- Ball Rebounder

- Freestyle Football
- 2-Ball Conquest
- 7 v 7 (2 touch; 1 touch)
- Indoor Football
- Ground Football – players permitted to catch the ball when in flight

Catch & Kick can be adjusted to suit a mix of genders, ages and/or abilities.



Go Games

Go Games are small-sided versions of Gaelic games that are played, ideally on the year, up to and including U.11. The playing rules can be modified to cater for varying ability levels. Go Games can be organized internally within a unit on the back of a game – or series of blitz games - with teams being selected on an “open” basis. Go Games blitzes can also be organized on an inter-unit basis and teams can participate based on “open” or “fixed” selections and may also involve some combination of the two. The key underpinning principle, regardless of the underlying context, is that every child gets a “Go” for the entire “Game” thereby ensuring that Go Games are player-centred, learner-led, effort-driven, achievement-oriented and fun-filled.

Go Games Skill Challenges



Skill Challenges aim to encourage children (aged 7-12 years) to improve their hurling/camogie and Gaelic football skills. It is intended that children will be intrinsically motivated to challenge themselves to improve their skills, with an emphasis on bilateral coordination. The challenges can be taken individually or with a partner.

GAA 5 Star Centre – Potential Impact – MVA Hours Per Annum

Republic of Ireland:

3,256 Primary Schools

553,380 Pupils x 26 Weeks @ 1 Hour per Week = **14.39 Million**

All-Island:

4,077 Primary Schools

712,512 Pupils x 26 Weeks @ 1 Hour per Week = **18.53 Million**