



Over the course of this week the children are encouraged to be active every day at school and at home. As an Active School we will encourage the children with lots of activities throughout the week. For the week, the children can wear tracksuits instead of their school uniform.

*Active homework* will replace written homework for Active School Week. We will raise awareness of what it means to be an 'Active School'. Our school was awarded its first Active School Flag last year.

Energying the School Day - In school the children will energise their school day in 3 different ways:

- Running Break - 10/15 min each day. Pupils will be encouraged to walk/jog/run each day this week and count their laps as they do. We will tot these up and look at the distances we have run in each class.
- Extra PE – each class will have extra PE and activity time this week.
- Active Breaks – Classes will enjoy an active break in class or outside using resources such as Bizzy Breaks, GoNoodle and Just Dance.

### **Active Challenges**

Throughout Active School Week the children will be given Active Challenges to try at home. Videos of the challenges will be uploaded on our school website.

We will have spot prizes for participation this week so make sure to send on your challenge videos through the 'Seesaw online learning platform' to be in with a chance of winning some active prizes. Families can get involved also!

## **Active at Home**

- Over the course of the week, we would like you all to find two ways each day that you can be active at home. This can be a walk, a run, a game of football, pilates, dancing or even helping out at home!
- We would encourage as many of you as possible to walk, jog or cycle to school along the walkway from the village if you live close enough to do so.

### **Schedule of events:**

#### **Tuesday:**

9:30 – Active Flag: Raising awareness. Meeting with Brendan Doyle  
Walk a mile with a smile:

Indoor Athletics 3-6<sup>th</sup> class – Brendan Doyle

Dance 2pm – 3pm – Mairéad O'Reilly (3<sup>rd</sup> -6<sup>th</sup> Classes)

#### **Wednesday**

Garda Sports Day for 5<sup>th</sup> & 6<sup>th</sup> class (bus leaving at 9:30 sharp)

#### **Thursday**

GAA coaching with Enda McGahern and David Mimmagh ( all classes)

#### **Friday**

Ryan Francis – Fitness coaching (all classes)

Bike awareness with Brendan Doyle – 11:15 – 12:45 (5<sup>th</sup> & 6<sup>th</sup> class)

Dance 2pm – 3pm – Mairéad O'Reilly (3<sup>rd</sup> -6<sup>th</sup> Classes)

We hope you enjoy the week. Remember small steps can lead to big goals. Exercise and try out something new.