



Physical Activity



*Our school is working towards the Active School Flag.
This is a record of the work that we have undertaken.*

Our school provides twice daily playground breaks for all classes.

Yard Duty: 8th April -10th May

Break 1: Junior and Senior Infants 10-10.15 and 11.35-12pm

Monday 8 th April	Ms Murray, Ms Cummins, Ms Power
Tuesday	Ms Farrell, Ms Scannell/Ms Reilly, Ms Mulready
Wednesday	Ms Collins, Ms Walsh, Ms McHugh
Thursday	Ms McCann, 14, Ms Gately, 1, Ms Holt Jensen/Ms O' Connor
Friday	Ms Murray, Ms Cummins, Ms Power

Monday 15 th April	Ms Farrell, Ms Scannell/Ms Reilly, Ms Mulready
Tuesday	Ms Collins, Ms Walsh, Ms McHugh
Wednesday	Ms McCann, 14, Ms Gately, 1, Ms Holt Jensen/Ms O' Connor
Thursday	Ms Murray, Ms Cummins, Ms Power
Friday	Ms Farrell, Ms Scannell/Ms Reilly, Ms Mulready

Monday 22 nd April	Ms Collins, Ms Walsh, Ms McHugh
Tuesday	Ms McCann, 14, Ms Gately, 1, Ms Holt Jensen/Ms O' Connor
Wednesday	Ms Murray, Ms Cummins, Ms Power
Thursday	Ms Farrell, Ms Scannell/Ms Reilly, Ms Mulready
Friday	Ms Collins, Ms Walsh, Ms McHugh

Monday 29 th April	Ms McCann, 14, Ms Gately, 1, Ms Holt Jensen/Ms O' Connor
Tuesday	Ms Murray, Ms Cummins, Ms Power
Wednesday	Ms Farrell, Ms Scannell/Ms Reilly, Ms Mulready
Thursday	Ms Collins, Ms Walsh, Ms McHugh
Friday	Ms McCann, 14, Ms Gately, 1, Ms Holt Jensen/Ms O' Connor

Monday 6 th May	Bank holiday
Tuesday	Ms Murray, Ms Cummins, Ms Power
Wednesday	Ms Farrell, Ms Scannell/Ms Reilly, Ms Mulready
Thursday	Ms Collins, Ms Walsh, Ms McHugh
Friday	Ms McCann, 14, Ms Gately, 1, Ms Holt Jensen/Ms O' Connor

Yard Duty: 8th April -10th May

Break 2: 1st and 2nd class breaks; 10.15-10.30 and 12-12.25pm

Monday 8 th April	Ms Halliden/ Ms Corbett 21, Ms Rowland 13, Ms O Hara, Ms Barrett
Tuesday	Ms Keogh 8, Ms Gibson/Ms O' Connor 10, Ms Galligan, Ms Dervan
Wednesday	Ms Griffin 9, Ms Mahon 12, Ms Cobbe, Ms Nic Clámha
Thursday	Ms Halliden/ Ms Corbett 21, Ms Rowland 13, Ms O Hara, Ms Barrett
Friday	Ms Keogh 8, Ms Gibson/Ms O' Connor 10, Ms Galligan, Ms Dervan

Monday 15 th April	Ms Griffin 9, Ms Mahon 12, Ms Cobbe, Ms Nic Clámha
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Friday	Ms Griffin 9, Ms Mahon 12, Ms Cobbe, Ms Nic Clámha

Being an Active School, the children are allowed to run during playground breaks



Playground Equipment



Our school facilitates the use of sports equipment during break times.

Playground Equipment

French Skipping



Music in the Yard





Playground Leaders

Our school trains pupils as playground leaders. They wear the blue bibs.

Our Active School WALKWAY is used to:



1. ENERGISE

The School Day

2. SUPPORT

Physical Education

3. PROMOTE

Active Learning

Our WALKWAY Route



**Our school has a
signposted Active
School walkway
Route.**

www.activeschoolflag.ie

WALKWAY Activities

Every class in our school completed two or more of the Walkway learning challenges this year

(1) Run Around Europe Challenge

The whole school participated in this challenge, focusing on participation, inclusion and fun.



(2) Active Breaks Challenge

The whole school were encouraged to participate in this four-week challenge also promoting inclusion and fun.



(1) Run Around Europe Challenge

ACTIVE SCHOOL RUN AROUND EUROPE

Run Around Europe
All schools are encouraged to walk, jog, run or roll to visit the capital cities of Europe. Where will the Run Around Europe challenge take YOUR school?

City	Distance (km)
The Seine, Dublin, Ireland	HOME
Brussels, Belgium	777
Sofia, Bulgaria	2,720
Zagreb, Croatia	2,132
Prague, Czech Republic	1,463
Copenhagen, Denmark	1,240
Tallinn, Estonia	2,002
Helsinki, Finland	2,262
Paris, France	778
Berlin, Germany	1,315
Athens, Greece	2,856
Budapest, Hungary	1,894
Rome, Italy	1,825
Riga, Latvia	1,954
Vilnius, Lithuania	2,037
Vallarta, Malta	2,529
Belgrade, Serbia	2,146
Warsaw, Poland	1,842
Lisbon, Portugal	1,645
Bucharest, Romania	2,377
Moscow, Russia	2,322
Oslo, Norway	1,257
Ljubljana, Slovenia	1,645
Madrid, Spain	1,447
Stockholm, Sweden	1,630
Ankara, Turkey	3,399
London, United Kingdom	464
Kiev, Ukraine	2,516

WE DID IT!
OUR SCHOOL worked as a team to complete the #RunAroundEurope challenge!

7215 Laps

1 lap = 1 km

PARTICIPATION INCLUSION FUN!

Run around Europe

ACTIVE SCHOOL RUN AROUND EUROPE

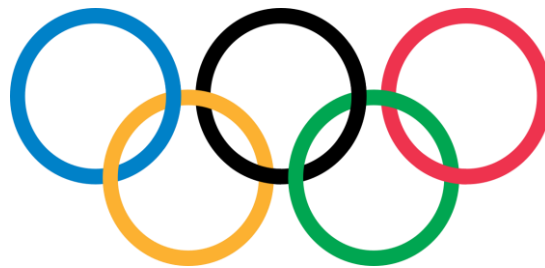
As a whole school participation initiative, our school took part in the 'Run Around Europe Challenge'. All classes, at all class levels, were challenged to build a run day into their routines, across the four weeks of the challenge.

(2) Active Breaks Challenge

Dates: **Mon 13th Nov – Fri 8th Dec 2023**

- Spending a few minutes outdoors completing some, or all, of the walkway is a great way to restore concentration and focus.
- This year, partnered with the Olympic Federation of Ireland and their 'Dare to Believe Schools Programme', the students in **SFX** were introduced to Team Ireland Olympic athletes who challenged them in their chosen Olympic sport-related movement breaks.

- Twenty short movement videos were provided, which included activities suitable for all ages and abilities.



Active Break Challenge

OUR class commits to a movement break every day starting _____

Break Type:	Running	Dance	Walkway	Exercise
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Our class knows that physical activity helps us to:

Stay Healthy

Concentrate & Focus

Have FUN

Week:	Week 1	Week 2	Week 3	Week 4
WE DID IT!				

An Dúshlan Sos Gníomhach

Geallann ÁR rang go mbeidh sos gníomhach gach lá ag tosú _____

Cineál Sosa:	Ag rith	Ag damhsa	Siúlbealach	Ag déanamh eadaidh
Dé Luain				
Dé Máirt				
Dé Céadaoin				
Déardaoin				
Dé hAoine				

Tá a fhios ag ár rang go gcabhraíonn gníomhaíocht choirp linn:

A bheith sláintiúil

Ár n-áird a dhíriú ar rudaí

SPRAOI a bheith againn

Seachtain:	Seachtain 1	Seachtain 2	Seachtain 3	Seachtain 4
RINNEAMAR É!				

Active Breaks Challenge

Active Break Challenge

OUR class commits to a movement break every day starting _____

Break Type:	Running	Dance	Walkway	Exercise
Monday				<input checked="" type="checkbox"/>
Tuesday	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Wednesday	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
Thursday	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>
Friday				<input checked="" type="checkbox"/>

Our class knows that physical activity helps us to:

Stay Healthy

Concentrate & Focus

Have FUN

Week:	Week 1	Week 2	Week 3	Week 4
WE DID IT!	26	10		



An Roinn Oideachais agus Nuálaíochtaí
Department of Education and Skills

Mayo Education Centre
Ionad Oideachais Mhálgh Eo



OLYMPIC MOVEMENT BREAKS

Active Break Every Day Challenge

Make sure to tick each box as you complete the movement breaks.

	Week One	Week Two	Week Three	Week Four
MONDAY	 Sarah Lavin Speed Reaction	 Katie Harrington Key Gymnastics Moves	 Thomas Egan Box A Round With The Olympic Champ	 Sarah Lavin Power Building With Books
TUESDAY	 Leah Dwyer Elements Of Breaking	 Eoin O'Sullivan Strong Core Strong Swimmer	 Thomas Egan Wake Up Wind Up	 Sarah Lavin FlexiFit
WEDNESDAY	 Dean Chery Boxing 101	 Leah Dwyer Passing Power	 Leah Dwyer Breaking Routine	 Eoin O'Sullivan Olympic Stretch & Strength Shuffle
THURSDAY	 Nadia Power Olympic Circuit	 Eoin O'Sullivan Hockey Coordination & Core	 Harry McHenry Rugby Relay	 Thomas Egan Run An Olympic Final
FRIDAY	 Harry McHenry Amp It Up!	 Nadia Power Olympic Trivia Run	 Eoin O'Sullivan Swim Strokes Modley	 Leah Dwyer Explosive Fitness



DANCE TO BELIEVE

Present with sponsor
ptsb



Active Breaks

Our school provides active break challenges as a whole school

Active Break Challenge

OUR class commits to a movement break every day starting _____

Break Type:	Running	Dance	Walkway	Exercise
Monday				
Tuesday		✓		
Wednesday		✓ ✓ ✓		✓
Thursday	✓	✓ ✓ ✓	✓	✓
Friday		✓ ✓		





Our class knows that physical activity helps us to:

Stay Healthy

Concentrate & Focus

Have FUN

Week:	Week 1	Week 2	Week 3	Week 4
WE DID IT!				



Active Breaks

Exercise ,
Dance &
Skipping



Active Breaks inside



Every class completes an extended classroom-based physical activity break on the days when children are unable to play outdoors.

Active Breaks inside



Active Halloween

www.activeschoolflag.ie

Our school incorporates physical activity into annual calendar events throughout the year.



Santa Dash



Accessibility

We are an inclusive school. Our school ensures that all ASF activities are planned so that they are accessible by all pupils.

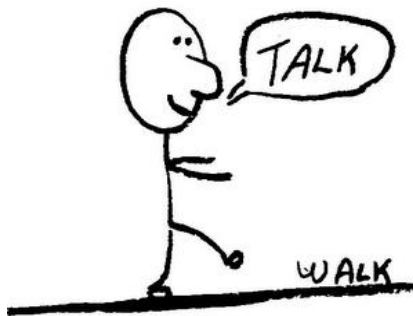


Decreasing Sedentary Time

Every class teacher has agreed with his/her class a set of actions to decrease sedentary time.

Examples include:

- Active homework (on Wednesdays)
 - Slí Na Slainte
 - Go Noodle
- Just Dance/Kidz Bop
- Walk & Talk (e.g. walking news)
 - Exercises/10@10



ACTIVE HOMEWORK Ideas

Colour in the activity once it's been done!

Dates: _____

Cycle your BIKE 10 minutes	Go for a WALK 15 minutes	Create your own OBSTACLE Course	Go SWIMMING with your family
KICK a ball with someone 10 minutes	Play TAG/CATCH 10 minutes	Play BALLOON Volleyball 10 minutes	DANCE to three of your favourite songs
JUMPING JACKS 1 minute	Active HOUSEWORK 10 minutes	Go to the PLAYGROUND	RUN 5 minutes
Draw your own HOPSCOTCH with chalk and play	Play SIMON SAYS with your family	10 wall PRESS UPS – rest – 10 more if you can	Ride your SCOOTER 10 minutes
GO NOODLE 10 minutes	CRAB WALKS 1 minute	SKIP 2 minutes	20 SQUATS – rest – 20 more if you can
20 SIT UPS – rest – 20 more if you can	SKILLS Practice (any sport) 10 minutes	Make up a DANCE to your favourite song	Walk the DOG with a family member

EVERY child needs 60
MINUTES of physical activity
every day to be healthy
World Health Organisation

Pupil Signature

Parent Signature

Teacher Signature



#FeelGoodFridays

Our school organises #FeelGoodFriday physical activity initiatives every week.

Every Friday, the school boombox is brought out to yard so that the children can dance during their break times.

