

ACTIVE SCHOOL FLAG



Scoil Chaitríona Cailíní

18361

OUR SLOGAN

**Step or Run to the Beat,
Don't be Afraid to Move
Those Feet!**



OUR PARTNERSHIPS



A coach from the local GAA club, comes into our school weekly to coach all the children. We also provide after school training for children who are interested in playing GAA.



Our sport officer from Dublin City Partnership offers a range of sports such as Tag Rugby, Yoga and Frisbee. These sports are implemented in our school by a coach provided by Dublin City Partnerships.

ACTIVE SCHOOL LEADERS



Our 6th class students are our Active School Leaders their role is:

- To help, encourage and demonstrate each movement at our active breaks to the other classes.
- To help set up equipment on yard and to encourage yard games.
- To measure the distance for our Friday Fun Runs.
- To help set up equipment for our Friday Fun Runs, Santa Dash and Active Breaks.
- To support and encourage other classes through all activities.
- To ask the students a survey on our active school activities.

(Their answers will be throughout this power point).

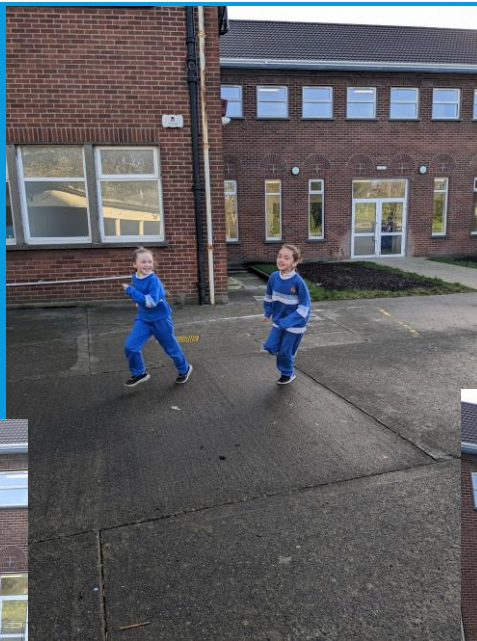
"It was great to help the
Younger classes"
Abbie, 6th Class

FRIDAY FUN RUN'S

Every Friday from 11/11/22 until 23/06/23
the whole school ran a specific distance.
Each week building on our distance.
Our Goal: 2km by March 2022



FRIDAY FUN RUNS CONTINUED.....



ACTIVE BREAK EVERY DAY IN DECEMBER



SANTA DASH

On Friday 2/12/22 our whole school had a Santa Dash. We dressed up in our Christmas Attire and ran 600 meters around our school field. We cheered each other on, some even joined in for extra laps to support their peers to complete this challenge. It was a great day!



SANTA DASH CONTINUED.....



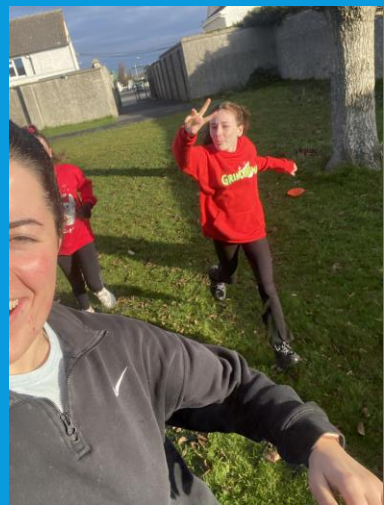
SANTA DASH CONTINUED....



SANTA DASH CONTINUED....



SANTA DASH CONTINUED



DECEMBER ACTIVE HOMEWORK

For the month of December, the whole School received Active Homework. The Children uploaded photo's and videos of themselves completing each exercise to Seesaw.

DECEMBER HOMEWORK



Active Homework - Please colour in the box when you have completed the activity. Enjoy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Star Jumps:</p> <p>Listen to a Christmas Song of your choice. Do Star Jumps for 30seconds, rest for 20 seconds and repeat until the song is over.</p>	<p>High knees:</p> <p>Moving on the spot, raise your right knee as high as you can, keeping the back straight and lower again. Swap legs and pick up the pace. One minute on, one minute rest. Repeat 3 times.</p>	<p>Step Ups:</p> <p>Using your stairs at home, or a step outside. Step up with right foot and then left foot, step down with right foot and then down with left foot. Do for 30 seconds with 30 seconds rest. Repeat 5 times, each time pick up the pace.</p>	<p>Dance mirrors:</p> <p>Pick a song of your choice and face a partner. One person leads the movement while the other copies. Pick a second song and this time your partner leads.</p>
<p>Running:</p> <p>Run for 30 seconds, rest for 30 seconds. Repeat 5 times. If you can't go outside, run on the spot.</p>	<p>Workout:</p> <p>Complete 10 star jumps, 10 squats, 10 high knees, 10 sit ups and 10 wall press ups. Repeat 3 times, with a 1 minute rest in between.</p>	<p>Walk:</p> <p>Go on a walk outside for 30 minutes. Along your walk pick out 3 signs of winter. Photograph them and put them on Seesaw.</p>	<p>Christmas dance:</p> <p>Make up a dance routine to go along with a Christmas song of your choice.</p>
<p>Note: Please send videos or pictures of you being active this December on Seesaw. Enjoy!</p>			

"It was great fun and more enjoyable"
Cally, 2nd Class

"It was great! It keeps you active"
Lucy, 3rd Class

"I enjoyed doing the exercises with my family"
Lucy, 2nd Class

"No written homework And it got us to exercise at home Not just in school" Skye, 6th Class

PARK RUN IN LOCAL PARK

On Sunday the 12th March we joined the Junior Park Run in St. Annes Park. We ran 2km. It was a fantastic turn out. We were delighted to achieve our goal!



PARK RUN WARM UP



READY, SET, GO!



A MESSAGE FROM THE PARK RUN COMMUNITY!



St Anne's junior parkrun



23 h · 🌐

parkrun 212 is in the can with 143 participants today. We welcomed Scoil Caitriona to St Anne's providing runners and volunteers, the perfect combination. Massive congratulations to Eabha who received her full marathon wristband today.

Thank you as always to the many volunteers who made today happen and a reminder that we need the same again next week.

The results from today can be found at <https://www.parkrun.ie/stannes-juniors/results/latestresults/> and all the pictures from today can be seen in our earlier post.

See you all next week.

2KM PARK RUN!



WE COMPLETED A 2KM PARK RUN!



WE COMPLETED A 2KM PARK RUN!



CROSS COUNTRY

On the 20th April 2023 . Our 4th, 5th and 6th classes went to St. Anne's Park to participate in a Cross Country Race. The 4th Classes ran 500m and the 5th and 6th classes ran 800m. It was a great day out. We really enjoyed it as all our Friday Fun Runs got us ready to participate.



CROSS COUNTRY CONTINUED



OUR CROSS COUNTRY WINNERS



OUR CROSS COUNTRY WINNERS



ACTIVE SCHOOLS WEEK PLAN

DATES: 12TH – 16TH JUNE 2023

Monday

- AfterYard Movement Break
- Intercom Drop Everything and Move

Tuesday

- AfterYard Movement Break
- Intercom Drop Everything and Move

Walk on Wednesday

- Walk two laps of McAuley as a school.

Thursday

- AfterYard Movement Break
- Intercom Drop Everything and Move

Friday Sports Day

WALK ON WEDNESDAY – ACTIVE WEEK



SPORTS DAY TIMETABLE

Sports Day 2023	Station 1 Circuits (Hall)	Station 2 Obstacle Course (Field)	Station 3 Capture the Flag (field)	Station 4 Gutter Relay (field)	Station 5 Rounders (Field)	Station 6 Dance (car park)	Station 7 Fill the Bucket (beside outdoor classroom)	Station 8 Games (Field) 9-10 and 12-1:30	Station 9 Table Quiz (Room 4) Class Teacher
9:10-9:30	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8 + 9	Room 10
9:30-9:50	Room 10	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8+9
9:50-10:10	Room 8 + 9	Room 10	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7
10:10-10:30	Room 7	Room 8 + 9	Room 10	Room 1	Room 2	Room 3	Room 4	Room 5	Room 6
10:30	SOS								
11:00-11:30	Room 6	Room 7	Room 8 + 9	Room 10	Room 1	Room 2	Room 3	Room 4	Room 5
11:30-11:55	Room 5	Room 6	Room 7	Room 8 + 9	Room 10	Room 1	Room 2	Room 3	Room 4
12:00-12:20	Room 4	Room 5	Room 6	Room 7	Room 8 + 9	Room 10	Room 1	Room 2	Room 3
12:20	LÓN								
12:50-1:10	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8 + 9	Room 10	Room 1	Room 2
1:10-1:30	Room 2	Room 3	Room 4	Room 5	Room 6	Room 7	Room 8 + 9	Room 10	Room 1
1:30-2:30	Ice Cream + CLEAN UP								

SPORTS DAY



SPORTS DAY CONTINUED...



SPORTS DAY CONTINUED...



SPORTS DAY CONTINUED...



SPORTS DAY CONTINUED...



SPORTS DAY CONTINUED...



ACTIVE SCHOOL FLAG



What an amazing active school year we have had!

A big well done to all of our students, families and staff who completed all of our activities. We look forward to continuing to use these activities and strategies throughout our school to keep active!



Remember: Step or Run to the Beat, Don't be Afraid to Move Those Feet!