

Our Active week is shaping up to be a very enjoyable week. Here is what we have planned so far:

Monday:

Whole school exercises/10@10 in the yard

Launch of our Active Walkway

Boxing with Kevin Sheehy

Orienteering – active maths trail

Teachers V Students soccer match

Tuesday:

Yoga with Aisling (parents and pupils)

Tag rugby with Mr. Lenihan

Wednesday:

Active Stations for 2nd, 3rd & 4th (hurling, gymnastics, soccer, athletics)

Whole school walk with parents

Park for races and tug of war

Fitness Challenge – 5th & 6th take on CBS' fittest team challenge

Thursday:

Inflatable obstacle course

Teacher V Students challenges – penalty shootout/skipping

Whole school dance

MMA taster session

Daily activities in our classrooms:

10@10

GoNoodle

Super Trooper homework

All students and teachers will wear tracksuits