**Active Schools Week 13th – 17th June 2016**

**Children are to be kept as active as possible during the day.**

**During non-timetabled times teachers are free to choose from the following activities:**

* **Skipping**
* **Wellie Throw**
* **Puc Fáda**
* **Cic Fáda**
* **Penalty shoot**
* **Obstacle Course**
* **Relays**
* **Footgolf (Ian will organise )**
* **Hulahoopathon**
* **Free choice (use your imagination)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Monday** | * Walk with parents 8.55 – 9.05 from Church Yard
* Zumba with Sabrina Capocci

|  |  |
| --- | --- |
| TIMES |  |
| 9.15 -9.45 (30 mins) | Juniors, ½ Seniors & Tír na nÓg 1 |
| 9.50 – 10.20 (30 mins) | ½ Seniors and 1st  |
| 10.25 – 11.00 (35 mins) | 2nd Class |
| BREAK |  |
| 11.20 -12.15 (55 mins) | 6th Class |
| LUNCH |  |
| 1.00 – 1.45 (45 mins) | 5th Class |
| 1.45 – 2.20 (35 mins) | 4th Class & Tír na nÓg 2  |
| 2.25 – 3.00 ( 35 mins) | 3rd Class |

* Circuit Training with Jay Daniels

|  |  |
| --- | --- |
| 9.15 -9.45 (30 mins) | ½ Seniors & 1st Class |
| 9.50 – 10.20 (30 mins) | 2nd Class |
| 10.25 – 11.00 (35 mins) | Juniors, ½ Seniors & Tír na nÓg 1 |
| BREAK |  |
| 11.15 -11.45 (30 mins) | 3rd Class |
| 11.50 – 12.20 (30 mins) | 4th Class & Tír na nÓg 2 |
| LUNCH |  |
| 1.00 – 1.55 (55 mins) | 6th Class |
| 2.00 – 2.55 (55 mins) | 5th Class |
|  |  |

 |
| **Tuesday** | * Walk with parents 8.55 – 9.05
* Kildare GAA Coaches (See timetable)
* Tennis with Eithne Mhic Sheoin (times to be confirmed)
* 4th Class to teach Olden day Games to classes (times TBC)
* 1st & 2nd Class on School Tour

|  |  |
| --- | --- |
| 9.15 -10.00 (45 mins) | 3rd Class |
| 10.05 – 10.50 (45 mins) | 4th Class & Tír na nÓg 2 |
| BREAK |  |
| 11.15 – 11.45 (30 mins) | Junior Infants & Tír na nÓg 1 |
| 11.50 – 12.20 (30 mins) | Seniors  |
| LUNC H |  |
| 1.00 – 1.55 (55 mins) | 5th Class |
| 2.00 – 2.55 (55 mins) | 6th Class |

 |
| **Wednesday** | * Walk with parents 8.55 – 9.05
* 3rd & 4th Class on School Tour
* Tag Rugby Blitz (5th & 6th Class only) 9.15 am to 1pm with Patsy Gorman
* Yoga with Gemma Doherty (See timetable)

|  |  |
| --- | --- |
| 9.15 -9.45 (30 mins) | Juniors, ½ Seniors & Tír na nÓg 1 |
| 9.50 – 10.20 (30 mins) | ½ Seniors & 1st Class |
| 10.25 – 10.55 (30 mins) | 2nd Class |

* Smoothie Demonstration

|  |  |
| --- | --- |
| 11.15 – 11.50 (30 mins) | Juniors, Seniors & Tír na nÓg 1 |
| 11.50 – 12.20 (30 mins) | 1st & 2nd Class  |
| Lunch |  |
| 1.00 – 1.30 (30 mins) | 5th Class |
| 1.30 – 2.00 (30 Mins) | 6th Class |

* Inflatable Goals (Junior Infants to 2nd Class only)

|  |  |
| --- | --- |
| 9.30 -10.15 (45 mins) | 2nd Class |
| 10.20 – 10.50 (30 mins) | Juniors & Tír na nÓg 1 |
| BREAK |  |
| 11.15 – 11.45 (30 mins) | 1st Class |
| 11.50 – 12.20 (30 mins) | Senior Infants |

 |
| **Thursday** | * Walk with parents 8.55 – 9.05
* Athletics with North Kildare Athletics Club

|  |  |
| --- | --- |
| 9.15 -10.00 (45 mins) | 6th Class |
| 10.05 – 10.50 (45 mins) | 5th Class  |
| BREAK |  |
| 11.15 -11.45 (30 mins) | Junior Infants & Tír na nÓg 1 |
| 11.50 – 12.25 (35 mins) | 3rd Class |
| LUNCH |  |
| 1.00 – 1.35 (35 mins) | Seniors & 1st Class |
| 1.40 – 2.15 (35 mins) | 2nd Class |
| 2.20 – 3pm (40 mins) | 4th Class & Tír na nÓg 2 |

* Basketball (2nd to 6th Class only)

|  |  |
| --- | --- |
| 12.00 -12.30 (30 mins) | 2nd Class |
| LUNCH |  |
| 1.00 – 1.30 (30 mins) | 4th Class & Tír na nÓg 2 |
| 1.30 – 2.00 (30 mins) | 3rd  |
| 2.00 – 2.30 (30 mins) | 5th Class |
| 2.30 – 3 pm (30 mins) | 6th Class |

 |
| **Friday**Jersey Day | * Walk with parents 8.55 – 9.05
* Tír na nÓg 1 & 2 on tour
* Soccer

|  |  |
| --- | --- |
| 9.15 -9.45 (30 mins) | Junior Infants |
| 9.50 – 10.20 (30 mins) | Senior Infants |
| 10.25 – 11.00 (35 mins) | 1st Class |
| BREAK |  |
| 11.15 -11.45 (30 mins) | 2nd Class  |
| 11.50 – 12.20 (30 mins) | 3rd Class |
| LUNCH |  |
| 1.00 – 1.40 (40 mins) | 4th Class |
| 1.40 – 2.20 (40 mins) | 5th Class |
| 2.20 – 3pm (40 mins) | 6th Class |

* Dancing with Joanne (Times TBC)
* Boccia with Suzanne (Times TBC)
 |