**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)**

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| **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) |