

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08:30-08:45		Wake Up Shake Up	Wake Up Shake Up		
9:00- 9:30	Student Takeover/ Orienteering Gaelic Football J.I	Student Takeover/ Orienteering	Student Takeover/Orienteering Kickboxing 2 nd Class	Sports for all Day	Charity Run
9:30- 10:00	Gaelic Football J.I	↓	Kickboxing 2 nd Class	↓	↓
10:00-10:30	10@10 Gaelic Football J.I	↓	Kickboxing 2 nd Class	↓	↓
10:30	Sos	Sos	Sos		Sos
11:00- 11:30	Gaelic Football S.I	*10 minutes extra yard time	Kickboxing 5 th Class	↓	↓
11:30-12:00	Gaelic Football S.I	↓	Kickboxing 5 th Class	↓	↓
12:00-12:30	Gaelic Football S.I	↓	Kickboxing 5 th Class	↓	↓
12:30	Lón	Lón	Lón		Lón
1:00-1:30	Gaelic Football 1 st Class	*10 minutes extra yard time	Kickboxing 6 th Class	↓	↓
1:30-2:00	Gaelic Football 1 st Class	↓	Kickboxing 6 th Class	↓	↓
2:00-2:30	Gaelic Football 1 st Class	↓	Kickboxing 6 th Class	↓	Student and Teacher Volleyball Match
Home time	Active Homework**	Active Homework**	Active Homework**	Active Homework**	

Notes

- **10@10** will take place on Monday instead of Friday this week to kick off active week.
- **Student Takeover:** Children from older classes pair with younger classes to do/teach activities/games with/to the children. You may have to do this outside as the hall will be very busy this week. Please liaise with your assigned class teacher for a time that best suits. See class pairings below.
- **Orienteering:** We would like to place an emphasis on the Outdoor and Adventure strand of the curriculum this year and so we have included Orienteering days. Both M.Gillian and M.Caroline have put together some excellent resources for these activities.
For **Juniors to 2nd** there is Star Orienteering (children work from a base and go one by one to collect items to bring back to the group) The resources for this are hung on the wall in the PE hall. These activities may be best done during PE times as you will need hoops, markers, beanbags and quoits.
For **3rd-6th** photographs of the school grounds have been used for an activity similar to those found in the PSSI book. Children identify the area in the photo, go to the location and record the word/shape/number on the back. They return to the group when all items have been found.
- **Gaelic Football:** The TYs that joined us this year will be working with the younger classes to teach them some Gaelic Football skills.(The class scheduled for 10am can join the 10@10 or stay indoors with the TY's)
- **Wake Up Shake Up:** This will follow the same format as previous years. Children, family and staff will take part in exercises at stations rotating every 30seconds with a break after each one. At 08:45 teachers will return to classrooms and children go to the front door.
- **Kickboxing:** Dave Carthy from Celbridge Kickboxing Club has kindly agreed to spend the whole day with us to teach the children some of the basics of kickboxing.
- **Sports for All Day:** This will have a separate timetable. Most important here is that you set up the drill you are assigned to first. This involves getting the equipment before the children arrive at school and bringing it with you to the designated area. At the end of the day you collect the equipment at the station you finished at. This must be returned to the PE store room. On Sports Day children will **NOT** got to yard for break and lunch, they will stay in their classrooms.
- **Charity Run:** Please see notes on next page.
- **Student/Teacher Volleyball Match:** Students and teachers will play on mixed teams for a fun volleyball match to finish off the week. You will be assigned to a team to help keep the match within the allocated time. The teams will be given out next week.
- **Active Home work:** Please assign at least one piece of active homework to the students each day.
- Some ideas for active home work: 'What's Your Name' Workout, Get Fit Dice, Time to Move, Move for Ages, Active Hopscotch, Garden Obstacle Course, 'Home Gym Bootcamp'. I will post resources for these ideas on Aladdin for anyone who wishes to use them.

Time	Class
9:10	Room 1
9:20	Room 2
9:30	Room 3
9:40	Room 4
9:50	Room 5
10:00	Room 6
10:10	Room 8
10:20	Room 9
10:30	Sos
10:50	Room 10
11:00	Room 11
11:10	Room 12
11:20	Room 16
11:30	Room 13,14,15
11:40	Room 17
11:50	Room 18
12:00	Room 19
12:10	Room 20
12:20	Room 21
12:30	Room 7
12:35	Lón
1:00	Room 22
1:10	Room 23
1:20	Room 24
1:30	Room 25
1:40	Room 26
1:50	Room 27

Charity Run Timetable and Tips

- When the class arrives out they will have only ten minutes in which to complete as many laps as they can.
- You **MUST TAKE A CUBE** from the basket before you start your lap. When you complete the lap drop the cube into the bucket and get another one to start your next lap.
- Please ensure that each child (and teacher/SNA) completes a lap even if they walk it, we would like for everyone to be included in our run.
- This is a fundraising event for Special Olympics Naas. Children are asked to bring in €2 or a donation.
- **It is very important that each child takes a cube before they start their lap and returns it at the end of each lap. This is the method we use to track the total distance covered.**

Student Takeover Pairings

Room 1 and 16	Room 7 and 22
Room 2 and 17	Room 8 and 13
Room 3 and 18	Room 9 and 24
Room 4 and 19	Room 10 and 25
Room 5 and 20	Room 11 and 26
Room 6 and 21	Room 12 and 27

Other Suggestions for Active Week

Infants

- Teddy Bears Picnic- Children bring in Teddys to school. Teacher places a label with activity on the bear. Bears are placed around the yards. Children, led by teacher go on a bear hunt. At each bear you perform the activity stated on the label. E.g. 10 jumping jacks.
- Orienteering – Go on a walk and ask children to find and gather things in the environment that are e.g. yellow, red etc. Use colours, textures, shapes etc. If you cannot find things you could place items in the environment e.g a cube, a pencil, a bear, a cone.
- Disco – Come together with the other classes in your class grouping and have a disco.
- Show and Do – Ask children in your class to show the class a skill or activity that they have learned in their club/group/team.
- Take them to the senior yards for PE
- Musical statues
- Teach children how draw and play hopscotch

Older classes

- Orienteering – see PE handbook
- Skills and drills day – children show their active skills to the class and then do a drill to teach the other children the skill
- Keepy Uppy challenge – soccer or hurling
- Hula-hoop-athon
- Skipathon
- Sports Quiz
- Class vs Class /Teacher vs Pupils Games
- Active Words – Get the children to spell out active words on the yard by lying on the ground and making the letters using their bodies. E,g Use chalk to help is necessary. (**Challenge-Get together in your class groups and see can you spell out Active School Week**) Take photos!!
- Sport Project – Get the children to research a sport they know very little about/an unusual sport/sport from another country and present to the class. (Integration- Instructional writing in English, objectives and rules of the game etc.)