

Sporting Activities for December 2017

1. P.E

- Regular P.E classes for Juniors - 6th classes on Wednesday/Thursday.

2. Camogie coaching

- Camogie training on Thursday 7th & 14th for 1st to 6th class with Brian White.

3. ASAP

- ASAP on Wednesday 6th and 13th for pupils from 1st - 4th Class. An array of skills and activities taught by Mrs. Ryan, Ms. Bailey along with parent volunteers.

4. 12 Days of Fitness

- All classes took part in 12 Days of Fitness. This took place 12 days before our Christmas holidays. The children had to take part in 12 different exercises.

5. Go-Noodle

- Children partake in various Go-Noodle exercises throughout the week in their classrooms.
- During wet days, children complete 'Go-Noodle Recess'. This is led by members from The Active School Committee or The Student Council.

6. Run Around Europe

- Classes partake in Run Around Europe in accordance with a special timetable allotting a break/lunch to each class level. This happens every day we are outside.

7. Morning Madness

- Classes partake in Morning Madness every morning in their line. The teacher and Active School Committee members lead the whole school in getting moving in their line for 5 minutes before school starts.