# Sporting Activities for January 2018

#### 1. P.E

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

# 2. Ball Handling Skills

 Ball Handling Skills on Thursday 11<sup>th</sup>, 18<sup>th</sup>,
25<sup>th</sup> for Junior & Senior Infant classes with Brian White.

#### 3. Dance

 Dance lessons with Ms. Cronin on Wednesday 10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup> for all classes.

## 4. ASAP

 ASAP on Wednesday 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> for pupils from 1<sup>st</sup> - 4<sup>th</sup> Class. An array of skills and activities taught by Mrs. Ryan, Ms. Bailey along with parent volunteers.

#### 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.

#### 8. 10@10

 Classes partake in 10@10 in their own classrooms throughout the week. This is in junction with Operation Transformation.

## 9. Fundamental Skills

 Junior & Senior Infants took part in learning the fundamental skills of football on Tuesday 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>. This is delivered by Declan Crowe.

## 10. Swimming

 1<sup>st</sup> - 6<sup>th</sup> class pupils had swimming lessons on Friday 19<sup>th</sup> & 26<sup>th</sup> in Clonmel Swimming Pool. This will be a 9 week programme.