

# ACTIVE SCHOOL FLAG

**ACTIVE SCHOOL WEEK**

**CAHERAGH NS**

**2020**



# OUR STAFF DISCUSSED ACTIVE SCHOOL WEEK AND THE ASF PROCESS



# OUR SCHOOL HAS HELD AN ANNUAL ACTIVE SCHOOL WEEK SINCE 2016. ALL ACTIVITIES ARE PLANNED SO THEY ARE ACCESSIBLE TO ALL PUPILS AND PUPILS, ESPECIALLY THE ACTIVE SCHOOL FLAG COMMITTEE, ARE INVOLVED IN THE ORGANISATION AND DESIGN OF OUR ACTIVE SCHOOL WEEK.

## Active School Week Timetable 2016

Monday: Sciath Na Scol  
Game  
Tuesday: Zumba  
Demonstration

Wednesday: 5 km Walk taking in  
the Memorial Park

Thursday: Tae Kwando  
Demonstration

Friday: Circus Group

## Active School Week 2017 Timetable

Monday 12 <sup>th</sup> June	Dodgeball/ Jason/ All classes / Caheragh NS
Tuesday 13 <sup>th</sup> June	Rowing/ 5 <sup>th</sup> +6 <sup>th</sup> /Skibbereen Rowing Club 5 km Walk / All classes/ Caheragh NS
Wednesday 14 <sup>th</sup> June	Gymnastics Workshop+Mini Games/ All classes / Skibbereen Sports Centre
Thursday 15 <sup>th</sup> June	Rowing/ 5 <sup>th</sup> +6 <sup>th</sup> / Skibbereen Rowing Club Soccer Skills /Keith /All classes /Caheragh NS
Friday 16 <sup>th</sup> June	Yoga /Irene /All classes /Caheragh NS

Note; Sports gear and runners are to be worn every day. Please bring, in addition to a school-bag and lunch, a change of clothes, sun-cream, water and a rain-coat every day.

## Active School Week 2018- Timetable

Monday June 11th	Bowling	Launch School Walk
Tuesday June 12th	Juniors- Walk Seniors-Orienteering	Seniors-Walk Juniors-Orienteering
Wednesday June 13th	Juniors-Gymnastics - 10-12 Seniors- Obstacle Course	Seniors-Gymnastics - 12:15-2:15 Juniors- Obstacle Course
Thursday June 14th	Kick-Boxing	
Friday June 15th	Circus Skills- 10-1	

# ASW TIMETABLES

## Active School Week 2019

Monday 10 <sup>th</sup> June	<b>Golf</b> – Juniors 9:30-10:30 Middles 10:30-12:00 Seniors 12:00-1:30 (20 mins golf per class, breaks as normal)	<b>Athletics</b> - Juniors 1:30-2:00 Middles 2:00-2:30 Seniors 2:30-3:00 (Middles take 2:00 break 15 mins early)
Tuesday 11 <sup>th</sup> June	<b>Orienteering</b> - Seniors 9:30-10:00 Middles 10:00-10:30 Junior 10:30-11:00 ( <b>Rowing</b> -Seniors 11:30-1:00)	<b>Walk</b> - Juniors 1:00-2:00 Middles/Seniors- 1:30-2:30
Wednesday 12 <sup>th</sup> June	<b>Tennis Activities</b> - Seniors 9:30-10:00 Middles 10:00-10:30 Juniors 10:30-11:00 ( <b>Rowing</b> –Seniors 11:30-1:00)	<b>Obstacle Course</b> - Juniors 1:00-1:30 Middles/Seniors 1:30-2:00
Thursday 13 <sup>th</sup> June	<b>Zumba</b> - Juniors 11:30-12:00 Middles 12:00-12:30 Seniors 12:30-1:00 (Lunch break will be delayed until 1:00-1:30)	<b>Team Challenges</b> - Juniors 10:00- 10:30 Middles 1:30-2:00 Seniors 2:15-3:00
Friday 14 <sup>th</sup> Jun	<b>Soccer</b> - Seniors 10:15-11:00 Middles 11:15- 12:00 Juniors 12:30-1:00 (Juniors will have lunch at 1:00-1:30)	<b>Gymnastics</b> -Juniors/2 <sup>nd</sup> - 10:00-12:00 Middles/Seniors – 12:00-2:00

## Provisional Active School Week 2020

Monday 8 <sup>th</sup> June	Basketball Skills	Show Us your Sport
Tuesday 9 <sup>th</sup> June	Orienteering	School Walk
Wednesday 10 <sup>th</sup> June	Gymnastics-Juniors	Gymnastics-Seniors
Thursday 11 <sup>th</sup> June	GAA Skills with Paudie Crossbar Challenge versus the Teachers	Numeracy/Literacy Trails
Friday 12 <sup>th</sup> Jun	Workout with Johnathan for pupils, staff and parents.	Obstacle Course

**DUE TO COVID-19, PARENTS AND PUPILS OF CAHERAGH NS TOOK  
PART IN 'ACTIVE WEEK AT HOME'  
HERE IS A VIDEO WE POSTED ON THE ASF TWITTER.**





**OUR SCHOOL COMMUNITY WEAR TRACKSUITS INSTEAD OF UNIFORMS FOR ASW, PHYSICAL ACTIVITY IS DESIGNED IN A CROSS-CURRICULAR WAY AND PHYSICAL TASKS ARE GIVEN FOR HOMEWORK FOR THE WEEK. E.G. NUMERACY/LITERACY TRAILS**



# HOMework FOR ASW

## Homework ASW

Monday; 5 star jumps, 5 high knees, 5 up and down planks, practise basketball skills.

Tuesday; 5 mountain climbers, 5 sit-ups, 5 lunges, go for a walk.

Wednesday; 5 squats, 5 toe-touches, 5 heel kicks, go for a cycle.

Thursday; 5 wall presses, 5 burpees, jog on the spot for 2 minutes , practise GAA skills.

Friday; Rest!

September-October	November-December	January-March	April-June
Aquatics Land PAWS	Athletics FMS; Running	Games FMS; Kicking	Athletics FMS; Jumping
Games FMS; Catching/Throwing	Gymnastics FMS; Balancing	Dance FMS; Skipping	Outdoor and adventure FMS; Walking Games FMS; Striking with an implement Active School Week
Activity of the Month; Dodge ball Four Passes  PE Homework; Donkey Piggy in the Middle	Activity of the Month; Chasing Games/Run Around Europe Hopscotch  PE Homework; Tag Simon Says Balance on...	Activity of the Month; Soccer Rounders Skipping games/Climb the Heights  PE Homework; Kick to score or hit a target Count your skips	Activity of the Month; Hurdles School Walkway Tennis  PE Homework; Long jump/Jump over obstacles Follow the Leader Tennis

# OUR SCHOOL ORGANISED A WHOLE-SCHOOL FUN EVENT DURING ASW AND PARENTS WERE INVITED TO PARTICIPATE – TO BE ORGANISED HOPING TO DO A WORKOUT WITH JONATHAN

- Active School Week 2020 took place at home.

Over half the families took part in this event.

The school sent out a suggestion sheet to the families.

Families sent back ASW at Home forms and a Cert was given to them.

## Active School Week at Home 27<sup>th</sup> April – 1<sup>st</sup> May

Do 4 activities a day for 15 minutes. Record on your sheet.

### Suggested activities and links

(Copy and paste the links onto your address bar)

Before you start Cork Sports Partnership have created a great resource to find training videos of sports you're interested in.

<https://www.corksports.ie/index.cfm/page/sports-skills-and-challenges->

### Monday

Limbo- you can limbo under a floor brush between two chairs to your favourite music. Here's a video for inspiration.

[https://www.youtube.com/watch?v=vyHSJj\\_DkU](https://www.youtube.com/watch?v=vyHSJj_DkU)

Colour Dash Game – a board game based on physical activity

<https://twitter.com/PDSTpe/status/1238787330447757312/photo/1>

Soccer Skills- try some soccer skills

<https://twitter.com/SFAIreland/status/1240057680154296322/photo/1>

Spell your Name – use your name to create a workout

<https://twitter.com/castletownkpns/status/1240563032964694016/photo/1>

Basketball – Skills to work on

<https://twitter.com/i/status/1248666363843018761>

<https://twitter.com/i/status/1249646008713306122>

Gymnastics – challenges to try

<https://twitter.com/GymnasticsIre/status/1252121668773953536/photo/1>

<https://twitter.com/GymnasticsIre/status/1248299338478075905/photo/1>



# OUR SCHOOL MADE USE OF LOCAL AMENITIES DURING ASW





# LOCAL AMENITIES



# NEW ACTIVITIES INTRODUCED

- 2016; Tae Kwando/Zumba/Circus Skills
- 2017 Dodgeball/Gymnastics/Yoga
- 2018 Bowling/Kick-boxing
- 2019 Golf/Orienteering/Tennis
- 2020 Basketball Skills/Workout/ Trails



# TAE KWANDO



# YOGA AND ZUMBA





# YOGA





# CIRCUS SKILLS







# DODGE BALL





# GYMNASTICS











# TRAMPOLINE





# CIRCUITS

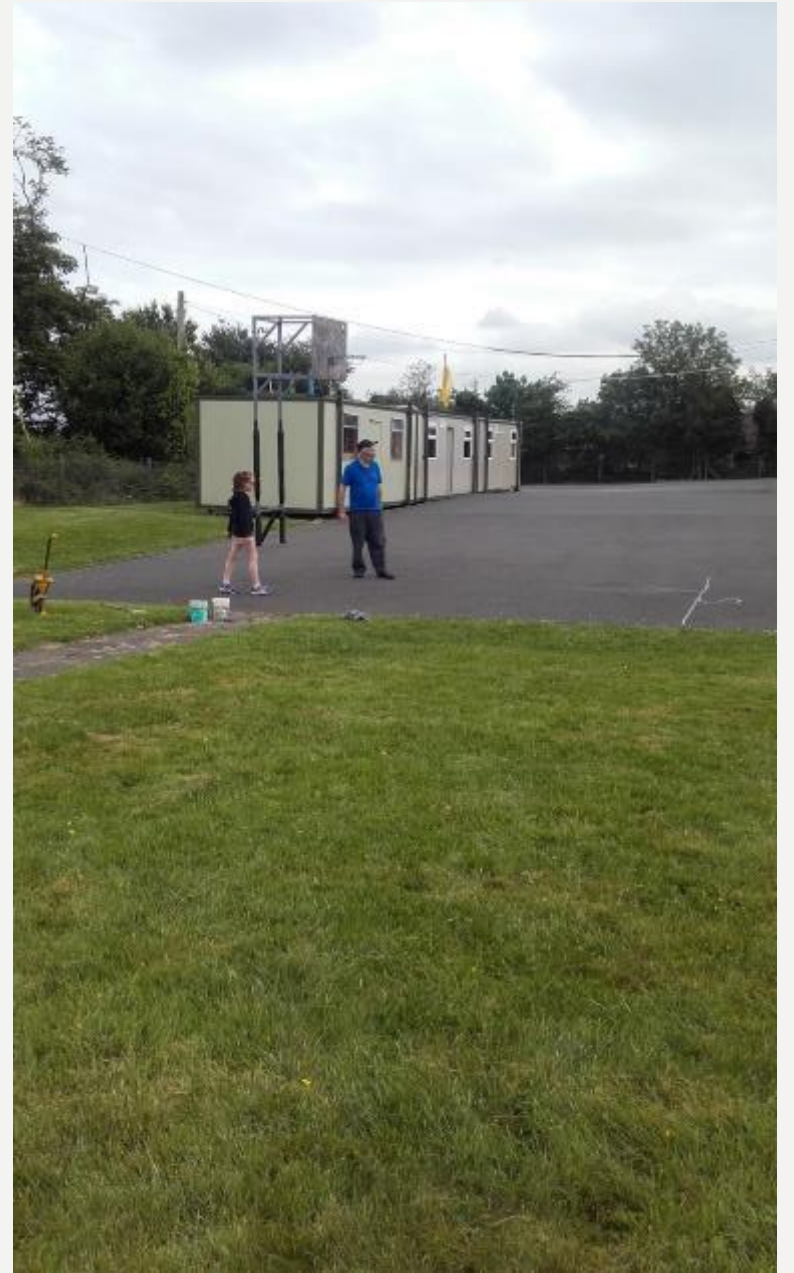


# BOWLING

**LOCAL SPORTS CLUBS ARE ASKED TO GIVE TASTER SESSIONS DURING ASW. THIS WAS A NEW ACTIVITY.**









**KICK-BOXING;  
LOCAL SPORTS CLUBS ARE ASKED TO GIVE TASTER SESSIONS DURING ASW.  
THIS WAS A NEW ACTIVITY.**



# KICK-BOXING





# ORIENTEERING



# **GOLF**

## **WITH CHARLOTTE, PARENT AND SNA**





# **SOCCER WITH KEITH, PARENT**



# TENNIS





# TEAM CHALLENGES



# OBSTACLE COURSE





# OBSTACLE COURSE



# ATHLETICS





# WALK





# FUN ACTIVITIES

