

ACTIVE SCHOOL FLAG

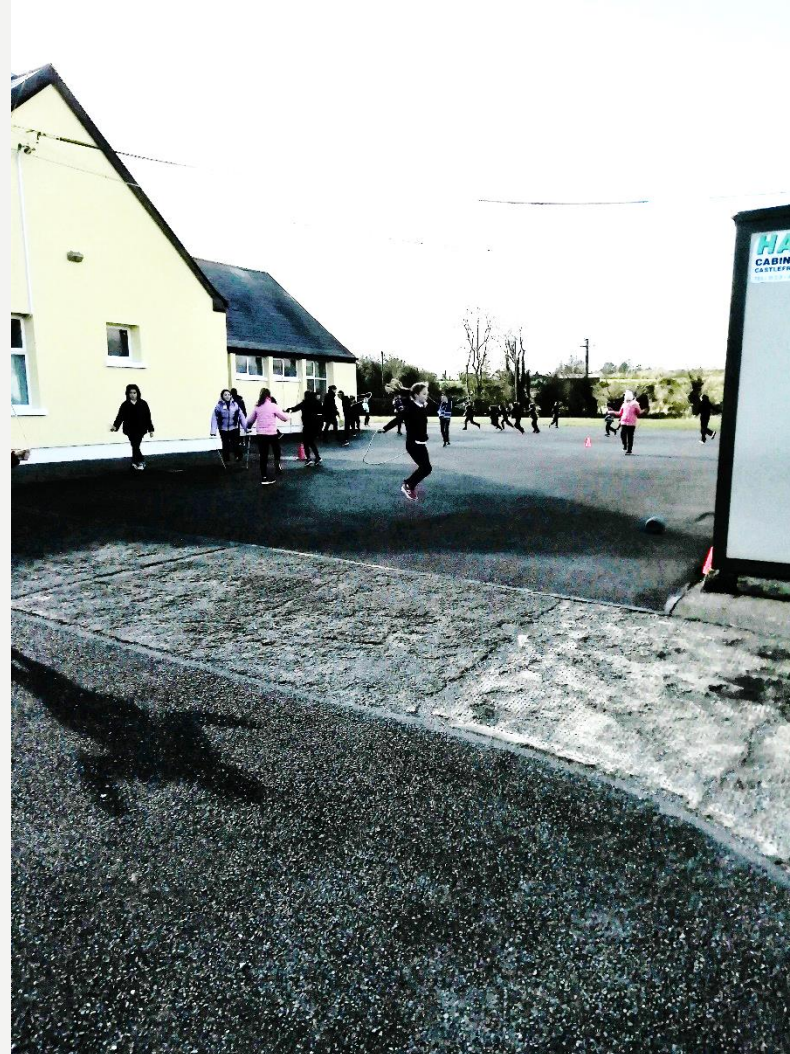
**PHYSICAL ACTIVITY
CAHERAGH NS
2020**



OUR STAFF DISCUSSED PHYSICAL ACTIVITY AND THE ASF PROCESS



**OUR SCHOOL PROVIDES THREE PLAYGROUND BREAKS DAILY,
ALL PUPILS ARE ALLOWED TO RUN DURING BREAKS AND OUR
YARD IS ZONED TO ALLOW CHILDREN TO ENGAGE IN A VARIETY
OF ACTIVITIES.**



PLAYGROUND ACTIVITIES AND MARKINGS



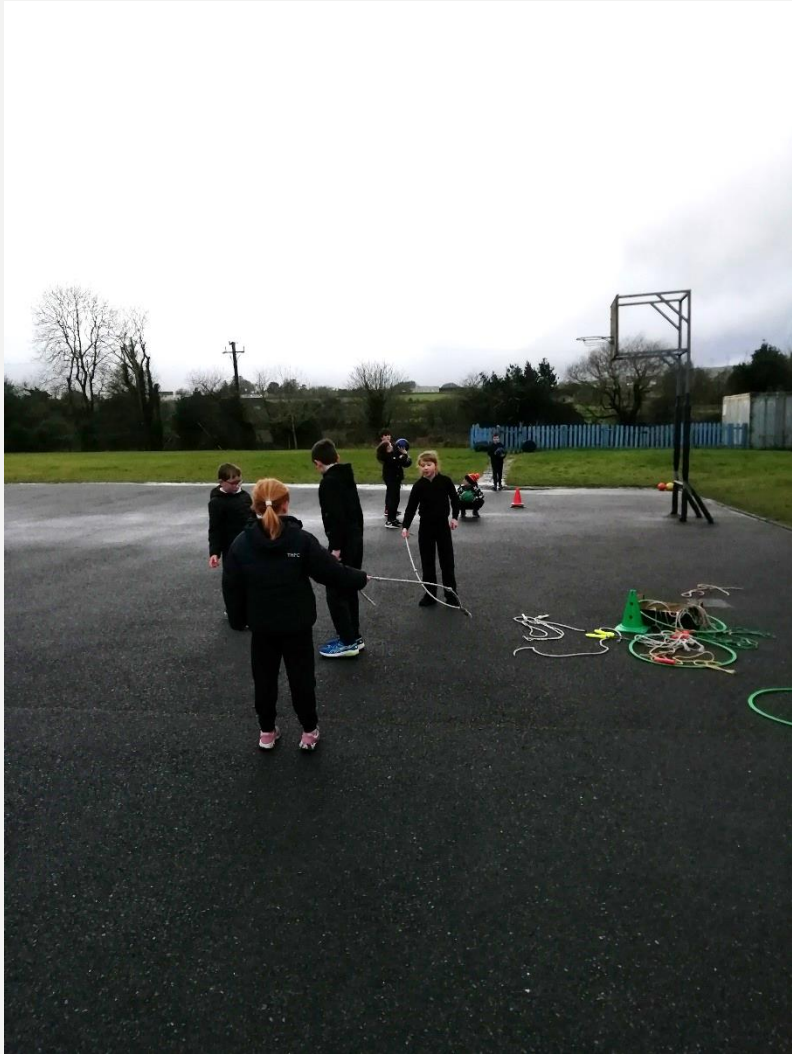
PLAYGROUND MARKINGS.



EQUIPMENT IN THE YARD.



EQUIPMENT IN THE YARD



PLAYGROUND LEADERS (ASF COMMITTEE AND 6TH CLASS)



Playground Leaders

Duties

Wear vests

Help to lead;

- Active lines
- Activity of the Month
- Start of Day Activities
- Rainy Day Activities
- Football Free Fridays

Promote fitness messages;

- Be Active, Be Healthy, Be Happy
- Do Your Walking as You Are Talking
- Are You Getting Nifty for Sixty?

Promote healthy eating

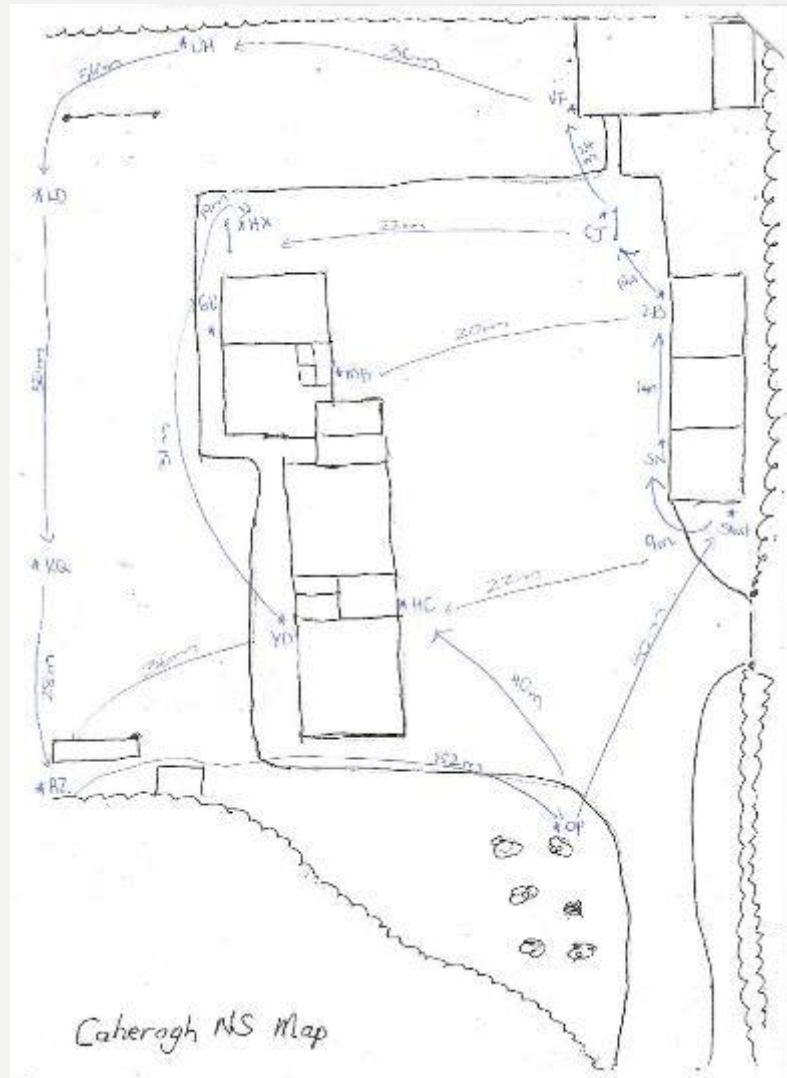
Help organise activities

Help put out and tidy up PE equipment

Be a Lunchtime Pal;

- Ensure no one is left out
- Suggest activities
- Help solve problems
- Discourage bullying
- Check the Friendship Stop

ACTIVE WALKWAY







Do your Talking
as You are
Walking

ACTIVE BREAKS



Active Classroom Breaks (Rainy Day Activities)

1. Wake up. Shake Up
(Stretches)
2. Bear crawl
3. Mirror your partner
4. Lie on ground, ride a bike
5. Ski downhill
6. Jumping jacks
7. Wall push ups
8. Ride a roller coaster (on chair)
9. Be a bird, fly, glide, land
10. Pretend skip rope
11. Chair push ups
12. Walk, march, jog, hop on spot
13. Pretend boxing
14. Ride on the Rapids (in chair)
15. Pretend surf
16. Conga line
17. Circus Acts
18. Play instruments
19. Plank
20. Walk tag
21. Jump turns
22. Go Noodle
23. Bizzzy Breaks
24. Cosmic Yoga
25. Move as if... (wet dog,
popcorn, sticky toffee)
26. Over, Under, Around,
Through
27. It's a zoo/farm in here
28. Head, shoulders, knees and
toes
29. Hokey, pokey
30. Scarf dancing
31. Simon Says
32. Beans (runner, jumping, jelly,
chilli,)
33. Wiggles
34. Pass it around (Cushion, ball)
35. Follow my call
36. Journey through Kerry
37. DEAR
38. 38. 10 @ 10
39. Brain Breaks/Ice Breakers on
youtube
40. Joe Wicks Body Coach

Active lines

Walk, march, hop, jog on the spot

Jumping Jacks

Squats

Pretend boxing

Pretend surfing

Pretend skiing

Pretend skipping

Jump turns

Knee lifts

Heel kicks

Side-steps

Twist

Bends

Stretches

Poses

Line dancing

Start of the Day Activities

Monday; DVD game

Tuesday; Tag

Wednesday; Freeze

Thursday; Red Rover

Friday; Flush





10 @ 10



RAINY DAY ACTIVITIES INCLUDING JOE WICKS, BODY COACH



ZUMBA AND MUSIC IN THE YARD.





Football Free
Friday

RUN AROUND EUROPE



CLIMB THE HEIGHTS



HALLOWEEN RUN



HALLOWEEN DANCE



CHRISTMAS 12 DAYS OF FITNESS



CÉILÍ DANCING FOR SEACHTAIN NA GAEILGE



EASTER EGG HUNT



OUR ACTIVE SCHOOL TOUR BY JUST 4 FUN



ASF ACCESSIBLE TO ALL!



Great classwork/
behaviour =
10 minutes extra
PE/Yard time.



PUPILS COMPLETED THE IRISH HEART FOUNDATION LET'S GET ACTIVE BOOKLETS IN TERM 1 WHERE THEY RECORDED THEIR PHYSICAL ACTIVITY AND AIMED TO HAVE 60 MINUTES OF PHYSICAL ACTIVITY DAILY FOR 4 WEEKS.

Are you getting Nifty for Sixty?

We need sixty minutes of
energetic exercise every day.