



# Physical Activity



*Our school is working towards the Active School Flag.  
This is a record of the work that we have undertaken.*

# Playground Equipment

## Active School Flag

### Playground Leaders & Equipment Monitors

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6<sup>th</sup> Class</b>	<b>2<sup>nd</sup> Class</b>	<b>Girls 4<sup>th</sup> / 5<sup>th</sup> Class</b>	<b>3<sup>rd</sup> Class</b>	<b>Boys 4<sup>th</sup> / 5<sup>th</sup> Class</b>
Lauren & Jason	Mason & Sadhbh	Ava & Aoibhe	Aoibhinn & Ruairi	Spencer & Paul
<b>Before</b> ✓ Open and close lock and return key to search area ✓ Take equipment in and out of the box	<b>Before</b> ✓ Open and close lock and return key to search area ✓ Take equipment in and out of the box	<b>Before</b> ✓ Open and close lock and return key to search area ✓ Take equipment in and out of the box	<b>Before</b> ✓ Open and close lock and return key to search area ✓ Take equipment in and out of the box	<b>Before</b> ✓ Open and close lock and return key to search area ✓ Take equipment in and out of the box

### Active Lines

	Monday	Tuesday	Wednesday	Thursday	Friday
Playground lines	Lauren & Jason Ava & Paul	Mason & Sadhbh Aoibhinn & Ruairi	Aoibhinn & Ruairi Spencer & Aoibhe	Lauren & Jason Ava & Paul	Spencer & Aoibhe Mason & Sadhbh
Astro lines	Mason & Sadhbh	Spencer & Aoibhe	Ava & Paul	Aoibhinn & Ruairi	Lauren & Jason
Yard lines	Spencer & Aoibhe	Ava & Paul	Lauren & Jason	Mason & Sadhbh	Aoibhinn & Ruairi



We have a daily rota for our Equipment Monitors in the yard. These children take out the equipment for all classes to have access to on yard. Some of our favourites are hoops, skipping ropes, beanbags, bouncy balls, footballs & basketballs. We also have a playground and astro space as well as markings on the yard to promote physical activity.

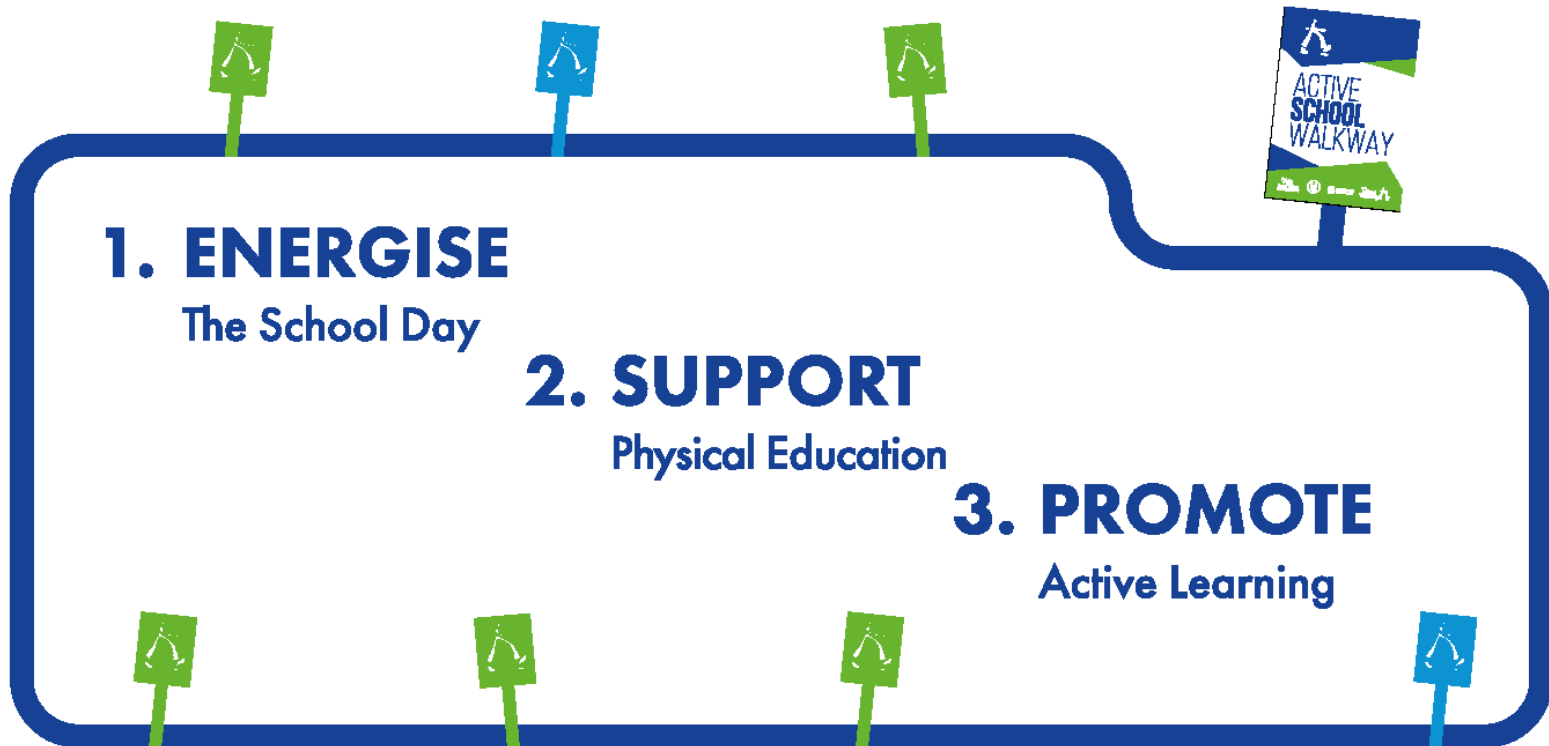
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# Playground Leaders



Our Playground Leaders help to organise activities for everyone during play-time on yard. They are also responsible for taking in & out the yard equipment & sorting out any broken pieces, which may need to be mended or replaced. They sanitise the equipment after each use also!

# Our Active School Walkway is used to:





# Our WALKWAY Route



Our new Walkway Route is located along the perimeter of our school yard! The starting point can be found outside our principal's office window and the 14 control points are located along the school building, the fence, the astro poles and the playground fence! It is a full loop and the distance per loop = 120m.

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Jimmy kindly erected all of our walkway signs around the perimeter of our school yard!

Each control point has some orienteering symbols which we can use for our Walkway Challenges. The blue control points are also used as exercise stations!

# WALKWAY Activities

We use our Walkway to 'Do our talking while we're walking' during yard time and also, as exercise stations and for orienteering purposes.

Some of the Walkway Challenges we have tried include:

- ◆ Identifying Patterns & Colours
  - ◆ Identifying Letters
  - ◆ Identifying Flags & Countries
- ◆ Identifying Shapes – their sides & corners
- ◆ Identifying Clock Times – Analogue & Digital
  - ◆ Walkway Addition
  - ◆ Walkway Multiplication
  - ◆ Walkway Sentences
  - ◆ Walkway Exercises



# Active Breaks Challenge

Dates:

8<sup>th</sup> November – 3<sup>rd</sup> December 2021



OUR class commits to a movement break every day starting \_\_\_\_\_

Break Type:	Running	Dance	Walkway	Exercise
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Our class knows that physical activity helps us to:

Stay Healthy

Concentrate & Focus

Have FUN

Week:	Week 1	Week 2	Week 3	Week 4
WE DID IT!				



All classes in Maree NS participated in the annual ASF Active Breaks Challenge this year. We ensured to have a movement break each day over the 4 weeks and many of us continue to do so! 😊 The activities involved a variety of movements, such as:

- ① Running
- ② Fyffes Fit Squad
- ③ 10 at 10 RTE Junior
- ④ Dance
- ⑤ Walking

- ✓ All classes participated.
- ✓ Challenge lasted 4 weeks.
- ✓ Variety in active breaks.

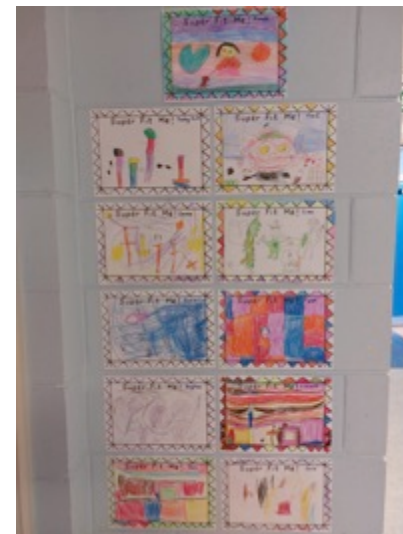
# Active Breaks: Junior End



1<sup>st</sup> Class RTE Junior  
10 @ 10



Junior Infants astro  
break



2<sup>nd</sup> Class Fyffes Fit Squad

Junior Infants  
“Super Fit Me”  
Display



# Active Breaks: Senior End



3<sup>rd</sup> Class Fyffes Fit Squad



6<sup>th</sup> Class Dance



4<sup>th</sup> Class Fyffes Fit Squad  
& Circuits

We have been doing lots of movement breaks throughout the year to keep ourselves energised, fit and healthy! Some firm favourites were Fyffes Fit Squad, Go Noodle, DJ Raphi, Just Dance as well as some running laps in the yard!





# Running Challenge

Dates:

*14<sup>th</sup> March – 8<sup>th</sup> April 2022*

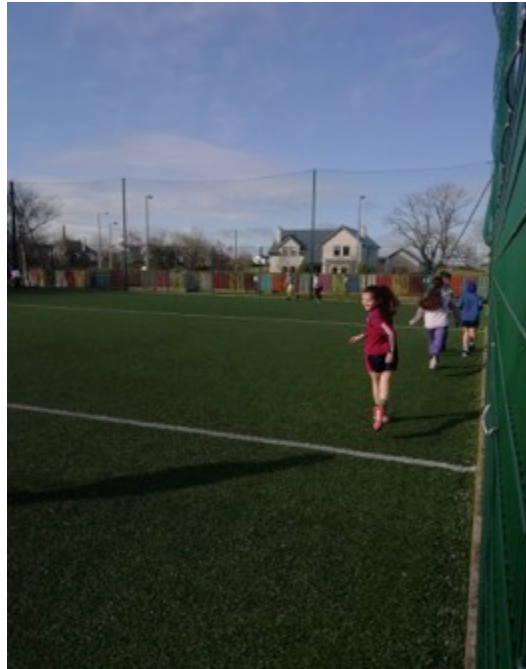


Each class in Maree NS participated in our first ever whole school Running Challenge. We opted for the Run Around Ireland challenge and integrated it with our Maths and Geography! The children used our astro & yard area to complete their daily laps and also kept a running count on their class progress charts!

It was a great success and we reached all 4 corners of the country by the end of the 4 weeks 😊

- ✓ All classes participated.
- ✓ Challenge lasted 4 weeks.
- ✓ Running promoted in a FUN and inclusive way.

# Running Challenge



Running laps of our  
school astro &  
school yard!

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# Challenge Charts: Run Around Ireland





14th March - 8th April

2nd Class Ms Fahy


**RUN**  
Ireland

Active School Flag encourages  
YOUR CLASS (teachers need to walk  
out or call in) the landmark signs  
of Ireland. Begin by calculating the  
distance from your school to each  
landmark. Where will your class visit?



Destination	County	Distance from our School (km)	We made it
Brimmhill Purling Tubs	Carlow	202 km	<input type="checkbox"/>
Carnew Purling Tubs	Wex	133 km	<input type="checkbox"/>
Comencore Pony Festival	Galway	92 km	<input type="checkbox"/>
Crake Park	Dublin	212 km	<input type="checkbox"/>
Doughmore Wildlife House	Leam	121 km	<input type="checkbox"/>
Dromedary Wildlife Park	Co. Wick	144 km	<input type="checkbox"/>
Down Fort	Down	256 km	<input type="checkbox"/>
Fishing in Lough Swilly	Donegal	150 km	<input type="checkbox"/>
Fota Island	Co. Cork	199 km	<input type="checkbox"/>
Galway Arts Festival	Galway	15 km	<input type="checkbox"/>
Lough Key Forest Park	County Mayo	122 km	<input type="checkbox"/>
National Stud	Wick	136 km	<input type="checkbox"/>
Old Ball Trail Greenway	Wick	89 km	<input type="checkbox"/>
Opere Festival	Wick	215 km	<input type="checkbox"/>
Peace Bridge	Wex	289 km	<input type="checkbox"/>
Park Park, Killybeggs	Wex	201 km	<input type="checkbox"/>
Recess Forest Park	Wex	214 km	<input type="checkbox"/>
Stary Telling Festival, Cape Clear	Co. Cork	276 km	<input type="checkbox"/>
Stewart Park	Co. Wick	85 km	<input type="checkbox"/>
Thames Museum, Belfast	Co. Wick	372 km	<input type="checkbox"/>

1 lap = 1 km

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14th March - 8th April

5th Class


**RUN**  
Ireland

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1 lap = 1 km

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14th March - 8th April

6th Class


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Ireland

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14th March - 8th April

2nd Ms. Hannonelly


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Ireland

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1 lap = 1 km

14th March - 8th April

4th Class


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Ireland

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Thames Museum, Belfast	Co. Wick	372 km	<input type="checkbox"/>

1 lap = 1 km

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# Santa Dash



4<sup>th</sup> Class



1<sup>st</sup> Class



Junior Infants

5<sup>th</sup> class



6<sup>th</sup> Class



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# Santa Dash Cntd.



3<sup>rd</sup> Class



Senior Infants

The children in Maree NS took part in the annual #FeelGoodFriday Santa Dash on Friday 18<sup>th</sup> December 2021 sporting their Christmas jumpers & head pieces. We had a great festive fun!



2<sup>nd</sup> Class



# Climb the Heights Challenge

The children in Maree NS took part in a **JUMP in to January** whole school challenge during the month of January, concluding with our #FeelGoodFriday on Friday 28<sup>th</sup> January 2022.

This involved each class completing the **Climb the Heights Class Challenge**.

The children used a combination of jumping for height & skipping to climb as many peaks in Europe as they could!



# Maree NS ASF January Challenge

#FeelGoodFridays: JUMP in to January  
(28th January)

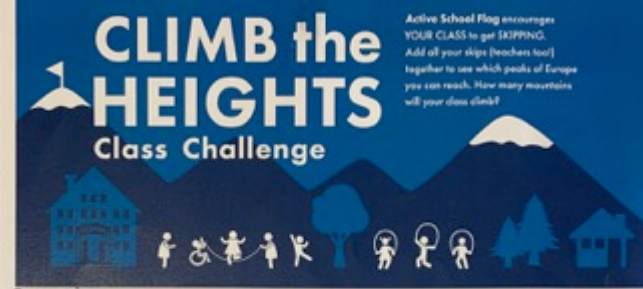
ASF encourages teachers and their classes to bring out their skipping ropes for this month's #FeelGoodFriday 'Jump in to January'. Add all your skips (teachers too!) together to see which of the mountain peaks of Europe YOUR school/class can reach.

If children do not have access to skipping ropes or haven't yet learned to skip, they can complete the challenge using jumping jacks instead.



Height (m)	Peak	Height (m)	Peak
3,798	Großglockner Austria	393	Galatinskola Latvia
2,894	Signal de Botrange Belgium	3,399	Vander Grouspite Luxembourg
3,033	Musala Bulgaria	294	Aukštojis Hill Lithuania
1,851	Dívora Croatia	340	Kneif Luxembourg
1,933	Mount Olympus Cyprus	3,764	Mount Karab Akrotiri
1,603	Snížka Czech Republic	333	Ta' Dmajek Malta
371	Mallahaj Denmark	332	Vaalenberg Netherlands
28	Svar Munamägi Estonia	2,303	Mount Ryyr Finland
1,304	Hali Finland	3,331	Mount Pico Portugal
4,810	Mont Blanc France	3,344	Moldoveanu Peak Romania
2,963	Zugspitze Germany	2,633	Gerlachovský štít Slovakia
3,798	Mount Olympus Greece	2,864	Triglav Slovenia
1,374	Kékes Hungary	3,479	Mulhacén Spain
3,330	Hvannadalshnúkur Iceland	1,630	Malya Dağ Turkey
1,041	Coronsteekhil Ireland	1,343	Ben Nevis United Kingdom
4,810	Monte Bianco Italy		

1 skip = 1 metre



3rd Class

Height (m)	Peak	Height (m)	Peak
3,798	Großglockner Austria	393	Galatinskola Latvia
2,894	Signal de Botrange Belgium	3,399	Vander Grouspite Luxembourg
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4,810	Monte Bianco Italy		

1 skip = 1 metre



**CLIMB the HEIGHTS**  
Class Challenge

Active School Flag encourages YOUR CLASS to get ACTIVE. Add all your skip (French knot) together to see which peaks of Europe you can reach. How many mountains will your class climb?

*Day 1 -660*  
*Day 2 -1,280*  
*Day 3 -1,860*  
*Day 4 -2,660*  
*Day 5 100th Day 3,400*  
*Day 6 4,820*

Country	Height (m)	Peak	Height (m)	Peak
Austria	3,798	Großglockner	90	Guadalupe
Belgium	934	Sigul de Sotronge	3,000	Vander Grintse
France	1,912	Mont Blanc	94	Audouin Hill
Germany	1,981	Elbrus	84	Kneiff
Greece	1,902	Mount Olympus	1,764	Mount Karli
Ireland	1,000	Sliabh Donard	100	Ta' Dineyeh
Italy	3,779	Mont Blanc	100	Vaalserberg
Netherlands	1,000	Mount Vesuvius	1,500	Mount Pico
Poland	1,000	Mount Tatra	1,500	Mount Pico
Spain	1,000	Mount Everest	1,500	Mount Pico
Sweden	1,000	Mount Everest	1,500	Mount Pico
Switzerland	1,000	Mount Everest	1,500	Mount Pico
United Kingdom	1,000	Mount Everest	1,500	Mount Pico
United States	1,000	Mount Everest	1,500	Mount Pico

1 skip = 1 metre



Junior Infants learning the FMS of Skipping!



Senior Infants are getting really good at working with skipping ropes, now that they have learned the FMS of skipping. Well done everyone 😊





## Senior Classes Skipping

