



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

Playground Equipment

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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. <u>www.activeschoolflag.ie</u>

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 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.







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 <u>'Do our talking while we're walking'</u> 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





✓ All classes participated.

- ✓ Challenge lasted 4 weeks.
 - \checkmark Variety in active breaks.

Active Breaks: Junior End



1st Class RTE Junior 10 @ 10



Junior Infants astro break







Junior Infants "Super Fit Me" Display



www.activeschoolflag.ie

2nd Class Fyffes Fit Squad

Active Breaks: Senior End



3rd Class Fyffes Fit Squad



6th Class Dance

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!



4th Class Fyffes Fit Squad & Circuits



Running Challenge

Dates:

14th March – 8th 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!

Challenge Charts: Run Around Ireland

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4th Class

5th class



Santa Dash



1st Class





Junior Infants 6th Class



Santa Dash Cntd.







Senior Infants

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



2nd 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 28th 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!



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Maree NS **ASF January Challenge**

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

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ASF encourages teachers and their classes to bring out their skipping ropes for this month's #FeelGoodEriday '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.

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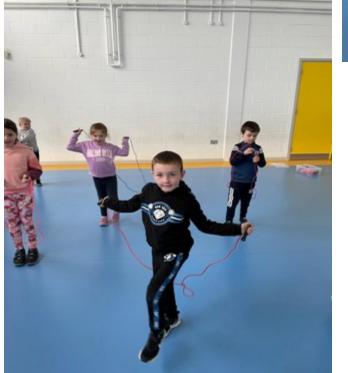
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Junior Infants learning the FMS of Skipping!





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









