

#ASW

Active School Week



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



Active School Week

Our #ASW Dates:

13th → 17th June 2022

www.activeschoolflag.ie

Our ASW Timetables

ACTIVE SCHOOL

Active Schools Week 13th–17th June

	Circuits (Mon)	Walkway (Tue)	Skipathon (Thur)
9:00 – 9:30	SI YOGA SESSION (9-9:45)	Jl	Sl
9:30 – 10:00		Sl	2nd
10:00 – 10:30	Jl	1st	Jl
10:30 – 11:00	Sl	Break	Break
11:00 – 11:30	1st	2nd	4th
11:30 – 12:00	3rd	3rd	3rd
12:00 – 12:30	4th	4th	1st
12:30 – 1:00	Break	Break	Break
1:00 – 1:30	5th	5th	6th
1:30 – 2:00	6th	6th	5th
2:00 – 2:30			

These sessions will take place in the school hall. Enter the hall via the door nearest office-exit via door nearest lift. Please ask children to wipe down mats after using them.

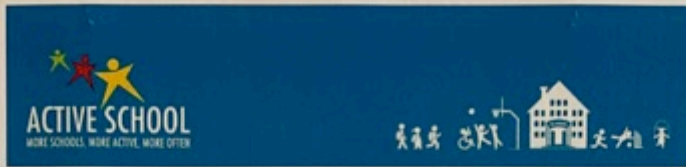
	Dance (Wed)	Yoga (Thurs)
9:00-9:30	6th	6th
9:30-10:00	1st	Jl
10:00-10:30	5th	4th ✓
10:30-11:00	Jl (in hall)	Sl
11:00-11:30	Sl	1st
11:30-12:00	4th ✓	2nd
12:00-12:30	2nd	3rd
12:30-1:00	Break	Break
1:00-1:30	3rd	5th

Our Active Schools Week in Maree NS took place from the 13th – 17th June 2022. The children engaged in many fun activities all week long and we had some visitors to our school for taster sessions including:

- ◆ Theresa with Yoga
- ◆ Train Station Galway for fitness circuits
- ◆ Dance Fitness with Fun2BFit

We also took part in Active Walkway Challenges, a Skipathon, blitzes & matches. All classes headed off on their school tours on the Friday!

Our ASW Activities



Active Schools Week Maree NS 13th – 17th June 2022

Our school is having our Active Schools Week from 13th – 17th June 2022 as part of our quest for our first ever Active School Flag.

During this week we will have lots of activities happening, including:

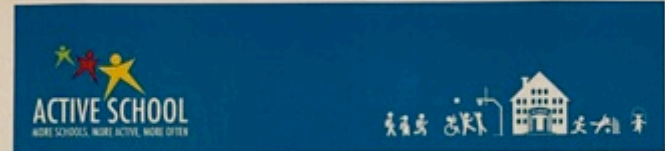
- ✓ Skipathon
- ✓ Dance
- ✓ Yoga
- ✓ Active Walkway Activities
- ✓ Playground Games
- ✓ Circuits
- ✓ Local Hero Shoutout
- ✓ Pupil vs. Teacher Challenge

Our Active School Committee will be coming around to tell you all about the activities that your class will be doing during Active Week. They will also give out some Active Homework Charts for you to work on at home!

We hope you have lots of fun keeping active & healthy ☺

Remember: Our Active School Slogan

Being Fit Keeps Your Heart Lit!



Active Schools Week → Skipathon Challenge

We are going to have a Skipathon Challenge this week. Each class will have a box of individual skipping ropes and 3 long ropes to use during their session.

Individual Activities:

- ✓ Count the number of skips you can complete:
 1. Jumping with 2 feet to 2 feet
 2. Jumping 1 foot to the other foot
 3. Skipping forwards
 4. Skipping backwards
 5. Crossing the rope

Paired Skipping:

- ✓ Can you skip with a partner using one rope?
How many can you do together?

Group Skipping with Long Rope:

- ✓ Split the class up into 3 groups and using the long ropes, give some of these traditional games a go:
 1. Under the Moon & Over the Stars
 2. Follow the Leader
 3. Twisting & Turning
 4. Co-Operative Jumping
 5. Vote for DeValera
 6. Postman
 7. Girl Guide
 8. Teddy Bear, Teddy Bear
- *Or any other Skipping games you know*

WALKWAY Challenges



2nd Class
Walkway
Challenges

4th Class Walkway Challenges
www.activeschoolflag.ie



Each class took part in Active Walkway Challenges during our Active Schools Week:

Junior Infants → Identifying letters and colours

Senior Infants → Writing letters and drawing shapes

1st Class → Drawing flags & colours and patterns

2nd Class → Walkway Addition & Identifying Time

3rd Class → Walkway Sentences &

4th Class → Walkway Multiplication & Shapes: corners and edges

5th/6th Class → Walkway Dictionary Work & Flags

Walkway Challenge Charts

Junior Infants

Walkway HANDWRITING

Activity: Write the letters that you find at each control.

Location	Letter 1	Letter 2	Answer
Example	A	S	Aa Ss
1	C	S	
2	H	L	
3	B	P	
4	R	F	
5	T	L	
6	G	D	
7	E	A	
8	L	N	
9	O	M	
10	A	P	
11	I	H	
12	D	B	
13	E	N	
14	S	U	

Walkway SHAPES

Challenge: Write the name of the shape that you find at each of the controls. (Answer: 10 points)

Example: Draw the shape you find at each sign

Location	Shape	Answer
1	△	
2	□	
3	○	
4	△	
5	◇	
6	◇	
7	◇	
8	◇	
9	◇	
10	◇	
11	◇	
12	◇	
13	◇	
14	◇	

Senior Infants

Walkway HANDWRITING

Activity: Write the letters that you find at each control.

Location	Letter 1	Letter 2	Answer
Example	A	S	Aa Ss
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Walkway COLOURS/PATTERNS

Challenge: Write the name of the colour or pattern that you find at each control. (Answer: 10 points)

Location	Name of Colour/Shape the Pattern	Points
Example		✓ 10
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

Junior Infants Challenges:

- Shape Drawing
- Letter Identification

Senior Infants Challenges:

- Letter Writing
- Colours & Patterns Work

Walkway COLOURS/PATTERNS *1st Class*

Name: _____

Challenge: Write the names of the colour or copy the pattern that you find at each control. Correct answers = 10 points.

Location	Name of Colour / Copy the Pattern	Points
Example		10
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		

Walkway FLAGS

Name: _____

Challenge: Write the name of the country that the flag represents on each of the controls and for the flag colours. Correct answers = 10 points.

Location	Country	Flag Colours	Points
Example	Germany	Black + Red + Yellow	10
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Walkway CLOCKS *2nd Class*

Name: _____

Challenge: Write the time that you see on the clock face on each of the controls in analogue and digital format. Correct answers = 10 points.

Location	Analogue	Digital	Points
Example	Half past ten	10:30	10
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Walkway ADDITION

Name: _____

Challenge: Every letter that you find equals a number (see chart below). Add up the two numbers that you find at each control and write your answer in the space provided below. Correct answers = 10 points.

Location	Letter 1	Letter 2	Working Out	Answer	Points
Example	A	S	A=1 S=19 1+19=20	20	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

Letter Values: A=1, B=2, C=3, D=4, E=5, F=6, G=7, H=8, I=9, J=10, K=11, L=12, M=13, N=14, O=15, P=16, Q=17, R=18, S=19, T=20, U=21, V=22, W=23, X=24, Y=25, Z=26

1st Class Challenges:

- Walkway Colours & Patterns
- Walkway Flag Drawing

2nd Class Challenges:

- Walkway Clocks: Analogue & Digital
- Walkway Addition

Walkway CLOCKS (AM Calculations) *3rd Class*

Name: _____

Challenge: Write the time that you see on the clock face on each of the controls. Then complete the calculations. Correct answers = 10 points.

Location	AM Time	What time is 40 minutes later?	What time is 10 minutes earlier?	Points
Example	10:30	11:10	10:20	10
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Walkway SENTENCES

Name: _____

Challenge: Write a sentence that includes words from the list on each of the four letters that you find at each control. Be creative!

Location	Letter 1	Letter 2	Sentence
Example	A	S	Active Schools are the best!
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

3rd Class Challenges:

- Clocks Calculations
- Walkway Sentences

Walkway SHAPES

Names: _____

Challenge: Write the names of the shapes that you find at each of the controls. Correct answers = 10 points.



Location	Name of Shape	Number of sides	Number of corners	Points
Example	Semicircle	✓ 2	✓ 2	✓ 30
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Walkway Shapes

www.teachmeanz.co.uk

Walkway MULTIPLICATION

Names: _____

Challenge: Every letter that you find equals a number (see chart below). MULTIPLY the two numbers that you find at each control. Write your answer in the space provided below. Correct answers = 10 points.



Location	Letter 1	Letter 2	Working Out	Answer	Points
Example	A	S	A=1 S=10 1x10=10	10 ✓	10
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

If you add up all the answers what number do you get?
 If you add the smallest answer to the largest answer what number do you get?
 If you add up all the even number control answers what number do you get?
 If you add up all the odd number control answers what number do you get?

Sum Times
 1-10 11-20 21-30 31-40 41-50 51-60 61-70 71-80 81-90 91-100
 101-110 111-120 121-130 131-140 141-150 151-160 161-170 171-180 181-190 191-200

Walkway Multiplication

www.teachmeanz.co.uk

4th Class Challenges:

- Walkway Shapes: Edges & Corners
- Walkway Multiplication

Walkway FLAGS

Names: _____

Challenge: Write the names of the countries that the flag represents on each of the controls and list the flag colours. Correct answers = 10 points.



Location	Country	Flag Colours	Points
Example	Germany	✓ Black + Red + Yellow	✓ 20
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			

Walkway Flags

www.teachmeanz.co.uk

Walkway DICTIONARY SEARCH

Names: _____

Activity: Find a word in the dictionary that begins with the first letter, and includes the second letter that you find at each control point. Write out both the WORD and the DEFINITION.



Location	Letter 1	Letter 2	Word	Explanation
Example	A	S	Astrophysicist	A person who is trained to research in space.
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Walkway Dictionary Search

www.teachmeanz.co.uk

5th & 6th Class Challenges:

- Walkway Flags & Countries
- Walkway Dictionary Search



Orienteering using our Active Walkway signs

Skipathon





Active Schools Week → Skipathon Challenge

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Individual Activities:

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 6. Postman
 7. Girl Guide
 8. Teddy Bear, Teddy Bear

Or any other Skipping games you know

Each class took part in a Skipathon on the Thursday of our Active Schools Week. We skipped in half hour time slots and did a mixture of individual, paired and group skipping. Our new long skipping ropes are a very popular new addition and are getting lots of use!!

Active Homework

ACTIVE HOMEWORK Ideas

Colour in the activity once it's been done!

Dates: _____

Cycle your BIKE 10 minutes	Go for a WALK 15 minutes	Create your own OBSTACLE Course	Go SWIMMING with your family
KICK a ball with someone 10 minutes	Play TAG/CATCH 10 minutes	Play BALLOON Volleyball 10 minutes	DANCE to three of your favourite songs
JUMPING JACKS 1 minute	Active HOUSEWORK 10 minutes	Go to the PLAYGROUND	RUN 5 minutes
Draw your own HOPSCOTCH with chalk and play	Play SIMON SAYS with your family	10 wall PRESS UPS – rest – 10 more if you can	Ride your SCOOTER 10 minutes
GO NOODLE 10 minutes	CRAB WALKS 1 minute	SKIP 2 minutes	20 SQUATS – rest – 20 more if you can
20 SIT UPS – rest – 20 more if you can	SKILLS Practice (any sport) 10 minutes	Make up a DANCE to your favourite song	Walk the DOG with a family member

EVERY child needs 60
MINUTES of physical activity
every day to be healthy
World Health Organisation

All classes were provided with an Active Homework Chart and were encouraged to complete as many Active Homework activities as possible this week, in particular. Some children also came up with their own Active Homework ideas and made a list of these on the back of their charts as they completed them!

Pupil Signature

Parent Signature

Teacher Signature



An Roinn Óideachais
agus Scileanna
Department of
Education and Skills



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Whole School FUN Event



Sports Day 2022



Our Sports Day included many fun activities such as:

- ✓ Running Races
- ✓ Potato & Spoon Races
 - ✓ Relay Races
 - ✓ Sack Races
 - ✓ 3-legged Races



We also had fun with:

- ✓ Penalty Shoot Out
- ✓ Rounders
- ✓ Parachute Games
- ✓ Teddy Bear Race

Trying NEW Activities

We invited **Train Station Galway** trainers Jonny and Ronan to our school on the Monday to give each class a taster session of circuit style classes. The children had great fun keeping fit doing body weight exercises, tabata style! They also did some fun challenges such as the plank, Sally-up squat holds & snatch the cone!



6th Class getting active!





2nd Class training hard & receiving their well-earned certificates from Train Station Galway!





1st Class training hard doing the plank & burpees!

Local Hero Visit

Maree NS were very lucky to have Cillín Greene (Cregmore, Galway) visit our school this final term. Cillín has represented his club, county and country in numerous Athletics competitions in Ireland and around the world. He most recently ran in Tokyo 2020 Olympics as part of a mixed relay team in July 2021. What a wonderful achievement!

He spoke to the children about his hard work training, eating well & competing in numerous athletics events, all alongside his studies in college in Dublin.

A great role model for all!



Cillín speaking to all of the girls & boys



Cillín & his proud aunt Mrs Crowley



Welcome Cillín to Maree National School!



Cillín Greene with our ASF Committee & some of
our school's athletes!
What a great way to end our very successful
Active Schools Week 2022!