**Active Schools Week 12th – 16th June 2017**

**Children are to be kept as active as possible during the day.**

**During non-timetabled times teachers are free to choose from the following activities:**

* **Skipping**
* **Wellie Throw**
* **Puc Fáda**
* **Cic Fáda**
* **Penalty shoot**
* **Obstacle Course**
* **Relays**
* **Footgolf**
* **Hulahoopathon**
* **Free choice (use your imagination)**

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| **Monday** | * Walk with parents 9.05 – 9.15 School grounds
* Marathon Relay (organised in rotation by class)
* Variety of station activities whilst waiting on turn for Marathon Relay
* Yoga with …

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| TIMES |  |
| 10.00 -10.30 (30 mins) | 1st class & ½ 2nd Class |
| 10.30 – 11 (30 mins) | ½ 2nd Class and ½ 3rd  |
| BREAK |  |
| 11 -11.30 (30 mins) | ½ 3rd & all 4th  |

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| **Tuesday** | * Walk with parents 9.05 – 9.15
* Pat Behan Soccer Coach
* 2nd, 3rd and 5th Swimming between 11.45 am and 2pm

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| 9.15 -10.00 (45 mins) | 3rd Class |
| 10.05 – 10.50 (45 mins) | 5th Class & Tír na nÓg 2  |
| BREAK |  |
| 11.15 – 11.45 (30 mins) | Junior Infants  |
| 11.50 – 12.20 (30 mins) | Seniors & Tír na nÓg 1 |
| LUNC H |  |
| 1.00 – 1.40 (40 mins) | 4th Class |
| 1.40 – 2.20 (40 mins) | 2nd Class |
| 2.20 – 3.00 (40 mins) | 6th Class |

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| **Wednesday** | * Children will assemble in Astro-turf area to do roll call etc. before breaking into activities
* Kildare GAA Coach (Astro Turf)
* Sports’ Day (All in GAA Pitch)

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| 9.15 -9.50 (45 mins) | 5th Class & Tír na nÓg 2 |
| 10.05 – 10.50 (45 mins) | 6th Class  |
| BREAK |  |
| 11.10 – 11.45 (35 mins) | Junior Infants  |
| 11.45 – 12.20 (35 mins) | Seniors & Tír na nÓg 1 |
| LUNC H |  |
| 1.00 – 1.40 (40 mins) | 1st & 2nd Class |
| 1.40 – 2.20 (40 mins) | 3rd Class |
| 2.20 – 3.00 (40 mins) | 4th Class |

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| **Thursday** | * Walk with parents 9.05 – 9.15
* Rugby 1st to 6th Class

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| 9.15 -9.50 (35 mins) | 1st & 2nd Class |
| 9.50 – 10.25 (35 mins) | 3rd Class  |
| 10.25 – 11.00 | 4th Class |
| BREAK |  |
| 11.15 -11.50 (35 mins) | 5th Class |
| 11.50 – 12.25 (35 mins) | 6th Class |

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| **Friday**Jersey Day | * Walk with parents 9.05 – 9.15

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| 9.15 -9.50 (35 mins) | Junior/Senior Infants & TNN 1 |
| 9.15 – 9.50 (35 mins) | 1st & 2nd Class |
| 9.50 – 10.25 (35 mins) | 3rd Class  |
| 10.25 – 11.00 (35 mins) | 4th Class |
| BREAK |  |
| 11.15 -11.50 (35 mins) | 5th Class |
| 11.50 – 12.25 (35 mins) | 6th Class |

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