



Active School & Wellbeing Week 2022

25th – 29th April

Aims of the Week:

To be active for at least 60 minutes a day!

To promote mental health and wellbeing amongst staff and students

ASW 2022 Plan

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Gymnastics & Games</u>	<u>Athletics</u>	<u>Athletics & Dance</u>	<u>Games</u>	<u>Fun Friday</u>
Tag Rugby	Sports Day Races	Obstacle Course	Soccer	Walkway Launch
Sacred Heart FC		Dance with Julia	Uni Hoc	Skipathon
				Tug of War





Suggested Activities for Active School Week:

- WOW: Walk to School Week – WOW Chart: Record daily on your chart how many children walked to school. Prize on Friday to the class that had most children walking to school every day.
- Aquatics Land Paws Programme: Complete these lessons during Active School Week. Certificates to be given out.
- Wake Up, Shake Up: Active Mornings in the Classroom during Reception Time (e.g. Go Noodle/Dancing/Cosmic Yoga/10 @ 10)
- Walk a Mile with a Smile: All teachers and pupils walk 2 laps of the school walkway every morning (weather permitting) Starting at 9.20 2nd Class will lead the school on our morning mile walk/jog around the school walkway.
- Active Homework: Active Homework to replace usual homework this week. See Active Homework Ideas Sheet attached and Beyond the Classroom Activities
- Active Bursts: Complete an Active Burst Activity once every hour or at any transition. See Active Bursts Sheet for ideas

- Drop Everything and Dance: Take 5 minutes every day to put on some music and dance, dance, dance!
- Skipathon: During the week each teacher picks the best skipper from their own class. On Friday 29th April they will take part in our Whole School Skipathon on the yard at 10.45. Best Skipping from each year group will win a prize!
- Activity Baskets: Numbered baskets containing different activities available in the hall. See list attached. Try out a different activity every day on the yard or field. Please use the sanitiser and sprays provided in the boxes before and after using equipment in the Activity Baskets.
- Colouring/Poster Competitions:
Active School Week Colouring Competition for JI/SI
Active School Week Poster Competition for 1st/2nd
Competition Entries will be collected by Ms. Fox/Ms. Healy on Friday 29th April
Prizes will be given out the following week
- Picture Hunt: Available in the school garden all week
- Yoga: Yoga on the yard. Encourage the children to practice their Yoga poses during break time.
- Outdoor Classroom: Use timetable as normal

Monday 25th April

Motivation Monday

Walk a Mile with a Smile

Whole School @ 9.20

Hall: Gymnastics

Field: Tag Rugby

Sacred Heart FC – Senior Infants/1st Class

Whole School FUN Activity – Fun Fitness with Ms. Boland

Location: Yard

Time: 10.45

Tuesday 26th April

Terrific Tuesday

Walk a Mile with a Smile

Whole School @ 9.20

Field: Sports Day Races

Hall: Athletics Activities

Whole School FUN Activity – Pass the Ball Challenge

Location: Yard

Time: 10.45

Wednesday 27th April

Wonderful Wednesday

Walk a Mile with a Smile

Whole School @ 9.20

Field: Obstacle Course

Hall: Dance with Julia Junior Infants/2nd Class

Classroom: Just Dance on YouTube

Whole School FUN Activity – Dance Party

Location: Yard

Time: 10.45

Thursday 28th April

Tremendous Thursday

Walk a Mile with a Smile
Whole School @ 9.20

Field: Soccer
Hall: Uni Hoc

Whole School FUN Activity – Bubble Party
Location: Yard
Time: 10.45

Friday 29th April

Fantastic Friday

WALKWAY LAUNCH

Walk a Mile with a Smile – Colour Walk
Children can wear colourful and bright clothes
for the launch of our School Walkway
Whole School @ 9.20

Field: Tug of War
Hall: Large Board Games

Whole School FUN Activity – Skipathon with
Ms. Fox
Location: Yard
Time: 10.45

Monday 25th April 2022

Timetable for Soccer Coach SI/1ST

Location: Field

<u>Time</u>	<u>Class</u>
9.30 – 10.00	Senior Infants
10.00 – 10.30	1 st Class
10.30 – 10.40	BREAK
10.45 – 11.15	Senior Infants
11.15 – 11.45	1 st Class
11.45 – 12.15	LUNCH
12. 20 – 1.00	Senior Infants
1.00 -1.40	1 st Class



Wednesday 27th April 2022

Timetable for Dance with Julia JI/2ND

Location: Hall

<u>Time</u>	<u>Class</u>
9.30 – 10.00	Junior Infants
10.00 – 10.30	2 nd Class
10.30 – 10.40	BREAK
10.45 – 11.15	Junior Infants
11.15 – 11.45	2 nd Class
11.45 – 12.15	LUNCH
12. 20 – 12.55	Junior Infants
12.55 – 1.25	2 nd Class
1.25 – 1.55	2 nd Class

