

# PE & Active School Newsletter

1<sup>st</sup> October 2020



The Last Month's ASF Challenge was the 'RUN Around Ireland' Challenge. The aim was to visit the landmark sights of Ireland! We have a map of Ireland with lots of different landmarks and the distance from our school to each of these landmarks. Each class runs laps of our school, through the forest area & field or around the playground every day. When the challenge finishes tomorrow we will add up the total distance travelled by each class and find out how many landmarks we reached as a whole school!



Just some of the landmarks we're trying to reach:



Our school is 170km from Hookhead Lighthouse, 233km from the Giant's Causeway and 248k from the Cliffs of Moher.

Here are some snaps of pupils from different classes enjoying their run!





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*Our teachers love running too!*



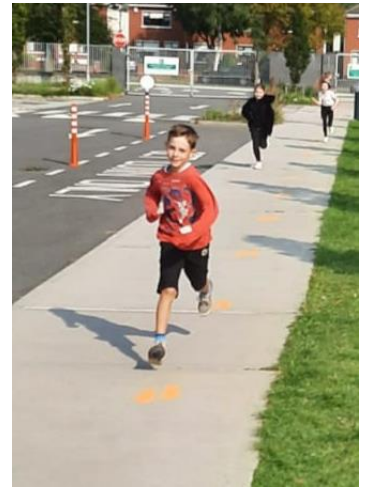


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## Notes & Reminders

Physical Education & active breaks contribute positively to pupils' wellbeing. The Department of Education has highlighted the importance of prioritising certain aspects of the curriculum, particularly Physical Education (PE) to support pupil's wellbeing and recognises how *'pupils' physical education is a central part of their wellbeing'*:

### 3.6.2 Physical Education (PE)

Physical Education supports the development of skills and attributes such as physical movement and development, communication, self-esteem and confidence, all of which are particularly important as pupils return to school.

As a school we have taken additional measures to ensure that PE is taught safely, such as the use of 'pods', the cleaning and careful organisation of equipment and maximising the use of the hall and our outdoor spaces.

For this reason, class levels are working on different strands:

- **J1-S1:** Games
- **1<sup>st</sup>-2<sup>nd</sup>:** Gymnastics
- **3<sup>rd</sup>-4<sup>th</sup>:** Athletics
- **5<sup>th</sup> – 6<sup>th</sup>:** Outdoor & Adventure



*Side Stepping*

## Fundamental Movement Skills (FMS)

Fundamental Movement Skills are the building blocks for movement. They are the skills which children need to participate successfully in all types of games, physical activities and sports. Our aim is to support the development of the physically literate child through the lens of fundamental movement skills. More information can be found on our website: [FMS](#)

Here is video demonstrating our current FMS: **side stepping:** [Demonstration Video](#) at the different stages.

Here are some more snaps of pupils during active breaks and having fun in their PE lessons!





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We hope you are enjoying our active homework activities; if you would like to do some family yoga: [Twígín Yoga \(RTE Junior\)](#) and [Cosmic Kids Yoga](#) are lovely resources. 😊

The ASF Team