

# PE & Active School Newsletter

November 2020



**Run Around Ireland Challenge Update:** Over the course of 4 weeks, the whole school managed to run a very impressive 3,078km. Not only was this distance enough to reach all the landmarks multiple times - it was enough to run the perimeter of Ireland with 281km to spare! A huge well done to all for the amazing effort.



We had great fun with our **dance challenge** for the month of October. Every class committed to having a dance break every day & the children loved showing off their best moves!



For the month of November our Active School Flag challenge is to incorporate a variety of different **active breaks** into our school day such as a dance break, a run outside, a walk around our walkway or a different exercise break.



5<sup>th</sup> & 6<sup>th</sup> Class pupils are currently participating in the MarathonKids programme. Pupils run an assigned distance each week and learn about the benefits of sports & physical activity. After an 8 week period, pupils will have ran a distance of 26.2 miles & completed their first marathon!



## Notes & Reminders

Each class group is now working on a new strand:

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

## Fundamental Movement Skills (FMS)



*Landing*

We are now focusing on a new Fundamental Movement Skill: landing.

We use landing in a wide range of activities, jumping to catch a ball in gaelic football, vaulting in gymnastics or from jumping off the bed!

Here is video demonstrating the FMS: [landing](#) at the different stages.

If you're looking for fun, active rainy day activities, why not try out Joe Wicks' [Workout with Spiderman](#) or one of his other workouts for kids on [youtube](#)! 🤖

The ASF Team