#### December 2020

#### Sylvia's Class -ALC Blue



A special mention to Sylvia's Class who managed to run for a distance of 2km yesterday without stopping! They have



been training for over a year now to get to this amazing milestone and each one of the boys pushed themselves to run the entire distance! We are all very proud of them for such a wonderful achievement.

#### **ÅctiveBreak** Challenge

Students have really enjoyed all the different **active breaks** they took part in for the last few weeks. These ranged from: dance breaks, runs outside, a walk around our walkway & other fun exercise breaks!

Here some snaps of the chidlren enjoying being active:

#### Jill's Junior Infants having fun doing gymnastics





Lisa's Junior Infants loving their active breaks







Aisling's Senior Infants Dancing their socks off!





Danielle's SI having fun on an active break



#### Dee's 1<sup>st</sup> Class enjoying being active outside







#### Daniel's 1<sup>st</sup> Class having a dance break



Rebecca's 2<sup>nd</sup> Class showing us their moves!



Padraig's 2<sup>nd</sup> Class







Maeve's 3<sup>rd</sup> Class





Naomi's 3<sup>rd</sup> Class



#### 4<sup>th</sup> Class loving their run











5<sup>th</sup> & 6<sup>th</sup> Class pupils have made wonderful progress with the MarathonKids programme. Pupils run an assigned distance each week and learn about the benefits of sports & physical activity. They're on their final week of the Marathon Kids challenge and they're now up to running 1.8km a day!

Soon, pupils will have ran a distance of 26.2 miles altogether & completed their first marathon!

Here are some snaps of them enjoying their runs around the school:

#### 5<sup>th</sup> Class

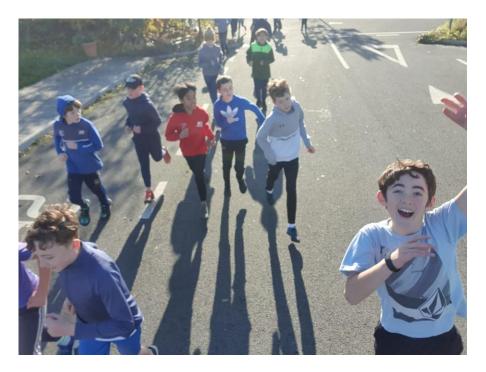




#### 6<sup>th</sup> Class









#### Notes & Reminders

Each class group are continuing to work on the following strand for the next few weeks:

- JI-SI: 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

Why not ask your children what they're doing in their PE lessons! They might even like to demonstrate their new skills at home.

#### Fundamental Movement Skills (FMS)



We are continuing to focus on the 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: <u>landing</u> at the different stages.

This month our Active School Flag challenge is the **12 Active Days of Holidays** which we will be starting on Monday. This will entail working a different fun, festive active break each day – on the eighth day, for example, we will spend a couple of minutes shovelling snow away from the front of our houses!





If you're looking for a fun, holiday inspired active break, why not try out <u>JUST DANCE with Santa Claus</u> or the <u>Reindeer Pokey</u> for younger children!

Have a look at the Super Troopers' <u>Top Dance Tips</u> for creating your own dance routines at home! Enjoy! ③

Remember to check our **Active School** page on our school website for more active ideas & to see what we're getting up to in school! Explore some of the tabs – *Physical Education, Physical Activity* (where you'll find lots of great resources), *Partnerships & ASF newsletters.* 

#### A reminder of all the wonderful benefits of exercise! 🕲



The ASF Team