

PE & Active School Newsletter

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.



Active Break
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 children enjoying being active:

Jill's Junior Infants having fun doing gymnastics



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Lisa's Junior Infants loving their active breaks



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Aisling's Senior Infants Dancing their socks off!



Danielle's SI having fun on an active break



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Dee's 1st Class enjoying being active outside



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Daniel's 1st Class having a dance break



Rebecca's 2nd Class showing us their moves!



Padraig's 2nd Class



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Maeve's 3rd Class



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Naomi's 3rd Class



4th Class loving their run



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5th & 6th 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:

5th Class



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6th Class



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Notes & Reminders

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

- **J1-S1:** Gymnastics
- **1st-2nd:** Games
- **3rd-4th:** Dance
- **5th – 6th:** 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)



Landing

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: [landing](#) 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!



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If you're looking for a fun, holiday inspired active break, why not try out [JUST DANCE with Santa Claus](#) or the [Reindeer Pokey](#) for younger children!

Have a look at the Super Troopers' [Top Dance Tips](#) for creating your own dance routines at home! Enjoy! 😊



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! 😊

WHY SHOULD I EXERCISE?	
MY STAMINA IS INCREASED 	I SLEEP BETTER 
 It makes me feel Fit and Healthy 	
IT SHARPENS MY THINKING 	MY BODY GETS LEANER 
 IT GIVES ME MORE ENERGY 	
 MY MUSCLES AND BONES GET STRONGER 	
IT HELPS ME TO RELAX 	IT RELIEVES STRESS IN MY LIFE 
MY HEART BECOMES MORE EFFICIENT 	

The ASF Team