

PE & Active School Newsletter

May 2021

We had a super successful Active School Week. A huge thanks to families for their enthusiasm. We loved receiving all the children's photos and videos! Please take a look at our [website post](#) to see what we all got up to!



Active School Week is part of the Government's *Keep Well* campaign and Education Minister Norma Foley recognised its importance & encouraged all schools to take part.

'Being active is important to everyone's health and wellbeing and supports children and young people in their learning. Our school communities are doing great work to encourage children to be more active, and Active School Week is full of great ideas and resources to support these vital efforts.'

We are so proud of all our pupils for their efforts and commitment to being as active as they could for the week & it was fantastic to see everyone having so much fun at the same time!



Notes & Reminders

For March & April each class was working on the following strand:

- **JI-SI:** Athletics
- **1st-2nd:** Dance
- **3rd-4th:** Gymnastics
- **5th – 6th:** Games

For the next two months, 5th & 6th are working on **dance** and JI-4th Class will be working on the **Outdoor and Adventure Strand**. This is a strand which we have prioritised this year. 5th & 6th Class focused on this strand at the beginning of the year and continue to use our Active Walkway for cross curricular activities and challenges. Each class has used the walkway for a cross curricular activity and will continue to do so for the next few weeks. Examples of a couple of the Active Walkway Activities we undertook:

Walkway MINDFULNESS				
Names: <u>Junior Infants</u>				
Activity: As you complete the walkway route pay close attention to the sights, sounds, smell and textures that surround you. Answer the question that you find at each control point.				
Location	Control Point		Question	Answer
	Letter 1	Letter 2		
Example	A	S	What is the most colourful thing that you can see?	The red flowers in the hedge.
1	Y	D	What is the most colourful thing that you can see?	leaves, school windows, blue sky
2	C	J	What is the most noticeable sound that you can hear?	trucks, car truck
3	H	X	Can you find anything with a smooth surface?	tree trunk, active school sign, fence, grass, leaf
4	M	B	What is the tallest man-made thing that you can see?	school
5	K	O	Can you find anything with a rough, uneven surface?	dark wood, rock, tree, spiky leaves, concrete
6	R	Z	What is the strongest smell that you get?	flowers, ground, bush
7	G	U	Can you describe the feeling of the ground underfoot?	soft, spongy
8	L	D	What is the most colourful thing that you can see?	windows on school, leaves, red chair
9	V	F	What is the most noticeable sound that you can hear?	cars on road
10	H	C	Can you find anything with a smooth surface?	wall, window sill, grass, cones, metal pole, path
11	U	H	What is the tallest part of nature that you can see?	tall trees
12	O	P	Can you find anything with a rough, uneven surface?	bank, manhole, rough wood
13	S	N	What is the strongest smell that you get?	lavender, chips
14	Z	B	Can you describe the feeling of the ground underfoot?	hard

Walkway DECIMAL MULTIPLICATION				
Names: <u>Year 4</u>				
Activity:				
Location	Control Point		Answer	Points
	Letter 1	Letter 2		
Example	A	S		
1	C	J	6.7 x 5.8	✓ 38.86
2	H	X	5.3 x 8.4	✓ 44.52
3	M	B	2.4 x 9.6	✓ 23.04
4	K	Q	9.3 x 4.7	✓ 43.71
5	R	Z	65.4 x 8.5	✓ 555.9
6	L	O	53.9 x 6.4	367.73
7	G	V	83.2 x 94.4	7854.08
8	V	F	94.4 x 7.3	✓ 689.12
9	H	C	5.3 x 6.7	✓ 36.51
10	V	H	94.4 x 5.3	500.52
11	G	P	6.4 x 8.5	54.4
12	S	N	734.2 x 7.3	✓ 5359.66
13	Z	B	8.5 x 9.6	81.60
14	T	O	2.5 x 6.4	✓ 16
Start Time:	Finish Time:		Score:	

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The **Outdoor & Adventure strand** includes walking activities, orienteering & outdoor challenges, including scavenger hunts, cooperative games, group problem-solving exercises, and physical challenges. These activities, which are mainly non-competitive, offer alternative avenues for pupil achievement and encouragement to adopt a healthy life-style based on an enjoyment and appreciation of the outdoors.

Fundamental Movement Skills (FMS)

Our Fundamental Movement Skill for March & April was **running**. We worked on the improving our running using the pointers below in case anyone would like to continue to focus on this skill at home!



Walking

We are now focusing on a new Fundamental Movement Skill: **walking**. We know this may seem a bit surprising that it needs to be taught as walking technique is often taken for granted, however, it is an important precursor to other fundamental movement skills.

Thanks again for all the amazing participation and support. Hopefully our weather will allow for lots of fun and adventure outdoors for the rest of the school year.



The ASF Team