

ACTIVE SCHOOL
FLAG

ACTIVE SCHOOL WEEK
CAHERAGH NS
2024



OUR STAFF DISCUSSED ACTIVE SCHOOL WEEK AND THE ASF PROCESS



ACTIVE SCHOOL WEEK AT HOME 2020

Active School Week at Home 27th April – 1st May

Do 4 activities a day for 15 minutes. Record on your sheet.

Suggested activities and links

(Copy and paste the links onto your address bar)

Before you start Cork Sports Partnership have created a great resource to find training videos of sports you're interested in.
<https://www.corksports.ie/index.cfm/page/sports-skills-and-challenges>

Monday

Limbo- you can limbo under a floor brush between two chairs to your favourite music. Here's a video for inspiration.
https://www.youtube.com/watch?v=vyHSlij_Dlul

✓ Colour Dash Game – a board game based on physical activity
<https://twitter.com/PDSTpe/status/1238787330447757312/photo/1>

✓ Soccer Skills- try some soccer skills
<https://twitter.com/SFAIreland/status/1240057680154296322/photo/1>

Spell your Name – use your name to create a workout
<https://twitter.com/castletownkps/status/1240563032964694016/photo/1>

✓ Basketball – Skills to work on
<https://twitter.com/i/status/1248666363843018761>
<https://twitter.com/i/status/1249646008713306122>

Gymnastics – challenges to try
<https://twitter.com/GymnasticsIre/status/1252121668773953536/photo/1>
<https://twitter.com/GymnasticsIre/status/1248299338478075905/photo/1>



Tuesday

Full Body Workout – some workout ideas

<https://twitter.com/PeVilliers/status/12409356884176490496/photo/1>

Football Challenge – some Gaelic football skills to practise

<https://twitter.com/i/status/1247130942495510528>

<https://twitter.com/i/status/1241035790815199237>

Chalk Ideas – some ideas for a chalk circuit, create your own

<https://twitter.com/i/status/1244670409800327178>

Balloon Challenges - some physical activity ideas using balloons

<https://twitter.com/CapnPetesPE/status/1242104266384445440/photo/1>

<https://twitter.com/i/status/1246095823743651841>

Golf Ideas

<https://twitter.com/i/status/1247887879126126592>

<https://twitter.com/RandA/status/1249005910057459712/photo/1>

Athletics – athletic challenges

<https://twitter.com/i/status/1249623392057262081>

Wednesday

Dance Monkey- Dance with scarves to the song Dance Monkey

<https://twitter.com/i/status/1227796945739100161>

Yoga- Try some yoga with Twigin

<https://rtejr.rte.ie/rtejr-blog/yoga/2016/05/twigin-yoga-episode-1-an-crann-2/>

Cha Cha Plank – Plank moves set to music

<https://twitter.com/i/status/1245712448503664641>

Phone Number Challenge – create a workout using a mobile phone number

<https://twitter.com/i/status/1245648316001443840>

Rugby- Some rugby skills to work on

<https://www.youtube.com/watch?v=7d1XSnfHrXQ&list=PLvRlf2epTfSLA354dz2mbzirMm8c3dk3&index=5&t=0s>

Thursday

Waddle Challenge – a challenge using balls or socks balled up and waddling

<https://twitter.com/i/status/1246110256310124546>

Sock Boules – Play boules using rolled up socks

<https://twitter.com/GetSet4PE/status/1243819019473489921/photo/1>

Scavenger Hunts – try one of these scavenger hunts

https://twitter.com/Creora_NS/status/1247788417154289667/photo/3

Katie Taylor Boxing Circuit – not for the faint of heart!

<https://twitter.com/i/status/1247856816912039937>

Hurling Challenge

<https://twitter.com/i/status/1247839722321346563>

Friday

Zumba – a Zumba dance to try

<https://youtu.be/ReTPf6JmVk>

Tennis Ball Catch Challenge and some tennis challenges.

<https://twitter.com/i/status/1251106103225659396>

<https://youtu.be/FjSHGGdUMyE?list=PLE6YutcDXPAVadZgFGJraMSP3iPBqLbjs>

Teddy Bear Challenges - workout using teddy bears

<https://youtu.be/whPpTAKMIA>

Air Hockey – play air hockey using simple household items

<https://twitter.com/i/status/1252216763657465856>

Line Dancing – learn a line dance

<https://www.youtube.com/watch?v=v-1uqYy-06U>

Skipping – some skipping skills

<https://twitter.com/i/status/1250351784826032128>

Active School Week 2021

Friday 4 th June	Gymnastics	Gymnastics
Tuesday 8 th June	Zumba with Robin	Mini- games
Wednesday 8 th June	School Walk	Athletics activities
Thursday 10 th June	Yoga with Irene	Dance activities
Friday 11 th June	Circus Skills	Obstacle Course Orienteering

Active School Week 2022

Monday 13th	Yoga	Show Us Your Sport
Tuesday 14 th June	Zumba	Beat the Teachers
Wednesday 15 th June	Gymnastics	Gymnastics
Thursday 16 th June	Walk	Walk
Friday 17 th June	Fun Activities	Fun Activities

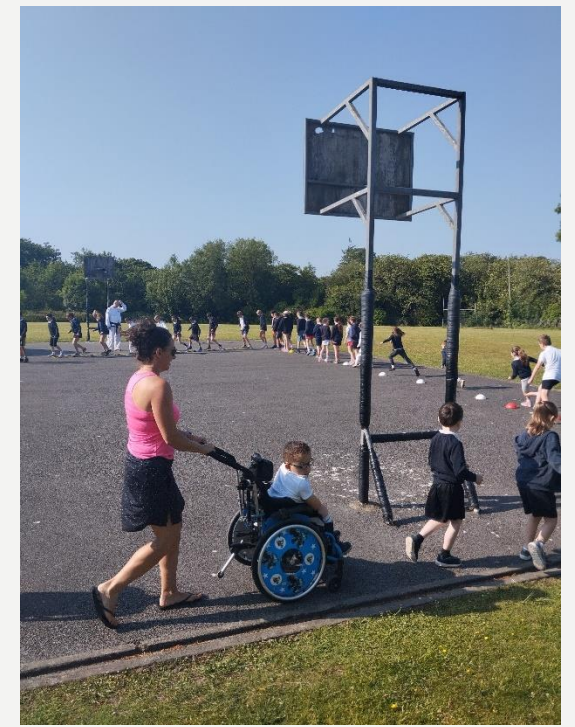
Active School Week 2023

Monday 5 th June Bank Holiday		
Tuesday 6 th June	Tae Kwando with Ralf	Golf with Charlotte
Wednesday 7 th June	Gymnastics	Gymnastics
Thursday 8 th June	Walk (Sciath na Scol)	Walk (Sciath na Scol)
Friday 9 th June	Yoga (parents invited)	Obstacle Course

Active School Week 2024

Monday 10 th June	Skibbereen Athletics Club 10:00-12:00	Athletics Circuit 1:00-2:30
Tuesday 11 th June	Dance Activities 9:30-11:00	Eugene Daly- GAA skills. 1:00-3:00
Wednesday 12 th June	Elaine O'Sullivan- Javelin Demo 10:00	Walk- parents invited Leaving school at 11:30am.
Thursday 13 th June	Circus Skills- Boggle Junior Room 11:30-12:30	Circus Skills- Boggle Middle Room 1:00-2:00 Senior Room 2:00-3:00
Friday 14 th June	Gymnastics J1-2 nd 10:00 -12:15	Gymnastics 3 rd -6 th 12:15-2:30

ASW ACCESSIBLE FOR ALL







SUGGESTIONS ARE INVITED FROM EVERYBODY

- Dear Parents,
- As you may know Caheragh NS is hoping to earn a third Active Flag this year.
- We have been working on this for the last few years so thank you for your support and participation. There are and will be PowerPoints on the school website to view more.
- I fully appreciate parents are very busy so this letter is only to offer some suggestions as to how parents can get involved and promote an active healthy lifestyle for yourselves and your children.
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- Promote 60 minutes physical activity daily (30 minutes of this is already completed in school)
- Promote healthy eating
- We are promoting some Fundamental Movement Skills from the 'Move Well, Move Often' programme/website, you may like to look at the videos and practise these with your child. This year we are concentrating on; hopping, skipping, side-stepping, balancing.
- Complete the parental survey that will be sent out
- Any suggestions for activities are welcome and any parent willing to promote a sport by organising a taster session would be great.
- If any group of parents and/or children from Caheragh NS were to take part in a park run, could they e-mail in photos as they will be submitted with the application (these photos may also be put up on-line.). The nearest park run is in Rineen, Castlehaven every Saturday at 9.30am. You have to register at www.parkrun.ie.
- During Active School Week it is suggested that parents organise an activity that the whole school, pupils/teachers/parents, could take part in. The Parents' Association might lead this but all suggestions welcome.
- The following are some useful websites that you can look at to find out more about sporting opportunities in Cork.
- Yoga at Your Desk <https://express.adobe.com/page/oOax5Isi2LYKh/>
- <https://activeschoolflag.ie/resources/>
- <https://www.gov.ie/en/campaigns/healthy-ireland/>
- <https://irelandactive.ie/>
- <https://irishheart.ie/>
- <https://irishheart.ie/your-health/our-health-programmes/healthy-communities/slainte/walking-routes/>
- <https://www.sportireland.ie/participation/local-sports-partnerships>
- www.corksports.ie
- <https://www.sportireland.ie/participation/sports-inclusion-disability-officers>
- Many thanks,
- Agnes Foley, ASF Co-ordinator

HOMework FOR ASW

Homework ASW

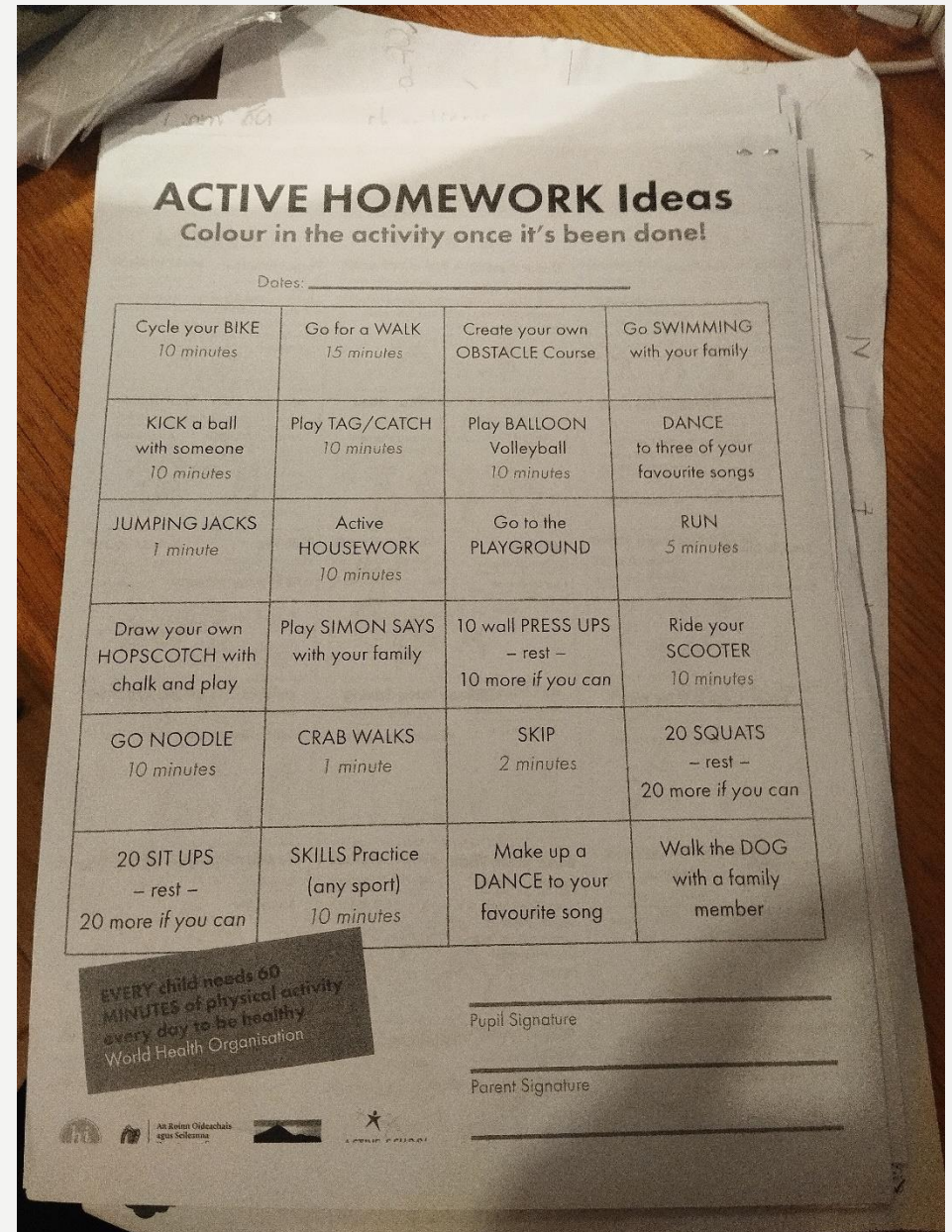
Monday; 5 star jumps, 5 high knees, 5 up and down planks, practise basketball skills.

Tuesday; 5 mountain climbers, 5 sit-ups, 5 lunges, go for a walk.

Wednesday; 5 squats, 5 toe-touches, 5 heel kicks, go for a cycle.

Thursday; 5 wall presses, 5 burpees, jog on the spot for 2 minutes , practise GAA skills.

Friday; Rest!



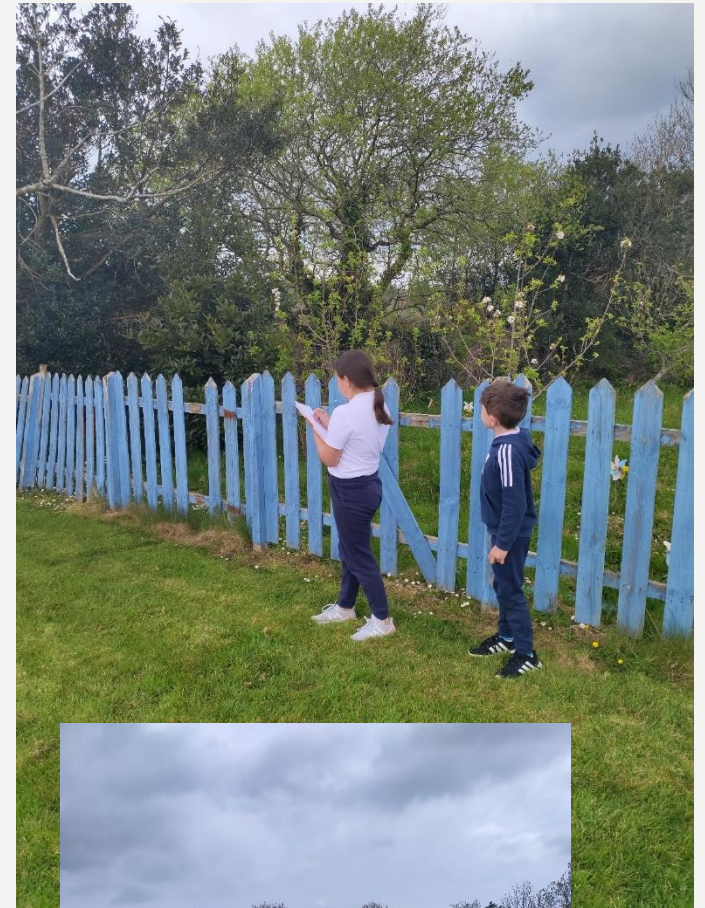
ACTIVE WEAR ALL WEEK







ACTIVE WALKWAY IS USED TO PROMOTE LEARNING ON THE MOVE





Walkway SENTENCES

Names:

Activity: Write out a sentence that includes words that begin with each of the two letters that you find at each control point. Be creative!

2022

Location	Control Point		Sentence
	Letter 1	Letter 2	
Example	A	S	Active Schools are the best!!!
1	S	N	Schools Nice to Learn
2	Z	B	Zebra Breath from air
3	C	J	Colm jars are clean
4	V	F	Van Feil Diesel diesel
5	U	H	Users Hack People
6	L	D	Long Drivers Like Cars
7	K	Q	Katie Queen is Dead
8	R	Z	Bob Zebra Likes Him
9	X	D	Yellow Drink are Juice
10	G	U	Gas used to fill cars
11	H	X	Hello Xrays are like Photos
12	O	P	Oxygen pops into our mouth
13	H	C	Hello cameras
14	M	B	Mollys Balls are cool

Walkway ADDITION

Names: Connor O Sullivan

Challenge: Every letter that you find equals a number (see chart below). ADD UP the two numbers that you find at each control point and write your answer in the space provided below.

Location	Control Point		Working Out	Answer	Points
	Letter 1	Letter 2			
Example	A	S	A=1 S=19 1+19=20	20	10
1	S	N	S=14 N=4 14+4	31x	
2	Z	B	Z=26 B=2 26+2	28✓	
3	C	J	C=3 J=10 3+10	13✓	
4	Y	F	Y=22 F=6 22+6	28✓	
5	U	H	U=21 H=8 21+8	29✓	
6	L	D	L=12 D=4 12+4	16✓	
7	K	Q	K=11 Q=17 11+17	28✓	
8	R	Z	R=16 Z=26 16+26	41x	
9	Y	D	Y=25 D=4 25+4	29✓	
10	G	U	G=7 U=21 7+21	28✓	
11	H	X	H=8 X=24 8+24	32✓	
12	O	P	O=15 P=16 15+16	31✓	
13	H	C	H=8 C=3 8+3	11✓	
14	M	B	M=13 B=2 13+2	15✓	

Bonus Questions

If you add up all the answers what number do you get?

If you add the smallest answer to the largest answer what number do you get?

If you add up all the even answers what number do you get?

If you add up all the odd answers what number do you get?

A=1	B=2	C=3	D=4	E=5	F=6	G=7	H=8	I=9
J=10	K=11	L=12	M=13	N=14	O=15	P=16	Q=17	R=18
S=19	T=20	U=21	V=22	W=23	X=24	Y=25	Z=26	

Start Time:

Finish Time:

Score:

WHOLE SCHOOL FUN EVENTS

ZUMBA WITH ROBIN













TAE KWANDO WITH RALPH







YOGA WITH IRENE





PUPILS V TEACHERS INCLUDING PENALTY SHOOT-OUTS, WALL SITTING, WATER FIGHTS



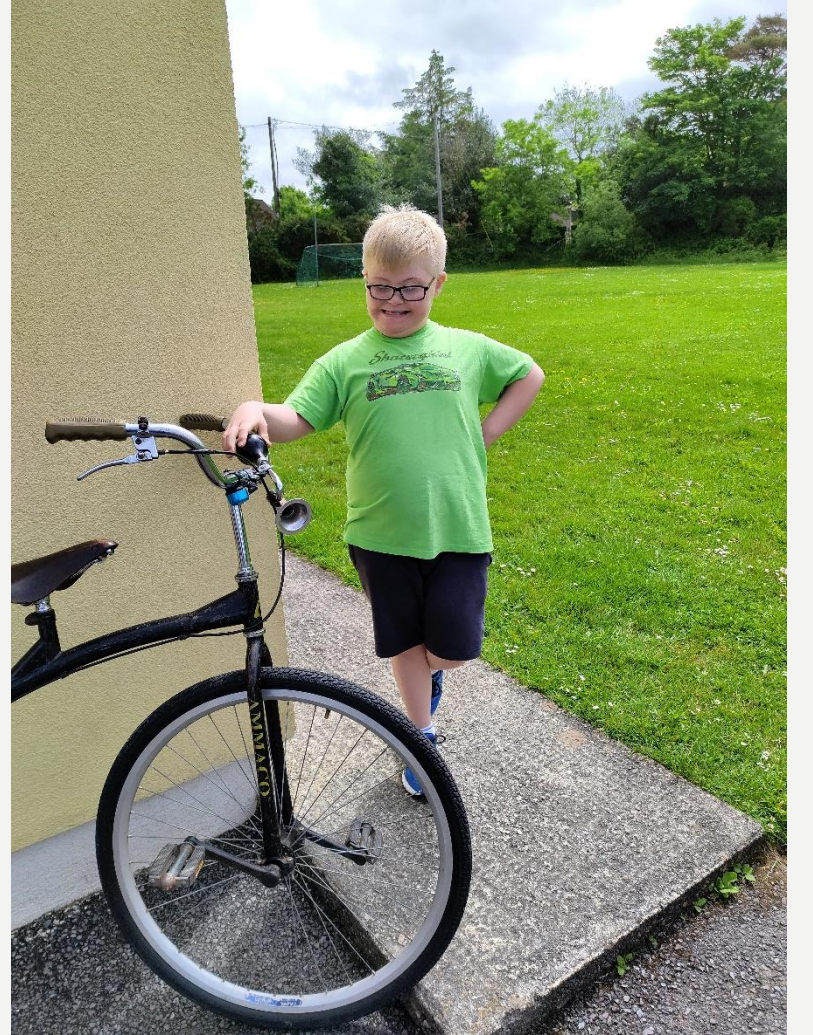






CIRCUS SKILLS

















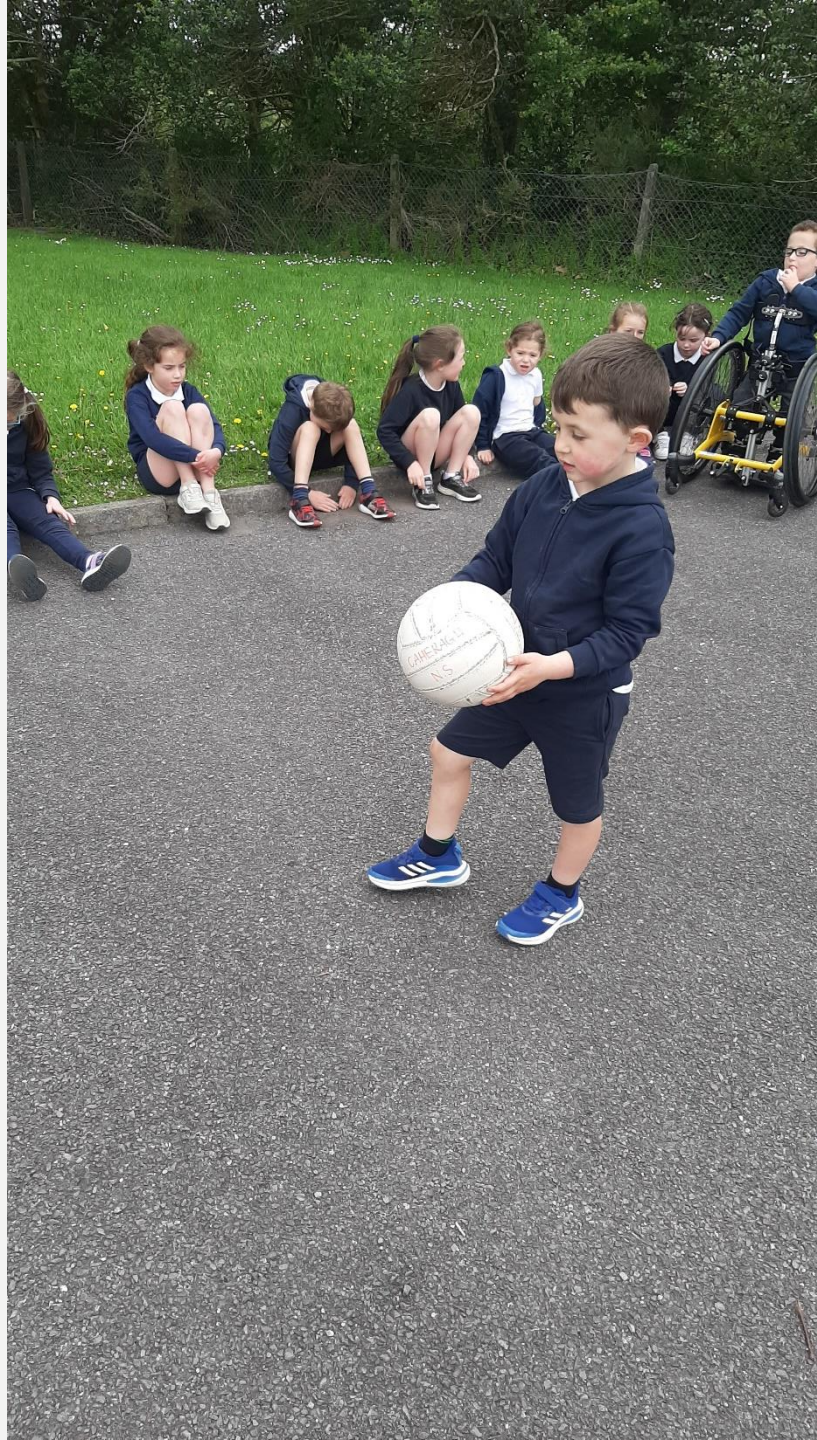


SHOW US YOUR SPORT

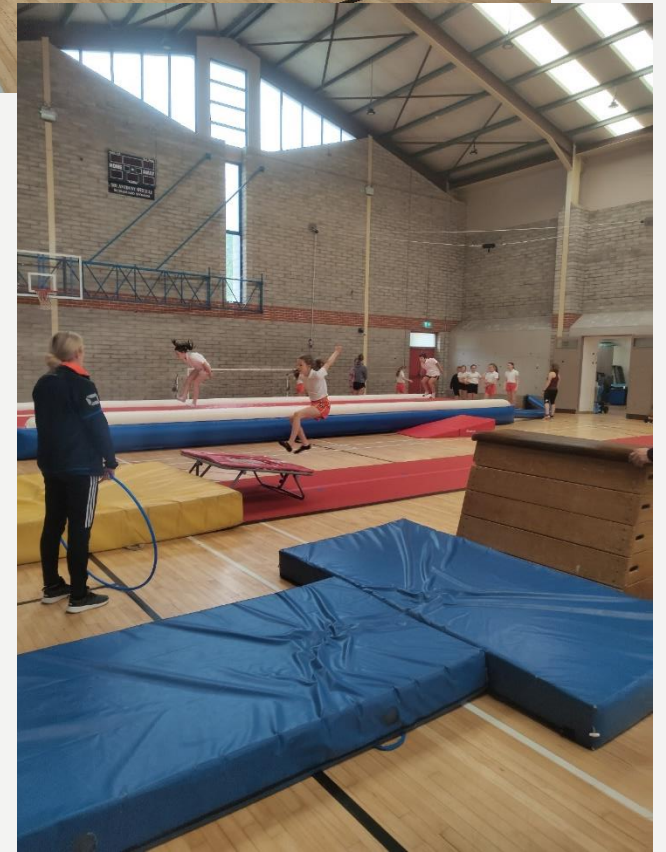




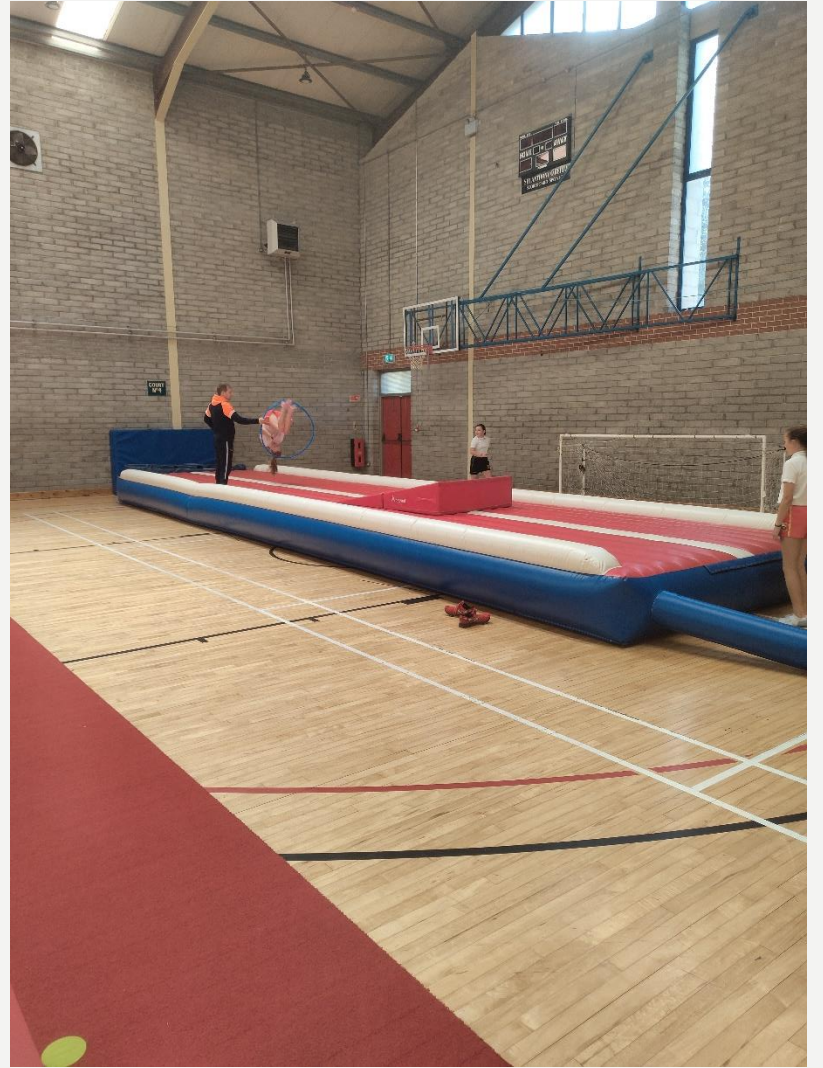




FUN AT THE SPORTS CENTRE





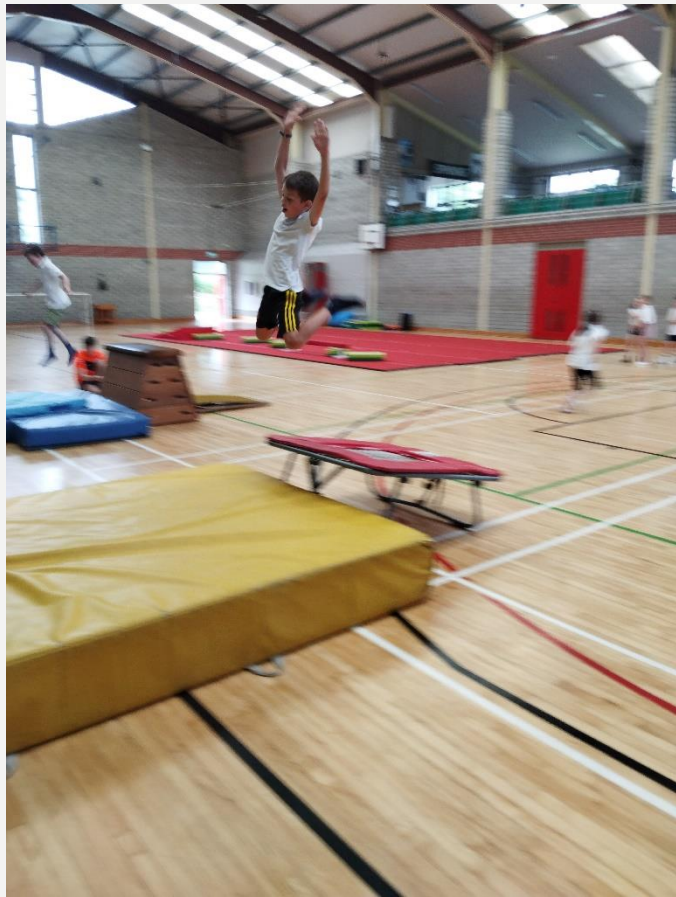




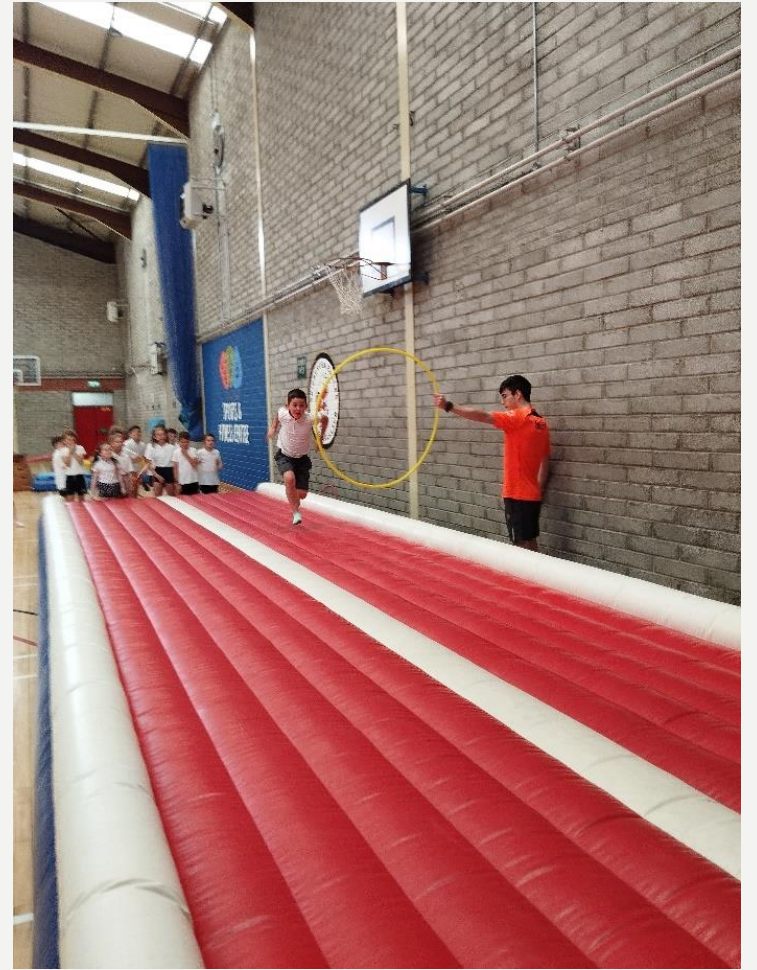


















FUN ACTIVITIES AND CHALLENGES





SCHOOL WALK









FOOTBALL WITH EUGENE



ATHLETICS WITH ELAINE





STAFF PHYSICAL INITIATIVE CHAIR YOGA AND WALKWAY ACTIVITIES

