



Active Week provisional timetable 2017
Walk, run, jump or skip come on Piercestown Let's Get Fit!



Day	Monday 12 th June	Tuesday 13 th June	Wednesday 14 th June	Thursday 15 th June	Friday 16 th June
			<i>Enniscorthy Hub ****28 children absent</i>		<i>Fun Sports Day</i>
Morning (before school)	10@10	Long Puck hurling activity 4 th -6 th class Jack O' Connor	10@10	Funky Feet Day (MB) St. Martin's Centre	10@10
During school time activity	Taekwondo 9.30-10.00 (JI) 10.00-10.30 (SI) 10.30-11.00 (1 st) 11.10-11.50 (3 rd) 11.50-12.30 (5 th) Exercise and Mindfulness with Eileen Rowe 1.15-2pm (6 th) 2-2.45pm (5 th)	Exercise and Mindfulness with Eileen Rowe 9.30-10.15am (3 rd) 10.15-11am (4 th) 11.15-11.55 (2 nd) 11.55-12.30 (1 st) Taekwondo 1.00-1.45 (6 th) 1.45 -2.15 (2 nd) 2.15-3.00 (4 th)	Exercise and Mindfulness with Eileen Rowe Junior and Senior Infants 1.15-2pm	GAA 9.30-10.00 (Junior infants) 10.00-10.30 (Senior infants) 10.30-11.00 (1 st) 11.15-12.00 (2 nd) Parents versus 6 th class rounders march	<i>Fun Sports Day</i>
Breaktime	Active Lines	Active Lines	Walk a Mile with a Smile	Active Lines	Active Lines
Lunchtime	Skipathon	Try it Tuesday Junior and Sen infants	Hula Hoopathon	Keepy Uppy Competition	Welly throwing

After school activity					
D.E.A.D. Drop Everything and Dance	X		X		<i>Fun Sports Day</i>
D.E.A.R. Drop Everything and Run		X		X	

➤ **P.E. homework for all classes**

- Mon – Run around your house/garden . Reduce the amount of tv watched
- Tues – 50 high knees and no treats that night (reduce the amount in accordance with your class)
- Wed – 50 jumping jacks and eat all your vegetables that night (reduce the amount in accordance with your class)
- Thurs – activity of your choice. (reduce the amount in accordance with your class)

➤ **Survey will be sent out as part of Active Week**

➤ **Competitions on the Active School Noticeboard – for all class levels**

➤ **Healthy lunches all week**

➤ **Suggestion Fittest Class competition**

Each class gets timed by their teacher running one lap of the school building. The clock is stopped when the 10th person gets back. The two classes with the lowest time will go through to the final which they will run the school building twice. Quickest class wins!!!! All children are encouraged to finish