



ACTIVE SCHOOLS WEEK

Monday May 15th – Friday May 19th

DAY 1 ROUND-UP

The day began with our traditional Wake Up Shake Up in registration with students and teachers taking 5 minutes to stretch out or dance to get energized for the day ahead.

From 9.00 am to 11.55am it was the turn of our 2nd Year students to get out and get active. Students from 2 Avoca, 2 Barrow & 2 Erne started off working through the 9 sports station outside of Long Jump, Shot Put, Rugby Passes, Rugby Drop Kicks, Gaelic Football frees, Keepie Uppies, Poc Fada, Hula Hoop Soccer Penos & Golf Chipping. Meanwhile, in the Sports Hall students from 2 Foyle, 2 Liffey & 2 Moy were working in groups to take on the Team Building exercises of Sled Walks, The Floor is Lava, Balance Board, Gutter Ball Pass, Hula Hoop Passes, Pathfinder, No Hands Balloon Pass, Shuttlecock Throws and Giant Jenga. The students then swapped around from inside to outside before lunch and then rounded off activities after small break with a class vs class Tug of War competition on the Astro Turf pitch which was won by the students from 2 Barrow.





At 10.10am whilst the 2nd Year students were busy with activities the rest of the school was trying out the Drop Everything & Exercise Triple 10 with 10 minutes of exercise at 10 past 10.

At big lunch it was time for another T.C.S Active School Week tradition to begin with our first Students' vs Teacher's contest of the week. Today it was the turn of the 1st Years represented by students from 1 Fanad to take on the teachers in a game of Rounders on the Astro turf pitch. It a very competitive game with the 1st Years losing out narrowly and giving the teachers their first victory of the week.





Throughout the day our School Walkway was busy with students from 1 Fanad, 1 Tuskar, 1 Calais, 1 Mizen, 1 Tory & 5 Mallet all making the most of the good weather and taking time out from their school day to walk the walkway with their teachers.

Day 1 was rounded off with our Macarena Monday with the last 10 minutes of the day seeing all classes practicing their dance moves in the classrooms and common areas to the Macarena. We look forward to seeing all the entries into the Macarena competition on our social media platforms in the coming days.



With the whole school buzzing with activity back in Tullow our T.Y Pascal class were enjoying an active day out at Curracloe Beach where they made the most of the sunny weather in the sea and on the sand. The students rotated in groups between Sand Boarding on the dunes, Water Games in the sea and Surfing, before finishing up with a game of beach soccer.







A massive thank you to all staff for participating and especially to all the students who got out and got active today.....Roll on Day 2!!