



ACTIVE SCHOOLS WEEK

Monday May 15th – Friday May 19th

DAY 2 ROUND-UP

Day 2 of Active School week began earlier for the teachers as they enjoyed an early morning Yoga & Pilates session in the Lecture Rooms lead by the excellent John Kenny from JFK Rehabilitation & Injury Clinic in Tullow. It was an enjoyable and relaxing way to get in the spirit for another jam-packed day of activity ahead.



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 9.40 am to 12.35pm it was the turn of our 6th Year students to get out and get active with two different groups working through the Team Building exercises in the Sports Hall 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 before finishing with a Careers Class show down in a Tug of War competition with victory controversially claimed by Ms Fenlon's class.



At 10.10am whilst the 6th Year students were busy with Team Building activities in the Sports Hall the rest of the school was trying out the Drop Everything & Exercise Triple 10 with 10 minutes of exercise at 10 past 10 again. With a combination of Joe Wicks 5-minute workouts and Stretching exercises there was a brilliant variety of activities to give an active break to the school day.

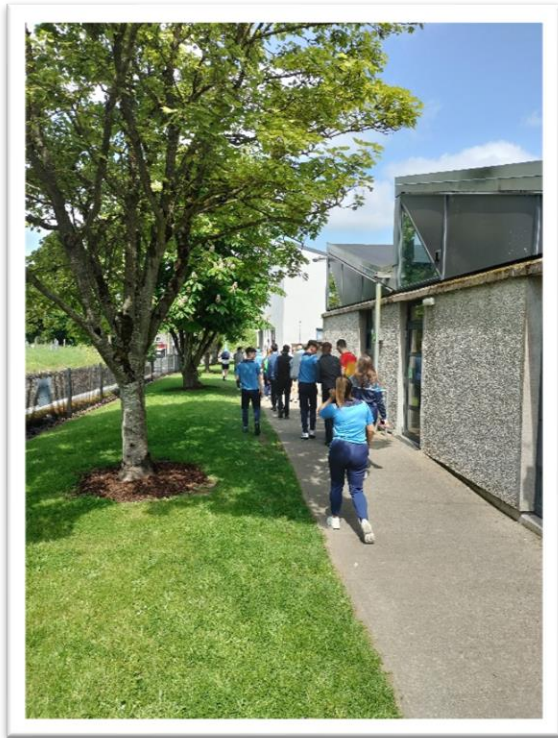


Lunch time seen the second of our Students' vs Teacher's games of the week. This time around it was the 6th Years who took on the teachers in a game of Volleyball on the Astro turf pitch. With a big crowd watching on, the teachers had to dig deep but with the height of Mr Kelly and some silky scores from Mr Dollard they managed to get across the line and claim their second win of the week.





Throughout the day our School Walkway was busy with students from 2 Erne, 3 Hardy, 5 Scott, 5 Ward, 5 Parsons, 6 Boyle & 6 Walton all making the most of the good weather and taking time out from their school day to walk the walkway with their teachers.



To finish off the day we were delighted to welcome Willie & Carly from Valhalla Gym & Crossfit Tullow up to the school. As two experts in the area of Gym Instruction & Technique, Willie & Carly gave an excellent practical presentation to Ms Smyth's two 5th Year Leaving Cert P.E classes. It was an insightful and enjoyable experience for all that will greatly benefit the students going forward into 6th year for their Physical Activity Project and Performance Assessment and a massive thank you to Willie & Carly for taking time out to visit the school.





The activities weren't limited to just the school building again on Day 2 as our U14 Girls Gaelic Football team were in action in the South Leinster Blitz Finals in Fenagh. Having qualified from the Blitz Day in March by successfully topping the group the girls were confident leaving the school and didn't disappoint as they once again topped their group winning both games and set up a final versus Presentation Wexford. In a very close game, the girls battled back brilliantly from conceding two early goals only to lose by the narrowest of margins and finish in 2nd place.



A massive thank you again to all staff for participating, well done again to all the energetic students who got out and got active today and congratulations to the girls football team for bring home some silverware.....lets Rock the Boat into Day 3!!