



# ACTIVE SCHOOLS WEEK

*Monday May 15<sup>th</sup> – Friday May 19<sup>th</sup>*

## DAY 3 ROUND-UP

Heading into Day 3 of Active School Week it promised to be the busiest so far with 3<sup>rd</sup> Years, 5<sup>th</sup> Years & 6<sup>th</sup> Years all getting out for activities. There was also a well-deserved Walking Lunch for our hard-working teachers, our daily Wake Up Shake Up & Triple 10 exercise breaks and rounding the day off with a whole school Rock the Boat.

It was the earliest start yet do for active events as at the early hour of 7.30am Mr Smith, Ms Kenny & Mr Tutty headed off for Achill with 38 5<sup>th</sup> Year students for 3 days of Outdoor Pursuits. Lots more to follow from this group in the days to come on what promises to be a brilliant trip.



Back in T.C.S 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 11.00 am it was the turn of our 5<sup>th</sup> Year students to get out and get active. Making the most of the glorious sunshine the students went through 10 activity stations of Long Jump, Shot Put, Golf Chipping, Rugby Passes, Keepie Uppies, Gaelic Football frees, Rugby Drop Kicks, Poc Fada, Hula Hoop Soccer Penos & Shuttlecock Throws up on our training pitch. This was followed by a massively competitive class on class Tug of War competition with victory eventually going to 5 Ward after an epic final against 5 Scott.







From 11.00 am to 1.15 pm it was our 3<sup>rd</sup> Year Students who were out of class for some Active School Week fun. Students from 3 Austen, 3 Eliot & 3 Hardy started off working through the 9 sports station outside on the training pitch 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 3 Bronte, 3 Conrad & 3 Wells 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 and rounded off their activities with a class vs class Tug of War competition with 3 Bronte bringing home the win!!











Taking a well-earned rest day, after being 2 from 2 so far in the lunchtime students vs teachers matches, the teachers enjoyed a Teachers Walking Lunch at big break. The Active School Class set up a lunch station outside on our School Walkway with sandwiches, fruit, tea, coffee & water all available for teachers to grab on the move as they walked around the walkway for an active lunch. Well done to everyone who took part, it was great to see. A big thanks to Caitriona in the canteen for providing all the equipment needed and a massive thanks to Mr Thornton, Ms Ashe & Mr Murphy for providing the excellent sandwiches.....they were so good that nobody managed to take any photos 📷

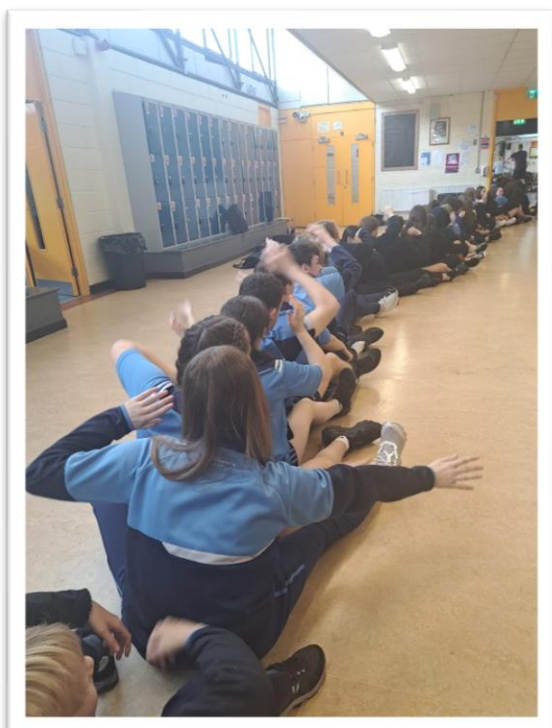


After Lunch at 2.00pm we welcomed back John Kenny from JFK Rehabilitation & Injury Clinic who firstly took our 6<sup>th</sup> Year Students indoors in the Sports Hall to go through some stress relief & mindfulness techniques and exercises to help them with the busy time ahead before their Leaving Cert in June. John then put the 6<sup>th</sup> Years through their paces outdoors on the Astroturf pitch with some Team Building and fun challenges that were thoroughly enjoyed by all.

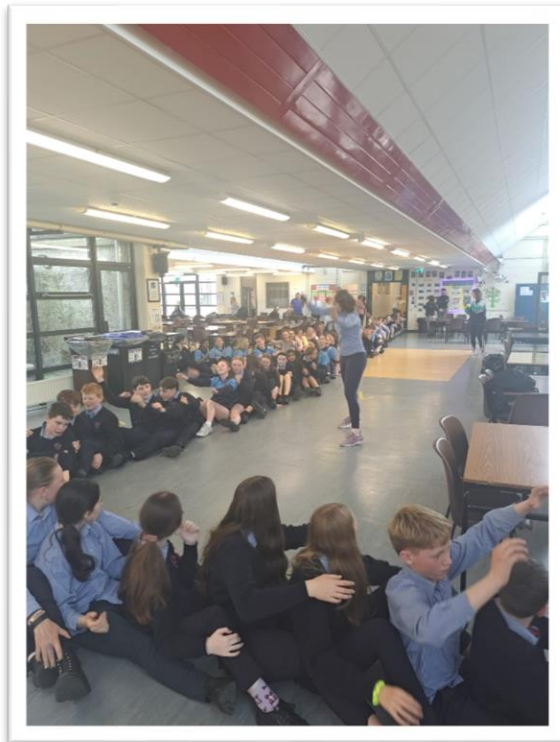




Building on for Macarena Monday it was time to go bigger and better and finish off the day with Rock the Boat Wednesday. At 3.45pm our Active School Class with the help of the teachers got all our students out of their classrooms and into the common areas & corridors to form a massive Rock the Boat line. With the Hues Corporation belting out their famous song through the school PA system it was brilliant to see students, teachers & staff all enjoying themselves and Rocking the Boat together as a whole school community.

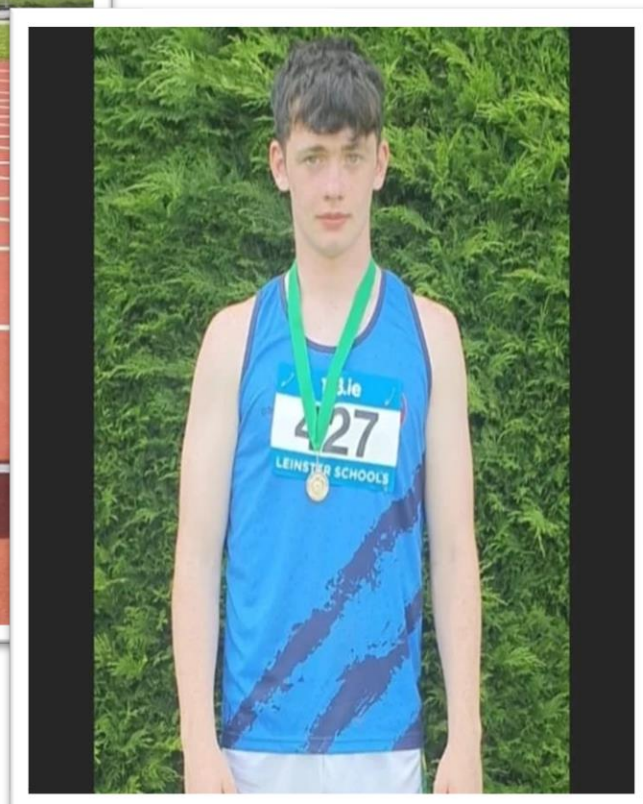
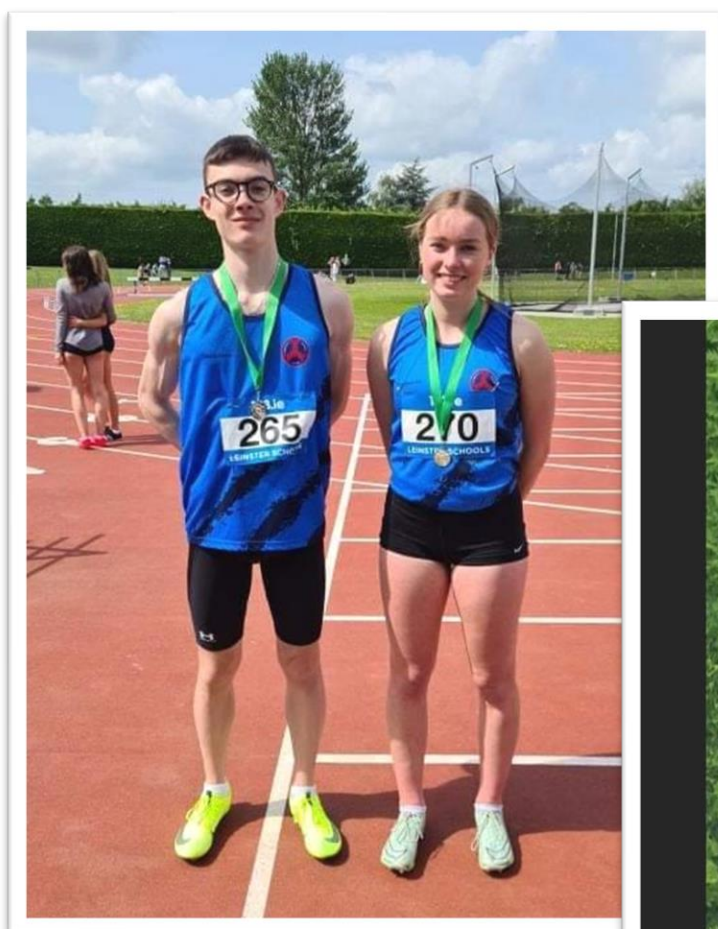






There is very rarely a day in T.C.S when our students are not representing the school in a sporting activity or event and today was no different. With the whole school busy with activity back in Tullow our exceptional athletes were away in Tullamore representing us in style at the Leinster Intermediate Athletics competition. Our Minor Girls relay team put in a brilliant time in their race and narrowly missed out on the medals, Reuben McCarty brought home a silver medal in the intermediate boys 100m hurdles, Darragh Corcoran won Gold in the U16 shot putt competition and Emily Lawlor won Gold in the intermediate girls 80m hurdles. Well done and congratulations to all on their brilliant achievements.





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 & congratulations to our brilliant athletes on their excellent performances..... it's the T.Y's turn next as we tumble into Day 4!!