



# ACTIVE SCHOOLS WEEK

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

## DAY 5 ROUND-UP

After a hectic week of energetic activity, the final day of Active School Week 2023 was finally upon us and thankfully as had been the case all week we were once again blessed with sunshine and clear skies!!

In Achill Mr Smith, Ms Kenny, Mr Tutty and our 38 5<sup>th</sup> Year students were rounding up what had been an amazing three days of activity along the wonder west coast as they said goodbye to the wild Atlantic Way for another year and made the journey back to Tullow from their Outdoor Pursuits trip.



Back in T.C.S, the day began with our usual Wake Up Shake Up to start the day and it was the turn of class 6 Kelvin & 6 Curie with their class teachers Ms Kelly & Ms Doyle to use the School Walkway to enjoy time together as a class group before graduation and the start of the state exams. At 10 past 10 the final Triple 10 of the week was in full flow as Joe Wicks chair workout videos popped up in classes throughout the school.

However, the main focus of our final day of Active School Week 2023 was our 1<sup>st</sup> Year Fun Day with all 160 first year students participating in a variety of races, skills challenges, indoor obstacle course and rounding it all off with our traditional 1<sup>st</sup> Year class on class Tug of War competition.

The first-year fun day was split over 5 parts and started with the class versus class 4 x 100m relay races on the marked track around the GAA pitch. Each class was asked to nominate their 4 fastest runners to represent them in the race and after all the grass had settled in what was a very close contest it was the students from 1 Mizen who claimed the title of 1<sup>st</sup> Years fastest class.

After the excitement of the relay races the year group was split into three for the next part of the day with challenges and races on the football field, Astro turf pitches and inside in the Sports Hall to keep everyone on their feet and actively engaged.

Out on the sports pitches three stations were set up to challenge the students' skills in a variety of sports. There was the hula hoop penalty shoot out in the soccer goals, a golf chipping challenge and finally the long puck competition. Each group was given 10 minutes to master each station before moving on.







While some groups were testing their skills on the sports challenges others were on the Astro Turf pitches taking part in our novelty races series. On Astro turf pitch 1 we had the three-legged race with students pairing up and tying off with tights to race each other across the pitch. On Astro turf pitch 2 we had the Wheelbarrow race where students again paired up to wheel each other across the pitch swap over and race back again. And finally on Astro turf pitch 3 we had the classic Egg & Spoon race..... only with a golf ball as a less messy alternative to the egg!!







And whilst the activity was all go outside on the pitches with our sports challenges and novelty races our last group of 1<sup>st</sup> Year students were inside in the Sport Hall being put through their physical paces as they made their way around an indoor obstacle course. The course consisted of balance beam, ladder shuttle runs, high & low hurdles, hopscotch hoops, balancing bat run and finished with the horse vault with students trying to finish in the fastest time possible.



To finish out the day once each group had completed the obstacle course, sports challenges and novelty races all 160 students gathered on the Astro Turf pitch to compete in the class on class 1<sup>st</sup> Year Tug of War competition. In what has always been a fun & challenging event and a trademark of Active School Weeks of the past each class group got to pull against each other to find out who was the strongest class of the year. It was a very hard fought contest but once the rope had been dropped and all rounds completed it was once again the students from class 1 Mizen who took home the prize and added the title of strongest class to their title of fastest class so well done to them and to all the 1<sup>st</sup> Year students who took part in what was a great and enjoyable day of events.

















And that's a wrap on what has been an amazing Active School Week 2023 in Tullow Community School. A week like this full of activity & energy is brilliant to see but wouldn't be possible without a lot of help & support. A massive thanks firstly to Willie & Carly from Valhalla Gym & Crossfit Tullow for their time spent with our 5<sup>th</sup> Year P.E students. To John Kenny from JFK Rehabilitation & Injury Clinic for his work with our 6<sup>th</sup> Year & T.Y groups and for waking up the teachers with a morning Pilates class. To the management of the school Mr Thornton, Ms Ashe & Mr Murphy for all their help & support and especially for providing the teachers with a greatly appreciated walking lunch. To the school staff, Trish & Mary in the front office for assisting with announcements & printing, Caitriona in our canteen for helping with the teachers lunch, Eamon Nolan for assisting with moving equipment and Tom Bowes for all his help with the School Walkway and keeping the pitches in fine order for the week. A special thanks to Mr O'Reilly, Ms Roberts & Ms Smyth in the P.E Department for all their time, support & help with planning & supervising events and organising equipment. For all the teaching staff who got involved with or helped supervise the many activities throughout the week including student vs teacher matches, walkway breaks, Pilates, walking lunches, Wake Up Shake Up and our Triple 10 thank you all very much. To Ms Cleere & Mr Kenna as the Active School Flag class mentors for all the work behind the scenes to help the class group put it all together.

To all the T.Y students for helping to supervise and assist with the year group activities and in particular to the Active School Flag T.Y class of 2023 for all the organisation, planning & promoting of this year's event as their second whole school event of the year, the work put in has been absolutely amazing. To every single student who got involved to whatever level big or small that they were comfortable with, any activity is good activity and participation is the key, we hope it was an enjoyable week.

And finally, to everyone and anyone in the whole school community who got out and got active this week well done to one and all and roll on Active School Week 2024!!