



# ACTIVE SCHOOLS WEEK

*Tuesday May 7<sup>th</sup> – Friday May 10<sup>th</sup>*

## DAY 1 ROUND-UP

Welcome to the 1<sup>st</sup> day of Active Schools Week 2024!

We kicked off the week with all students taking part in our daily Drop Everything and Exercise - Triple 10 Activity (10mins of exercise at 10 minutes past 10). This saw a range of different activities on display in our classrooms from chair yoga, mini circuits and stretching to just dance tutorials.

Thanks to all our teachers for getting involved.



Some classes were scheduled to use our new school walkway, 6th year classes, 2 Calais, 1 Elliot, 2 Fanad, 2 Tuskar and 1 Hardy, all got to get their steps in using our new walkway loop.



Today saw the first of our Annual Teachers vs Student series with TY's taking on the teachers in Olympic handball at lunch. Well done to the teachers on maintaining our unbeaten record, winning 12-3!

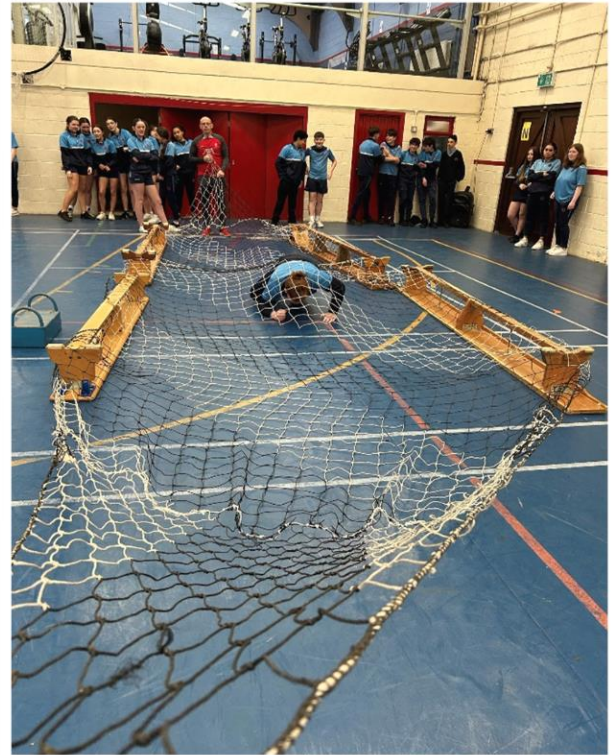


6<sup>th</sup> Years, 5th Years & TY Classes all took part in a Tug of War competition.



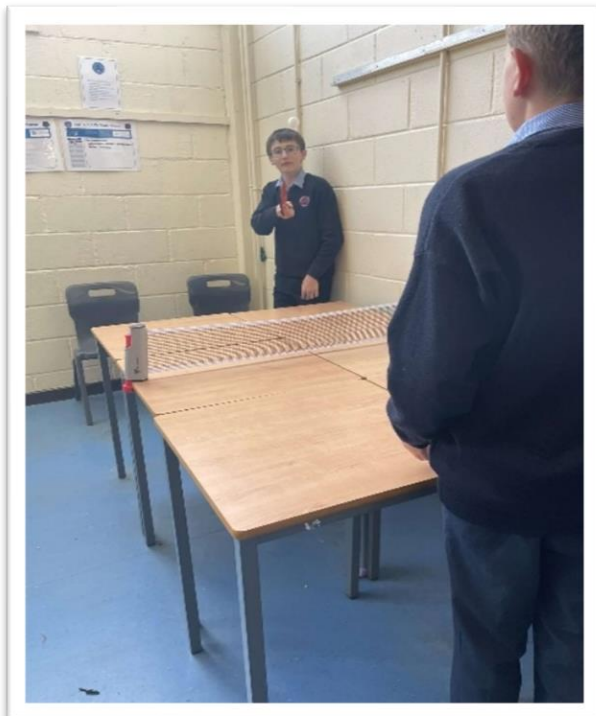


The Active Schools Class helped with some fun activities during PE classes throughout the day doing obstacle courses, sled walks & a viral TikTok Hula Hoop Dance Challenge as part of the #DanceTakeOver trying to keep in sync to the beat of "Billie Jean" by Micheal Jackson. Great fun was had by all and thanks to Mr O'Reilly, Ms Roberts & Ms Smyth for being such good sports and helping facilitate it.





At break, whilst the Ty's were taking on the Teachers in Olympic Handball two of our Active Schools members made great use of the Table Tennis take over equipment and manned the stations inside and helped with the Table Tennis in Room 28! Everyone had great craic!



5th year and TY students ended the day with our first TCS Colour Run. This is a fun run where then run a loop of our marked track wearing white and have coloured chalk paint thrown at them.



The students warmed up to music outside to get the adrenaline pumping and they made their way around the loop. Great fun was had.

Thank you so much to everyone who helped or took part....we are looking forward to Day 2!





