



# ACTIVE SCHOOLS WEEK

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

## DAY 2 ROUND-UP

It's Day 2 of the Tullow C.S Active Schools Week 2024!

We kicked off the day again 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.



Our Active School Walkway was busy once again with classes from 1Austen, Wells & Bronte, 3 Barrow, Liffey & Erne and 5 Boyle & Curie all getting their steps in using our new walkway loop.



Today saw the second game of our Annual Teachers vs Student series with the 6<sup>th</sup> Year Students taking on the teachers in Volleyball at lunch. In what was the closest Students vs Teachers match in memory the 6<sup>th</sup> Years dug deep and managed to break the Teachers unbeaten record with the narrowest of 31-30 wins.....well done to all who took part in a brilliant and sporting game



The Active Schools Class again 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 a massive thanks once again to Mr O'Reilly, Ms Roberts & Ms Smyth for being such good sports and helping facilitate it.



At 2.40 we were delighted to welcome Wille & Carly from Valhalla Gym and CrossFit Tullow back to the school again for the second year running. Wille & Carly gave an educational demonstration and practical session on the core components and techniques of strength training to Mr O'Reilly's 5<sup>th</sup> Year Leaving Certificate PE class. This experience will be very beneficial to the students next year in completing their PE coursework. Thanks so much again to Willie & Carly for their time and expertise, it's very much appreciated.



Meanwhile, out on the soccer pitch it was the turn of the 2<sup>nd</sup> Year students to have their Tug of War competition. The effort, intensity and support given for each contest was brilliant with 2 Tuskar eventually coming out on top after an epic final with 2 Mizen.



Once the Tug of War Competition was over the 2<sup>nd</sup> Year students, lead by the Active School class, warmed up for their Cour Run with another #DanceTakeOver Challenge with everyone loosing up along to the Cha Cha Slide & Macarena.



And finally, the day was completed with the 2bd Year Colour Run!! Well done to everyone who participated, took part or helped to organize.....roll on Day 3!!



