



ST. PATRICK'S NS ACTIVE SCHOOLS WEEK+ – JUNE 16TH – 20TH 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Morning</i>	Members of Active Committee will give each class a brief rundown of events for the day each morning	Sports Day	Gardening for all classes (9:45 – 11:00)	Chess – 2 nd to 6 th Class	Tennis Coach Junior Room – 9:30 – 10:15 Senior Room – 10:15 – 11:00
	Sports Fact of the Day	Walk to St. Ronan's pitch	Committee update classes Sports Fact of the Day	Committee update classes Sports Fact of the Day	Committee update classes Sports Fact of the Day
	<u>Get Active Week off to a fun start</u> Dance Warm Up https://www.youtube.com/watch?v=HkwTDyR84Ao Followed by <u>Design an Active School Sports Kit</u> Chess – 2 nd to 6 th Class	<u>Sports Day Stations (10 minutes each)</u> Station 1 - Parachute Games Station 2 - Tug of War Station 3 - Obstacle Course Station 4 - Varied Races Station 5 – Bouncy Castle	Skip – a – thon Parachute Activities	Nature Walk – a walk to the Kilronan woods <i>[Possible Orienteering activity)</i>	Active Walkway Quiz/ Riddles
SOS	Active Breaks & Active Lines				
<i>Mid-morning</i>	Drop Everything and Dance! https://www.youtube.com/watch?v=GLJYTWxSVM4 Cotton Eye Joe Dance Routine https://www.youtube.com/watch?v=IlgMUbEAUFw Cha Cha Slide	<u>Sports Day Stations continued</u> Station 1 - Suit Shuffle Station 2 - Penalties against the teacher: Station 3 - GAA Drills	Drop Everything and Dance! https://www.youtube.com/watch?v=GLJYTWxSVM4 Cotton Eye Joe Dance Routine https://www.youtube.com/watch?v=IlgMUbEAUFw Cha Cha Slide	Drop Everything and Dance! https://www.youtube.com/watch?v=GLJYTWxSVM4 Cotton Eye Joe Dance Routine https://www.youtube.com/watch?v=IlgMUbEAUFw Cha Cha Slide	GAA coach Junior Room – 11:30 – 12:05 Senior Room – 12:05 – 12:45



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		Station 4 - Relay Races			
		Station 5 – Bouncy Castle			
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Afternoon	Whole School Obstacle course		Sports Themed Table Quiz – mixed teams	Hoola Hoop activities	Drop Everything and Dance! https://www.youtube.com/watch?v=GJYTWxSVM4 Cotton Eye Joe Dance Routine https://www.youtube.com/watch?v=11gMUbeAUFw Cha Cha Slide

Please Note:

- Tracksuits replace Uniforms: Children are invited to wear tracksuits for the week
- Active Homework for the week <https://activeschoolflag.ie/wp-content/uploads/2020/09/20200131-ASF-Active-Homework-Chart-D-ENGLISH.pdf>
- Dance Take Over - Friday at 1pm on the yard - all classes practice cotton eye joe and cha cha slide for the week and we will hold our Dance Take Over on Friday at 1pm
- Sports Day - Colour Coded Teams: Classes will be teamed up by Colour from Junior Inf - 6th
- **Optional Extras/ Ideas : Linkage & Integration for Active Week**
 - Project for the week - 'What Club are you in?' - Children are invited to take part in 'What Club are you in?' during ASW 2025. This involves writing about their hobby and including a photograph or drawing. Any child who is not part of a club is invited to write about an active hobby they have, for example, cycling, walking or playing soccer.
 - Aquatics Strand - PAWS Water Safety Lessons Online - <https://www.teachpaws.ie/resources>
 - Simon Says - in Class Movement Breaks (Image on pg 3)
 - 10@10 as Gaeilge - <https://www.youtube.com/watch?v=5bBB-wYUKVg>
 - PE Resources for all strands - <https://www.pdst.ie/node/5940>
 - Pumping Heart Experiment - <https://www.youtube.com/watch?v=xUdSashz-sY> or <https://www.science-sparks.com/pumping-heart-model/>
 - History of Croke Park / GAA - <https://crokepark.ie/BlankSite/media/Documents/Primary-School-Resource-Pack.pdf>



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- Maths - Data - Our Favorite Sports
 - Gaeilge - Caitheamh Aimsire - <https://wordwall.net/resource/10750706/caitheamh-aimsire-matching-game>
- Reminder: Active homework for June



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SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities.
You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		Pretend to shoot a basketball 10 times.
Wave your arms above your head.	Hop around like a bunny.	Pretend to jump rope for a count of 10.
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	Pretend to ride a horse.
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to milk a cow.
Hop like a frog.	Bend down and touch your toes 10 times.	Take 5 of the biggest steps forward that you can.
Walk on your knees.	Reach behind you and try and hold your right foot with your left hand without falling over.	Pretend to lift a car.
Lay on your back & pedal your legs in the air like you are on a bike.		Do the strangest dance you can think of.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.	Show off the muscles in your arms.	Scream!

