



# Active Schools Week 19th – 22nd March

9:00am—4:00pm

**Lunch:**  
1:15—1:45

**Evening:**  
4:00– 5:00

**Home Economics/  
SPHE/ Religion**

**Tuesday**



**Mayo Running School**

8.00-9.00 am

**Mile Challenge**

**Athletics Ireland:**

2A, 1A, 3B & 2G

**Easter Orienteering Challenge**

PE Classes

**Rounders Challenge**

3<sup>rd</sup> Year Girls v 3<sup>rd</sup> Year Boys – Pitch

**Dodge Ball Match**

2<sup>nd</sup> Year Boys v 2<sup>nd</sup> Year Girls – Sports Hall

**Skipping Challenge**  
1<sup>st</sup> Years School Pitch

**Zumba Fitness**

All Years - Girls  
Sports Hall  
4 -5pm



**Healthy Packed Lunches**

1<sup>st</sup> Year Students

**Managing Stress and Looking After Your Physical Health:**

All SPHE Classes

**Wednesday**



**Lucozade Sport Workshop**

**The Female Athlete**  
9.30–10.30 TY's

**Lucozade Sport Workshop – Hydration & Nutrition**

**“You are what you eat”**

11.30—12.30 TY's

**Mile Challenge – Athletics Ireland:**

2E, 2B & 3C

**Easter Orienteering Challenge:** PE Classes

**Breakdance & Hip Hop Workshop –**

All years  
1.15- 1.45 Sports Hall

**American Football Match**

All Years – School Pitch

**Fit for Life Walking Challenge**

All students and staff – School Pitch



**Circuit Training**

Students  
4pm-5pm  
Sports Hall



**Food Facts Display**

Main hall

**Food Labels & Energy Drinks Demonstration**

Main Hall

**Fruit Squad**

A team of students will prepare a daily fruit salad for students to eat with their lunch

**Managing Stress and Looking After Your Physical Health:** SPHE

**Thursday**



**Connaught Table Tennis Tournament**

Sports Hall

**Mile Challenge – Athletics Ireland:**

3A, 1E & 2F

**Easter Orienteering Challenge**

PE Classes

**Fitness Testing- Castle Leisure Fitness**

Main Hall

**Fit for Life Walking Challenge**

All students and staff – School Pitch

**Circuit Training Castle Leisure Fitness**

Staff  
4pm-5pm  
Sports Hall



**Fruit Squad**

A team of students will prepare a daily fruit salad for students to eat with their lunch.

**Managing Stress and Looking After Your Physical Health:** SPHE

**Friday**



**Elvery's Power Team & Gait Analysis**

9-10 : 1E, 1F, 3F

10-11 : 2E, 2F, 2G

11.20-12 : 1A, 1B, 1C

12- 1 : 2A, 2B, 2C

**2nd Year Basketball Match:**

Boys V Girls

**Fit for Life Walking Challenge:** All

students and staff

**Mayo Running School**

8.00-9.00 am



**Fruit Squad**

Fruit cups available for students

**Managing Stress and Looking After Your Physical Health:** SPHE