

## January 2019

A new year and a new sport! January certainly wasn't a quiet one.

Ms Webster organised a skipping workshop for the boys with Mark McCabe who is the founder of SKIPnROPE. He provides skipping workshops to schools throughout Ireland. The benefits children can get from skipping are second to none. Skipping is a terrific form of exercise that helps a child's agility, balance and hand-eye co-ordination. It also teaches children about rhythm. When put into team routines it provides them with team work skills and encourages them to have confidence in their sporting ability. It's a great way to keep fit, as it is an intense cardiovascular exercise which helps to maintain good health and its lots of fun! Every boy from junior infants to 6thClass got a chance to learn new skills. On Friday afternoon there was a skipping demonstration where boys got to show what they had learned over the two days. The workshop was a huge success and all the boys are determined to continue skipping in school and practice their new skills.



### *Active Breaks*

Our Active School Committee are working very hard and our school yard is very busy with activities. We started games with Junior and Senior Infants and then we worked with First and Second class. All the committee organised different stations which every boy got to try. Then we spent a week in the senior yard with 6<sup>th</sup> class. They got to skip, play with the punching bag and they also got to play some ball games. We hope to set up a weekly schedule when our new yards are finished in February. For now, the boys are busy skipping at every lunch break.

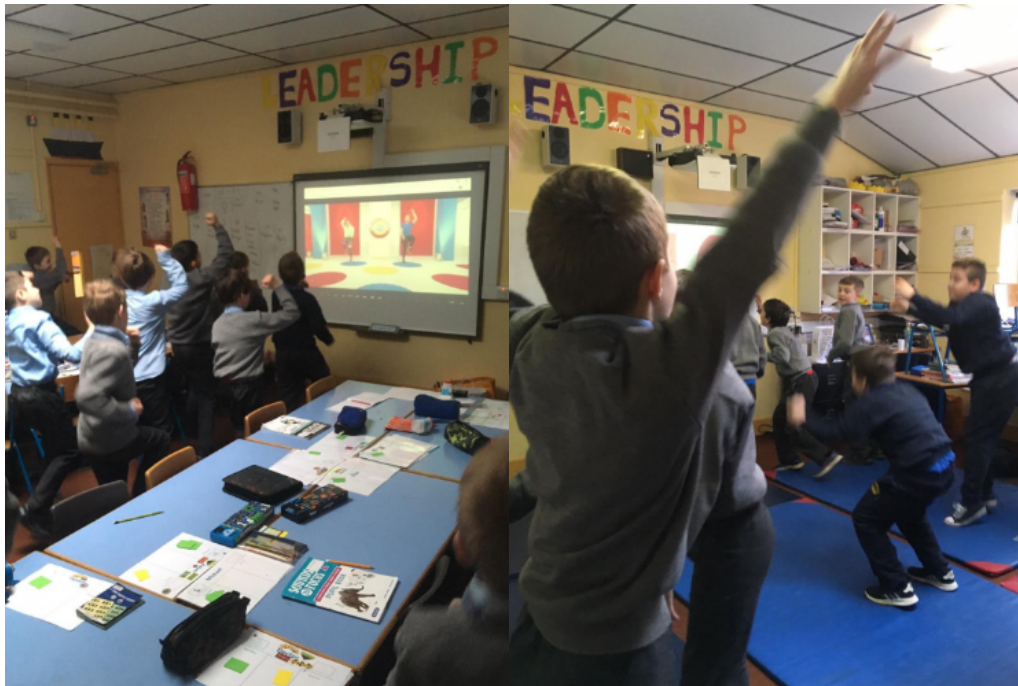






Some classes have been busy getting fit and healthy. 10 @ 10 is a great way to help us get our 60 minutes of daily exercise. Below is 2<sup>nd</sup> and 3<sup>rd</sup> class who have completed 10 @ 10 this month.





### *Super Trooper*

The whole school got their Super Trooper booklets and are busy doing their PE homework every night. They have their charts at home and are getting all the family involved.



Our committee have also been busy making labels for our PE equipment room. We want to thank every one of them for their hard work and dedication. Roll on Springtime!