

OUR LADY'S GROVE PRIMARY SCHOOL

Active School Flag 2020/2021



“

BE HEALTHY, BE COOL, BE A HAPPY ACTIVE SCHOOL!
- ASF SLOGAN 2021

”



OUR ACTIVE FLAG COMMITTEE 2020/2021

David (Room 9)
Lucy (Room 10)
Liam (Room 11)
Ahna (Room 12)
Noah (Room 13)
Theo (Room 14)
Niamh (Room 15)
Alex (Room 15)
Emily (Room 16)
Harry (Room 16)





Strand: Games

Strand Units: Sending,
Receiving and Travelling

Creating and Playing Games

Understanding and
Appreciation of Games



Strand: Dance

Strand Units: Exploration,
creation and
performance of Dance

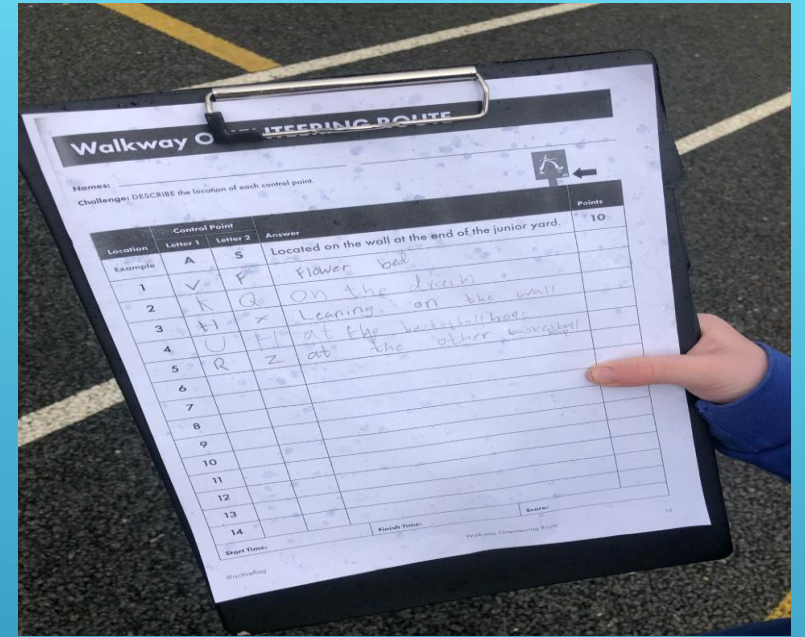
Understanding and
Appreciation of Dance



Strand: Gymnastics

Strand Units: Movement

Understanding and Appreciation
of Gymnastics



Strand: Outdoor and Adventure Activities

Strand Units: Walking
Orienteering

Outdoor Challenges

Understanding and
Appreciation of Outdoor
Activities and Challenges



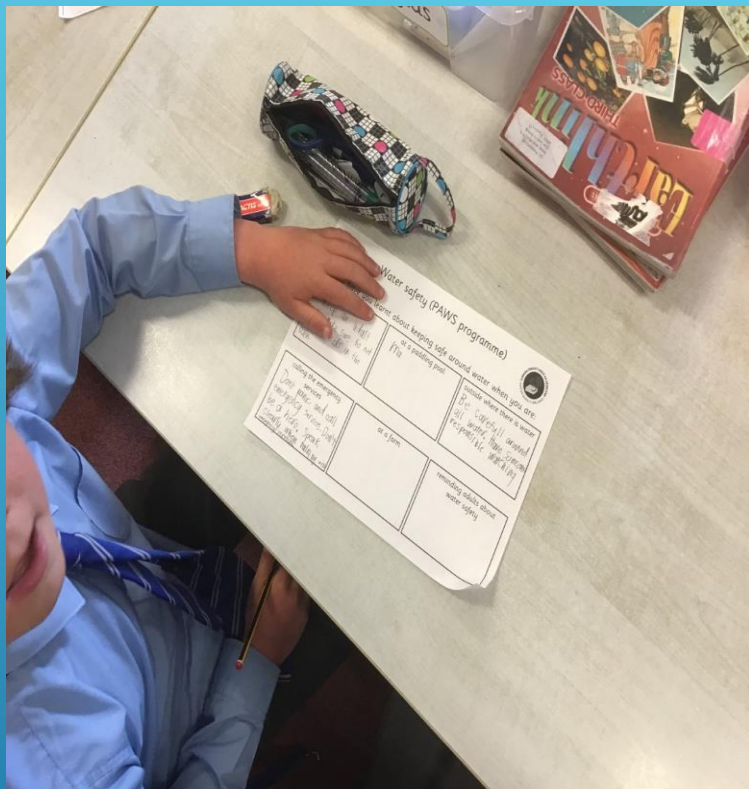
Strand: Athletics

Strand Units: Running

Jumping

Throwing

Understanding and
Appreciation of Athletics



LAND PAWS TAUGHT AT 3RD CLASS LEVEL

PHYSICAL ACTIVITY





Active Break Challenge

OUR class commits to a movement break every day starting 9/11/20

| Break Type: | Running | Dance | Walkway | Exercise |
|-------------|---------|-------|---------|----------|
| Monday | | | | ✓ |
| Tuesday | | | | ✓ |
| Wednesday | | | | ✓ |
| Thursday | | | | ✓ |
| Friday | | | | ✓ |

Our class knows that physical activity helps us to:

Stay Healthy Concentrate & Focus Have FUN

| Week: | Week 1 | Week 2 | Week 3 | Week 4 |
|------------|--------|--------|--------|--------|
| WE DID IT! | | | | |



ACTIVE BREAK EVERY DAY CHALLENGE

9TH NOVEMBER 2020 – 4TH DECEMBER 2020



OLG CHRISTMAS SANTA DASH 2020

21ST DECEMBER RAN ALONGSIDE OLG CHRISTMAS JUMPER DAY FOR
FOCUS IRELAND



OLG JERSALEMA CHALLENGE DURING REMOTE LEARNING



OLG WALKWAY



OLG MOVE AROUND IRELAND/EUROPE CHALLENGE
22ND MARCH – 26TH APRIL



Virtual Sports Day Activity 🏃🏃

Pick any day this week to have your Virtual Sports Day, maybe you could check the weather forecast and pick a nice sunny day. ☀️

Your parents received a message with lots of activities that you could do for your sports day at home.

I hope that you will do every race on the list ✅.

Get a family member to take lots of 📷 of you completing your Virtual Sports Day.

Then pick your favourite 📷 (just one) and 📤 it to me here so that I can ❤️ it.

I hope you enjoy your day!



VIRTUAL SPORTS DAY 2020



CEILI MOR (IN NORMAL TIMES...)

Class Skipping



YARD ACTIVITIES



- ▶ During the year, each class from 1st to 6th got the opportunity to play Touch Rugby facilitated by Leinster Rugby. The children worked on their catching, passing and evasion skills while improving their communication skills and getting a sense of what it takes to be a good team-mate.



- ▶ Paraic McDonnell from Kilmacud Crokes worked with the boys and girls in 1st Class on their Gaelic football skills. The children loved improving their kicking and catching skills and were delighted to get the chance to visit the hockey pitch in the Secondary school.



- ▶ Niall Corcoran from Kilmacud Crokes visited the school to coach hurling/camogie to Senior Infants and First Class. The children practised holding the hurl while being on the move and striking the ball along the ground.



- ▶ 5th Class took part in a 7 week cycling programme with Cycle Right. This involved both practical and theoretical lessons which gave the children the correct skills and mind-sets needed to cycle safely.



- ▶ Willie Boland from Mount Merrion Youths Football Club engaged both Sixth Classes with soccer sessions. The boys and girls worked hard and saw big improvements in their soccer skills.



ACTIVE SCHOOLS WEEK 2021





CYCLING WORKSHOPS



SOCCER BLITZS



Our Lady's Grove
Active Week Daily Challenge for Jnr Infants - 2nd Class

| Monday | Tuesday | Wednesday | Thursday |
|--|--|---|---|
| Break 1. Running on the spot For 30 secs 2. 10 x Jumping Jacks Lunch 1. Running on the spot For 30 secs 2. 10 x Trunk Jumps | Break 1. Do 2 Legs of your class yard! Lunch 1. Running on the spot For 30 secs 2. 10 x Wide Leg Toe Touch | Break 1. Running on the spot For 30 secs 2. 10 x Frog Jumps Lunch 1. Do 2 Legs of your class yard! 2. 10 x Trunk Jumps | Break 1. 20 x Bunny Hops around your yard Lunch 1. 10 x Trunk Jumps 2. Do 1 Leg of your class yard! |



OLG DAILY CHALLENGE/ TEACHER CHALLENGES



EXTRA YARD-TIME ACTIVITIES



SKIPPING AND HULA-HOOP FUN



HURLING AND CAMOGIE SESSIONS



DANCING WITH DONKING

PHYSICAL EDUCATION



| | Monday | Tuesday | Wednesday | | Thursday | Friday |
|-------|---------------------|----------------|------------------|---------------------------------|---------------------|---------------------|
| 9.00 | Room 7 (LO'H) | Room 10 (JB) | Room 13 (NF) | Room 5 and 6 Hurling/Camogie | Room 8 (KO'S) | Room 12 (GR/AC) |
| 10.05 | Smart Moves (AL) | Smart Moves | Smart Moves (AL) | | Smart Moves | Smart Moves (AL) |
| 10.30 | B | R | E | | A | K |
| 10.50 | Room 1 (SC) | Room 3 (AD/CG) | Room 2 (AH) | | Room 4 (EM) | Room 14 (BMcN) |
| 11.20 | Room 2 (AH) | Room 4 (EM) | Room 1 (SC) | | Room 3 (AD/CG) | Room 14 (BMcN) |
| 11.50 | Smart Moves (YC) | Smart Moves | Smart Moves | | Smart Moves (YC) | Smart Moves (YC) |
| 12.30 | L | U | N | | C | H |
| 1.20 | Room 6 (FH) | Room 16 (YC) | Room 15 (AL) | | Room 11 (AA) | Room 9 (NB) |
| 1.50 | Room 5 (MO'L) | Room 16 (YC) | Room 15 (AL) | | Room 11 (AA) | Room 9 (NB) |

WEEKLY PE TIMETABLE

PE and ASF Objectives

- ▶ All classes upstairs and downstairs undertaking the same curriculum strand at the same time where possible.
- ▶ Whole school approach to the development of Fundamental Movement Skills.
- ▶ Gymnastics picked as a strand to be improved and developed this year.

Curriculum Strands

- ▶ Athletics
- ▶ Aquatics*
- ▶ Dance
- ▶ Games
- ▶ Gymnastics
- ▶ Outdoor Adventures and Activities

- ▶ *Due to Covid-19 we were unable to undertake swimming lessons in UCD this year.

| | J1 | | SI | | 1 st | | 2 nd | |
|-----------|--------------------|-------|--------------------|-------|-------------------------|-------------------------|--------------------|-------------------------|
| September | Athletics | | Athletics | | Athletics | | Athletics | |
| October | Athletics | | Athletics | | Athletics | Games (Kilmacud Crokes) | Athletics | Games (Kilmacud Crokes) |
| November | Games | | Games | | Games | | Games | |
| December | Games | | Games | | Games | | Games | |
| January | Remote Learning | | Remote Learning | | Remote Learning | | Remote Learning | |
| February | Remote Learning | | Remote Learning | | Remote Learning | | Remote Learning | |
| March | Gymnastics | | Gymnastics | | Gymnastics | | Gymnastics | |
| April | Gymnastics | | Gymnastics | | Games (Kilmacud Crokes) | | Gymnastics | |
| May | Outdoor Adventures | Dance | Outdoor Adventures | Dance | Outdoor Adventures | Dance | Outdoor Adventures | Dance |
| June | Outdoor Adventures | Dance | Outdoor Adventures | Dance | Outdoor Adventures | Dance | Outdoor Adventures | Dance |

| | 3 rd | | 4 th | | 5 th | | 6 th | |
|-----------|------------------------|--------------------|------------------------|--------------------|-----------------------------|-----------------------------|------------------------|--------------------|
| September | Athletics | | Athletics | | Games (Leinster Rugby) | | Games (Leinster Rugby) | |
| October | Games (Leinster Rugby) | | Games (Leinster Rugby) | | Athletics | | Athletics | |
| November | Games (Leinster Rugby) | | Games (Leinster Rugby) | | Athletics | | Athletics | |
| December | Athletics | | Athletics | | Outdoor Adventure (Cycling) | | Games | |
| January | Remote Learning | | Remote Learning | | Remote Learning | | Remote Learning | |
| February | Remote Learning | | Remote Learning | | Remote Learning | | Remote Learning | |
| March | Remote Learning | Games | Remote Learning | Games | Remote Learning | Games | Remote Learning | Games |
| April | Gymnastics | | Gymnastics | | Gymnastics | Outdoor Adventure (Cycling) | Gymnastics | |
| May | Dance | Outdoor Adventures | Dance | Outdoor Adventures | Dance | Outdoor Adventures | Games (Soccer) | Outdoor Adventures |
| June | Dance | Outdoor Adventures | Dance | Outdoor Adventures | Dance | Outdoor Adventures | Dance | Outdoor Adventures |

YEARLY PE PLAN*

*ADAPTED DUE TO REMOTE LEARNING.



SMART MOVES PROGRAMME

PARTNERSHIPS



