**Active School Week April27-May 1**

**Aim: to exercise for an hour per day for the week**

**How: have four 15 minute periods of exercise each day**

**Session 1, 9.30, Dance: using You Tube on the Interactive Whiteboard (Use Just Dance or Noodle or Operation Transformation)**

**Session 2, 10.45, Outside activity (timetable provided)**

**Session 3, 12.25, Outside activity (timetable provided)**

**Session 4, 2.15 Dance: using You Tube on the Interactive Whiteboard**

**Teachers assigned**

**Junior and senior Infants: Derek**

**First and second classes: Donna**

**Third and fourth classes: Philip**

**Fifth and sixth classes: Sandra**

**Outdoor activities will be time tabled by these teachers on Aladdin daily**

**Activity areas:**

**Junior yard: all infants and first classes**

**Senior yard and grass; second third and fourth classes**

**GAA fields and astro turf: fifth and sixth classes**

**Any class can use the GAA fields if they wish**

**If a different activity is organised just ignore all other time tables e.g. cycling in third and fifth classes on Mon and Tue. Swimming in sixth on Mon**

**Other activities:**

**Community Walk on Thursday evening**

**Flash mob dance prepared in all classes and performed on Friday in yard.**