**November 2014**

**Plan for Active School Flag**

**There are four weeks and four pe lessons in November**

**Junior and Senior Infants**

Play time activities in the playground with: hoola hoops, skipping ropes, quoits

Regular PE

**First and second classes**

Discretionary activity: Busy Breaks using the Healthy Heart charts

Tuesdays and Thursdays at 10.45

Extra Curricular: First and second class boys hurling league in the indoor arena at 12.40 on Mondays, Wednesdays and Fridays

Girl’s camogie league in the indoor arena on Tuesdays and Thursdays

Swimming: Miss Frewen’s class (every Monday)

Regular PE

**Third class**

The Dance strand for regular PE: ceili dancing and the macareena

Swimming: Mrs Smith’s class (every Monday)

Planned activities for Alex (Mr O Leary, Caroline F)

**Fourth class**

Introduce Rounders for regular PE

All classes use the same set of rules (see Miss Slattery)

Swimming: Miss Slattery’s class (every Monday)

**Fifth class**

The Dance strand for regular PE

Discretionary: Use Just Dance on wet days

Swimming: Miss Tallon’s class (every Monday)

**Sixth class**

Introduce rounders for regular PE

Agree on the same set of rules as fourth class (See Miss Slattery)

**Junior ASD unit**

Cian Byrne attending swimming with Mrs Smith’s class

Also attending resource social activities (pe) on Fridays

Regular PE

**Senior ASD**

Every child is included in a mainstream PE lesson once per week

Two children are attending swimming with mainstream classes

Regular PE