

Welcome to St George's NS – We are an Active School!



Our Active School Committee 2018/2019



Our Active School Notice Board



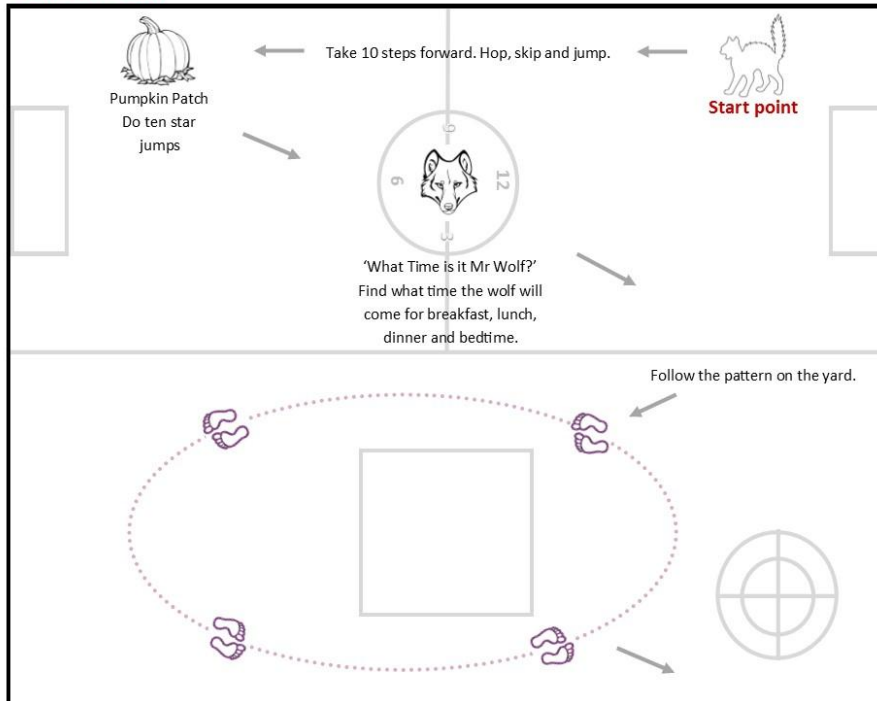
Active Halloween Walk – Junior Infants – 3rd Class



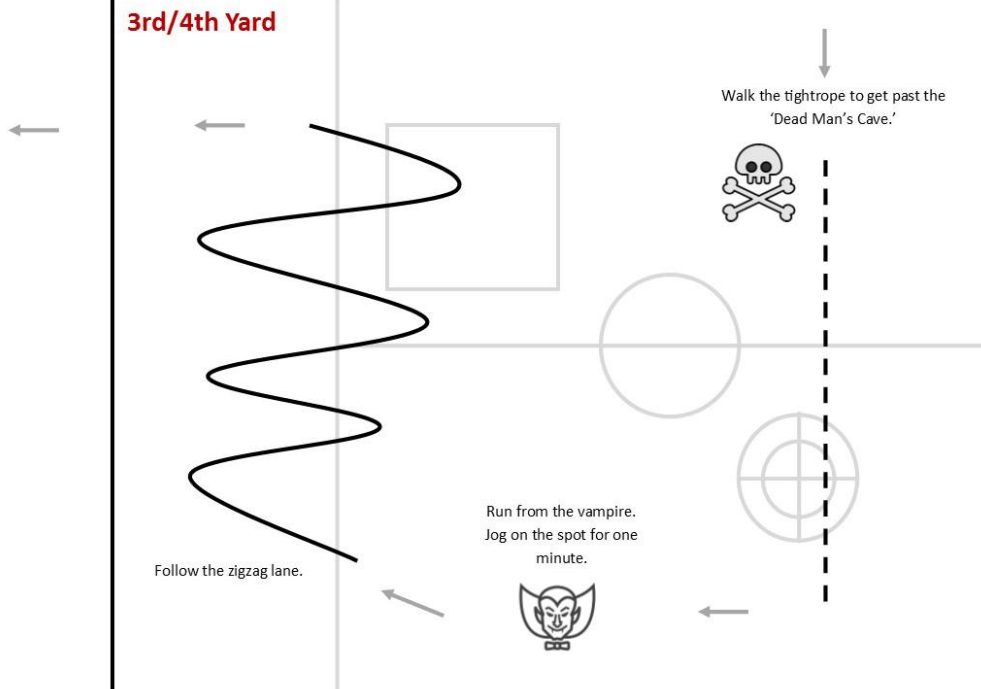
Route for St George's Active Halloween Walk

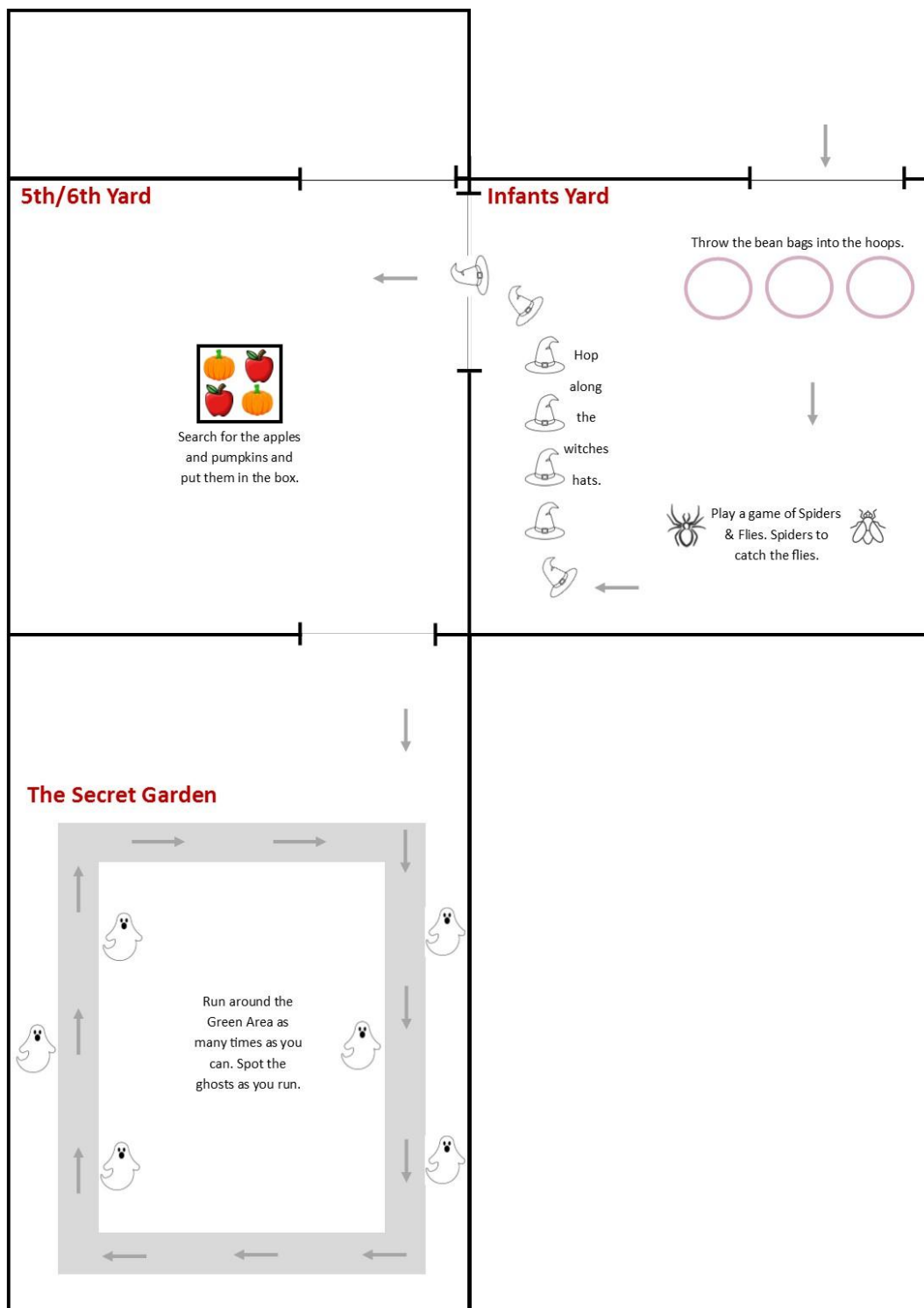
Junior Infants—3rd Class

1st/2nd Yard

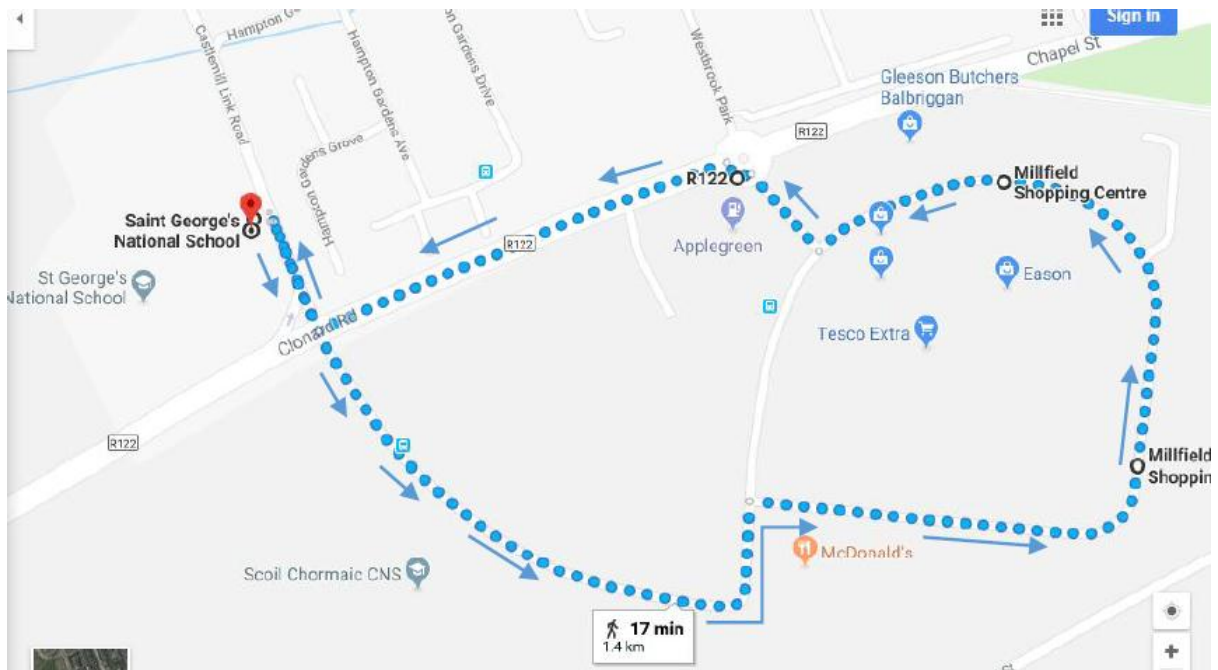


3rd/4th Yard





Active Halloween Walk – 4th – 6th Class



Maths Week – Outdoor Activities – Linkage and Integration



Rugby Coaching & Rugby Blitz





Easter Hunt – We Incorporate Physical Activity into Annual Calendar Events



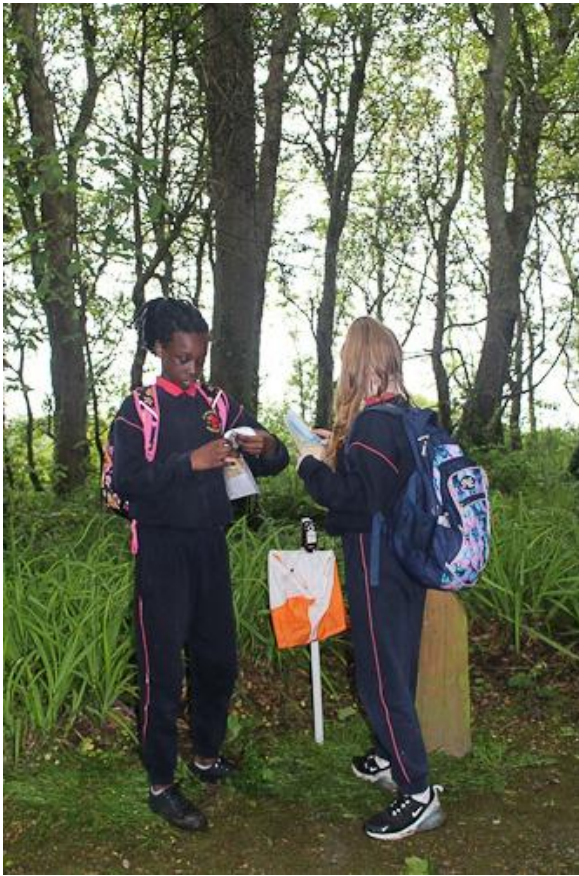
St George's Ceilí – Seachtain na Gaeilge



Teachers and Pupils Encourage Walking to School!



Orienteering Event – Ardgillen Castle



Active School Week 2019

Active School Week Timetable

Tuesday 7th – Friday 10th May

Children should be encouraged to walk/cycle/scoot to school every day.
PE homework replaces written homework all week.
Healthy lunches are promoted, as usual.
Children are to wear their school tracksuit and appropriate footwear all week.
Teachers and SNAs are encouraged to wear their sports gear too!



Daily

Drop Everything And Dance – 10:00 or 12:00 everyday

Active Breaks in the Classroom – Go Noodle, 10 @ 10, Dance-Off practice, The Body Coach Schools Fitness etc. [Active Break Chart](#) and [60 Minutes a Day Physical Activity Challenge Chart](#) attached.

Tuesday 7th May

Hockey – All classes are getting a 30 minute session with Hockey Ireland coaches.

Golf – 1st & 2nd Class

Wednesday 8th May

Skipathon – All classes have a 15 minute slot in the hall for the Skipathon. I've attached the [Climb the Heights](#) skipping challenge poster, which you may wish to use with your class. (e.g. choose one of the mountains on the poster, divide the height by the number of students in your class, everyone skips that amount to 'reach the peak.' Teachers may like to take their laptop over to the hall to play music while the class skip.

Orienteering – 5th Class

Thursday 9th May

Handball – Junior Infants – 2nd Class – 30 minutes each

Rugby – 3rd – 6th Class – 30 minutes each

Friday 10th May

Inter-Class Dance-Off – All Classes. Run by the Active Agents. Details attached.

GAA – Times and classes to be confirmed closer to the date.

Timetables for activities are attached. I know these will disrupt a lot of classes' PE times. However, this could give you the opportunity to buddy-up with another class for PE.

Any suggestions are more than welcome. Have fun and make sure to take photos!

St George's Active School Week 2019

Tuesday 7 th May		Wednesday 8 th May		Thursday 9 th May		Friday 10 th May	
Hall	Outside	Hall	Outside	Hall	Outside	Hall	Outside
Golf 9:40 – 10:10 1 st 10:15 – 10:45 1 st /2 nd	Hockey 1 st &2 nd /3 rd &4 th Class Yards 9:30 – 10:00 4 th 10:00 – 10:30 S.I.	Skipathon 9:20 – 9:35 3 rd 9:35 – 9:50 3 rd 9:50 – 10:05 2 nd 10:20 – 10:35 1 st	Orienteering All Outside Areas 9:10 – 10:00 5 th 10:00 – 10:50 5 th	Handball J.I. – 2 nd 9:30 – 10:00 J.I. 10:00 – 10:30 J.I.	Rugby 3 rd – 6 th 5 th &6 th Yard/Secret Garden 9:30 – 10:00 3 rd 10:00 – 10:30 3 rd	Inter-Class Dance-Off 9:15 – 9:35 9:35 – 9:55 9:55 – 10:15 10:15 – 10:35	GAA 5 th &6 th Yard/Secret Garden To be confirmed
Break		Break		Break		Break	
Golf 11:00 – 11:30 2 nd	Hockey 1 st &2 nd /3 rd &4 th Class Yards 11:00 – 11:30 J.I. 11:30 – 12:00 3 rd 12:00 – 12:30 5 th	Skipathon 11:05 – 11:20 J.I. 11:20 – 11:35 S.I. 11:35 – 11:50 1 st 11:50 – 12:05 S.I. 12:05 – 12:20 J.I.		Handball J.I. – 2 nd 11:00 – 11:30 S.I. 11:30 – 12:00 S.I. 12:00 – 12:30 1 st	Rugby 3 rd – 6 th 5 th &6 th Yard/Secret Garden 11:00 – 11:30 4 th 11:30 – 12:00 4 th 12:00 – 12:30 5 th	Inter-Class Dance-Off 11:05 – 11:25 11:25 – 11:45 11:45 – 12:05 12:05 – 12:20	GAA 5 th &6 th Yard/Secret Garden To be confirmed
Lunch		Lunch		Lunch		Lunch	
	Hockey 1 st &2 nd /3 rd &4 th Class Yards 13:00 – 13:30 1 st 13:30 – 14:00 6 th 14:00 – 14:30 2 nd	Skipathon 13:05 – 13:20 6 th 13:20 – 13:35 4 th 13:35 – 13:50 4 th 13:50 – 14:05 5 th 14:05 – 14:20 5 th 14:20 – 14:35 6 th	Hockey 1 st &2 nd /3 rd &4 th Class Yards To be confirmed	Handball J.I. – 2 nd 13:00 – 13:30 1 st 13:30 – 14:00 2 nd 14:00 – 14:30 2 nd	Rugby 3 rd – 6 th 5 th &6 th Yard/Secret Garden 13:00 – 13:30 5 th 13:30 – 14:00 6 th 14:00 – 14:30 6 th		GAA 5 th &6 th Yard/Secret Garden To be confirmed

Trying New Activities! – Golf



Hockey Taster Sessions for the Whole School



Skipathon



Orienteering – Learning New Skills



GAA Handball – Trying New Sports



Rugby



GAA Blitz with Scoil Chormaic and Balbriggan Educate Together



Our Whole School Fun Event – St George’s Inter-Class Dance-Off!





Physical Activity Homework Only During Active School Week!

Active School Week

This week is Active School Week and to help everyone to get involved at home the children have special homework to complete. Please choose 2 or 3 activities each evening (there are some suggestions below or you can think of your own) and return the signed sheet on Friday.



Homework Ideas

Learning Goal: I can actively participate in a wide variety of activities!

- 1 minute of star jumps
- Bunny hops for 2 minutes
- Penguin shuffle for 3 minutes
- Take your bike or scooter out for a ride with your family
- Touch your toes 25 times
- Play a ball game with your family
- Dance to two songs
- Jog on the spot for 2 minutes
- Balance on one foot for 30 seconds and then try the other foot
- Race against your parent/sibling

Please fill in the activities your child has completed:

Tuesday	Wednesday	Thursday
1. _____ _____	1. _____ _____	1. _____ _____
2. _____ _____	2. _____ _____	2. _____ _____
3. _____ _____	3. _____ _____	3. _____ _____

Signed: _____

Active Breaks – Go Noodle in the Classroom



Drop Everything and Dance



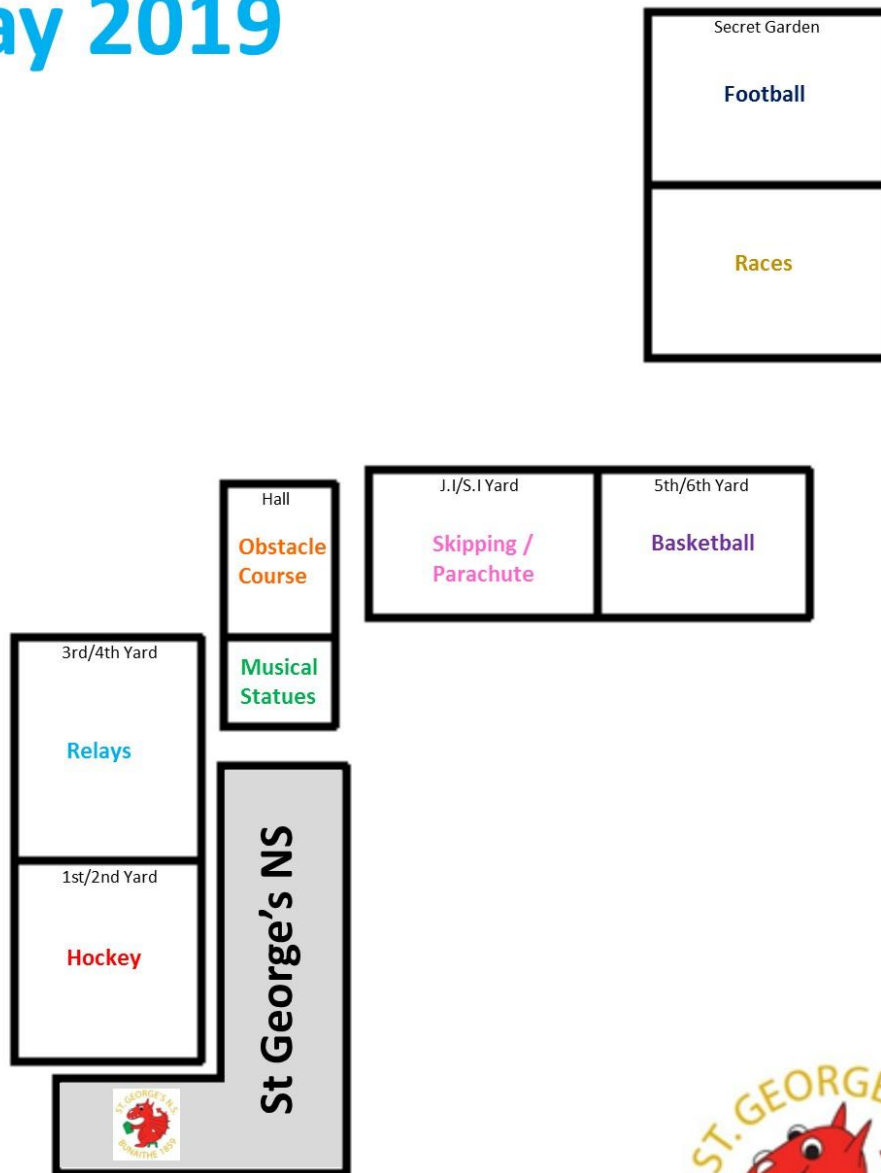
Run a K a Day in May – Our Whole School Non-Competitive Running Initiative



GAA Blitz at St Molaga's NS



St George's Sports Day 2019

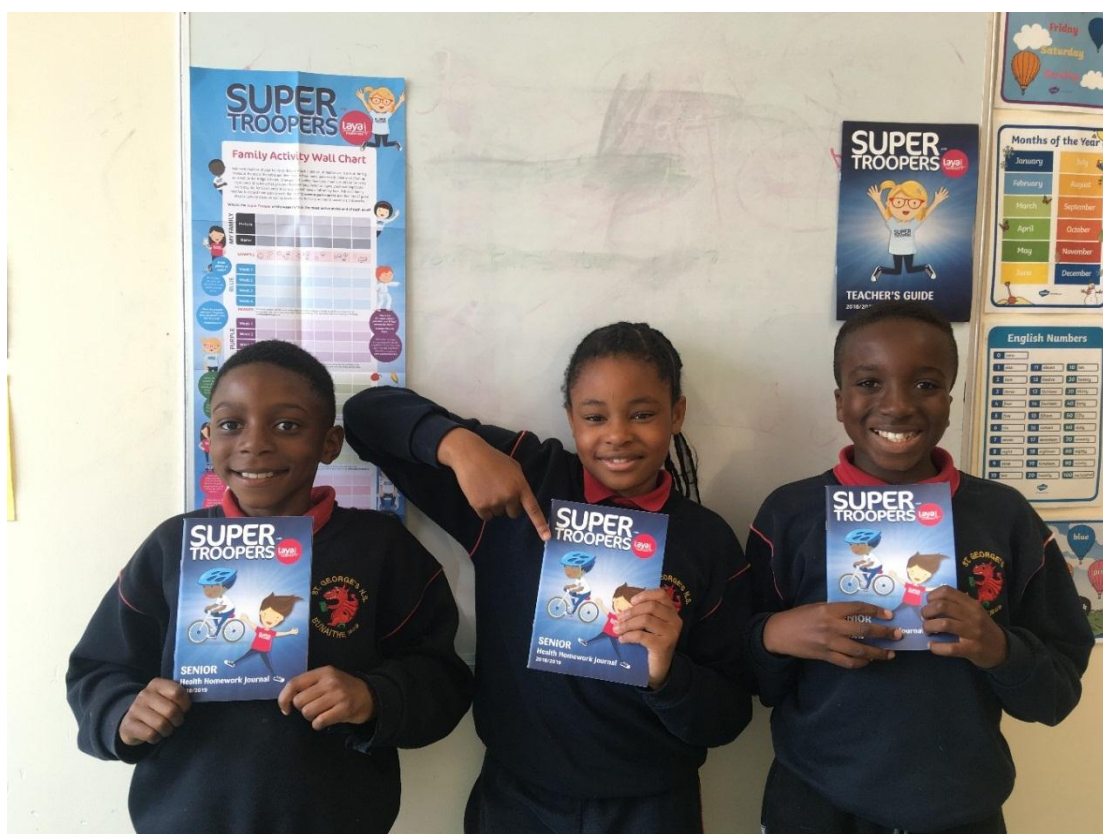


Sports Day at St George's NS





Supertroopers Health Homework Journal



The Active School Flag Section of Our Website—Watch a Video of our #ASW19

ST. GEORGE'S N.S. BALBRIGGAN

[HOME](#) [THE YELLOW FLAG](#) [ACTIVE SCHOOL FLAG](#) [GREEN FLAG](#) [CALENDAR](#) [POLICIES](#) [STEM – DISCOVER SCIENCE AND MATHS AWARD 2016/17](#)
[WELL DONE WALL](#) [CLASSES](#) [STAFF](#) [NEWSLETTERS](#) [ACTIVITIES](#) [OUR WORK](#) [BOOKLISTS](#)

Active School Flag

This years Active Week was a huge success. The children had great fun trying different sports. Here is a video of the activities the children did. Enjoy



PHOTOS



Emailing Our Local Sports Partnership to Find Out About Opportunities

#ActiveBalbriggan

Balbriggan Community Sports Hub

**Comhairle Contae
Fhine Gall**
Fingal County
Council



Welcome to the #ActiveBalbriggan community!

Thanks so much for signing up to the newsletter.

The Balbriggan Community Sports Hub is part of the Fingal County Council Sports Office and our aim is to help provide opportunities for people to get active, while also supporting clubs, schools, community groups and industry in pursuit of an Active Balbriggan.

The newsletter will be a way of keeping up to date with everything going on in

Our School Trains Pupils as Playground Leaders





St George's NS is on Twitter! #ACTIVESCHOOL



St George's NS
@StGeorgesNS

St George's NS

Balbriggan

stgeorgesbalbriggan.wordpress.com

Joined March 2019

Tweets 5
Following 16
Followers 7
Lists 0
Moments 0

Tweets
Tweets & replies
Media



St George's NS @StGeorgesNS · Jun 21

St George's had a fantastic Sports Day! Hockey, relays, dancing, parachute games, basketball and football stations. Not forgetting our fun obstacle course! 🤗

[@ActiveFlag](#) [@HealthyIreland](#)



Land PAWS Certificates – Teaching Water Safety in the Classroom

