

Welcome to Our Active Flag section!

We hope to increase activity levels in the school this year in lots of different fun ways. We have already made a start and there is a lot more to come. During Maths 2016 we went on a maths trail which meant we had to get up and go outside to find the answers, exercise during Maths!

During PE the week before Halloween we did some scary warm up exercises like Zombie sit ups, axe man runs and spider walks! We had lots of fun practising our technique.

On the Friday of mid-term the whole school got out and got active in the Halloween parade and students from first to sixth walked all the way to the community centre and back to showcase their lovely costumes while also getting some exercise in!

Move it Monday started on the first day back after mid-term break. All students did some exercises out in the yard at 9.20 to wake themselves up before school started. They were helped by Ms.Breen.

Here are some pictures to show you what we have been up to so far!







