Section 4 – Active School Week

Monday 30th April 2018

9.30 – 10.50 (First Year Joyce)	Rowing – Ger Hayes -	(class 2 & 3)
11.05 – 12.25 (First Year Yeats)	Rowing – Ger Hayes -	(Class 4 & 5)
12.25 – 13.05 (2 nd Year Derg & Allen) Mr. John Penny – Circuits (class 6)		
13. 45 – 14.25 (1 st Year Joyce & Yea t	s) – Circuits	(Class 7)

14.25 – 15.45 (5 th & 6 th Year)	Boxercise	(Class 8 & 9)

Cycling throughout the day in the canteen. Please see notice board for timetable.

Tuesday 1st of May 2018

10.00 – 11.00 (All 3 rd years)	Crossfit Nenagh	(Class 3 & 4)
11.00 – 12.00 (All TY s)	Crossfit Nenagh	(Class 5 & 6)
14.25– 15.45 (1 st yr, 3 rd yr , Tys)	Rugby with Munster Rugby	(Class 8 & 9)

Wednesday 2nd of May 2018

11.05 - 11.45 (1st Year Joyce) -	Athletics with Newport Athletics -	(Class 4)
11.45 – 12.25 (1 st Year Yeats) -	Athletics	(Class 5)
12.25 – 13.05 (2 nd Year Derg)	Athletics	(Class 6)
13.45 – 14.25 (2 nd Year Allen)	Athletics	(Class 7)

Thursday 3rd of May 2018

9.30 - 10.10 (1 st Year Joyce) –	Soccer with James Scott FAI	(Class 2)
10.10 – 10.50 (1 st Year Yeats)	Soccor with FAI	(Class 3)
11.05 – 12.00 (All Tys)	Soccer FAI	(Class 4 & 5)
13.45 – 14.25 (Whole School Event)	Dancing with Mr. Lynch & TYs	(Class 7)

Friday 4th of May 2018

9.30 – 10.50 - All First Years -	Futsal Tournament	(Class 2 & 3)
11.45 – 13.05 – All 2 nd Year -	Futsal Tournament	(Class 5 & 6)

Photographic/video evidence of Active School Week Activities

Monday 30th of April:

Cycled the distance from Newport to the Aviva Stadium and back.



Rowing with Castleconnell Boat Club





Circuits with Better Body Bootcamp









Boxercise





Tuesday 1st of May:

CrossFit with CrossFit Nenagh











Rugby with Munster Rugby











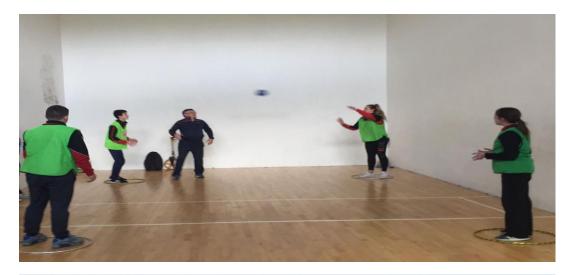




Wednesday 2nd of May:

Athletics with Newport Athletics







Thursday 3rd of May:

Soccer with FAI

















Whole School Dance















Friday 4th of May:

Futsal Tournament







