

PCA Active Schools Week 2018

For the second year running, the PE department decided to host Active School Week from the 23rd to the 27th April. We wanted the whole school community to become more physically active, experience its benefits and recognise its importance. This resulted in more people being more aware. Physical activity not only has physical health benefits but also mental benefits and can help with concentration, memory and classroom behaviour. We arranged many activities throughout the week.

First off, daily announcements were arranged and made out publicly on the intercom during certain class times to encourage all students present to participate in a short activity (lunges or air squats for example) so students would become more alert and attentive.

Uplifting (and some very cheesy) Music was played in the assembly and NUIG canteen each morning before school and at some break times. This has become a real student favourite with a great atmosphere being generated each day as a result. There was a 'teachers requests' morning on the Friday which had the students in stitches going in to period one.

Motivational quotes and physical activity facts were displayed on the electronic notice boards throughout the week in both the main building and first year assembly areas.

Jumpathon and skipathon competitions were held during PE classes throughout the week.

On Monday during Lunch, the now very famous teachers basketball squad: the 'Belton Bulls' had a warm up game vs PCA second year team arranged by Mr. Coll. With a big crowd watching from the balcony and canteen both teams impressed in what was a very entertaining game. More was to come later in the week. On the same day there were dodgeball tournaments arranged for first and third year students in the school gym.

On Tuesday, faced with challenging weather conditions, we held our hugely successful 5km fun run. The rain didn't dampen any spirits however, a full school community; students and a number of teachers left the school through the back gate and headed off on the fun run event – some ran fast, some jogged, some walked while others tried both but most importantly all came back through the front gate after completing five kilometres, which is a great achievement for all and all must be very proud. We must thank our teachers who stewarded the race, our lead car, our Order of Malta students Cian and Kevin who followed the race, our race finish recorders, James Landon of Athenry AC who let us borrow their finish timer and the Student Council along with Ms.Coughlan who organised orange slices for all participants when they completed the course. Also, on the Tuesday, after the 5K was completed, the teachers played students from first, second and fourth year in rounders out in the school yard. Cheered on from the rest of the school body who were watching on intently, the teachers regained their unbeaten streak started from last year.

On Wednesday, Sharon Higgins held Zumba classes for first year students in the school gym. Sharon asked us to donate her fee to Galway Parkinson's association.

During lunch times of both Wednesday and Thursday the much-anticipated basketball games between the 'Belton Bulls' and LC boys group and Pages Predators (which was made up of the female staff) vs the LC girls group were played. Both events drew a lot of school attention from both students and teachers in what were both very entertaining clashes with the teachers taking the bragging rights for this year. Again thanks to Mr. Coll for expertly refereeing ensuring both games were played in the right spirit. Like last year there was a first-year table tennis tournament played on the Wednesday and Thursday in the school gym.

On Thursday morning there were full fourth year Girls dodgeball and Boys soccer tournaments organised. This was new this year and thankfully the weather held up and was a good success. On Friday again, Sharon Higgins was in giving Zumba classes to second year and TY students. The school would like to highlight and acknowledge the brilliant contributions, not only to Active Schools week but to PE classes in general, from Sharon. The students really enjoyed these classes.

The PE department would like to thank everyone who helped with the organising and for cooperating with the events in what is a very busy time of year for the school. It was a very successful week, we hope the whole school community experienced the great benefits of daily exercise and keep active.

Timetable that was on display for students throughout the week

All activities are PROVISIONAL and SUBJECT TO CHANGE		All outdoor events and activities are WEATHER DEPENDENT		'JUMPATHON' and 'SKIPATHON' competitions to be held during PE Class times		
Time	Class Period	Monday	Tuesday	Wednesday	Thursday	Friday
09:00 – 09:40	1		NOTE: No uniform day – P.E. gear only		4 th year Boys Soccer competition and 4 th year Girls Dodgeball competition	
09:40 – 10:20	2			1 st year Zumba		
10:20 – 11:00	3	Students: collection of €5 for charity 5K		3 rd year Zumba		
11:00 – 11:20	Breaktime					1 st Years vs Teachers Team Rounders in yard
11:20 – 12:00	4		Full School 5K run			2 nd year Zumba
12:00 – 12:40	5					TY Zumba
12:40 – 13:20	6					
13:20 – 14:00	Lunchtime	- 3 rd years vs Teachers Team Rounders in yard - 'Belton's Bulls' basketball practise with coach DC in school gym	- 4 th years vs Teachers Team Rounders in yard - 2 nd years vs Teachers Team Rounders in yard	- LC Boys vs 'Belton's Bulls' Basketball - 1 st Year Table Tennis Tournament in school gym	- LC Girls vs 'Page's Predators' Basketball - 1 st Year Table Tennis Tournament in school gym	
14:00 – 14:40	7	Dodgeball				
14:40 – 15:20	8	Tournament: Year groups involved TBC				
15:20 – 16:00	9					



Monday Dodgeball Tournaments in school gym



Zumba Classes with Sharon Higgins



Zumba Classes with Sharon Higgins

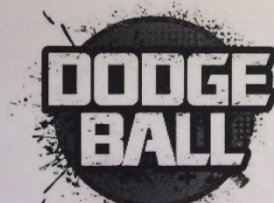
PCA ASW 2018

Full Fourth Year Soccer and Dodgeball Tournaments during
Period 1 and 2 Today – Thursday 26/04/18
in School Gym and School Pitch

- All students to go to class as normal for 09:00 to get signed in.
- Once this is completed - accompanied by teachers all fourth years to go to school gym to get ready. Can change into P.E. gear.
- League format = 1 point for a loss / 2 points for a draw / 3 points for a win.
- Each game for both Soccer and Dodgeball will last 4 minutes.
- All students to return to class for period 3

Soccer tournament is weather dependent – there will be a full year Dodgeball Tournament instead if we have to cancel the soccer

Best of Luck!



Pictures above are pictures and details of the Fourth year dodgeball and soccer tournaments



Our First Year winners of the Table Tennis Tournament during Active week – (from left to right) Andrew Cronnelly, Anna Murphy, Rory Fitzpatrick and Leah Glennon who each received a McInerney sliotar signed by Galway centre back and 2017 All Star Gearoid McInerney.



Fabian Mangan, fourth year, 1st home in the 5K race



Ralf Bodamer, 1st Second year Male home



Kyle Moorehead, 1st third year Male home



Aine O'Farrell, 1st Leaving Cert and overall Female home



Rory Fitzpatrick, 1st first year Male home



Ryan Connolly, 1st Leaving Cert Male home



Emma Boyle, 1st TY Female home



Sinead Coleman, 1st Third year Female home



Emily Miskella, 1st Second year Female home



Aisling Connolly, 1st First year Female home



Adam Treanor, 1st TY male home



Aoife Moran, 1st Fourth year Female home