



Sandymount Park ETSS

Active Week 2021

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Tutor</i>	TY Presentation <i>Benefits of being active, week plan</i>	TY Presentation <i>Nutrition</i>	TY Presentation <i>Activity Inclusion</i>	TY Presentation <i>Women in sport</i>	TY Presentation <i>Kahoot/blooket</i>
<i>8:45-9:45</i>			Healthy Lunch day – Each student tries to bring a healthier lunch to school – Minimum 1 piece of fruit		Jersey Day Fundraiser for Special Olympics Ireland – Each student wears a jersey or sports clothing and donates €2 to charity
<i>9:45-10:45</i>					
<i>Break</i>					
<i>11:00-12:00</i>				Ethical ed 30 mins Dance 30 mins Yoga	
<i>12:00-13:00</i>					
<i>Lunch</i>	First year mixed basketball blitz	Second year mixed basketball blitz	TY/Third year mixed basketball blitz	First/Second year basketball Final	TY/Third year v Staff Game
<i>13:30-14:30</i>					
<i>14:30-15:30</i>			Whole School Relay Race		

