**Scoil Chaitríona N.S. Active Schools Week Timetable**

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| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
| 9:00- 9.15 | Walk a mile with a smile  (using our active walkway) | Walk a mile with a smile  (using our active walkway) | Walk a mile with a smile  (using our active walkway) | Walk a mile with a smile  (using our active walkway) | Walk a mile with a smile  (using our active walkway) |
| 9.15-10.30 |  |  |  |  | Sports Day – races  (egg & spoon, sack, sprints & hurdles 9.15 -10.45) |
| 10.30-10.45 | Drop Everything and Dance | Drop everything and Dance | Drop Everything and Dance | Drop everything and Dance |  |
| 10.45-11.00 | Break | Break | Break | Break |  |
| 11.00-12.00 |  | Whole school walk  2km for Junior children, 7km for Senior children | Talents/clubs expedition  (11:00-12:30) | Bling our bike/scooter/flicker display | Soccer match 6th class students v’s Teachers  11.00 – 12.00 |
| 12.10-12.25 | Wake-up, shake up | Yoga in class |  | Wake-up, shake up | Pilates |
| 12.30-1.00 | Lunch | Lunch | Lunch | Lunch |  |
| 1.00-2.00 | Playground Leaders games | Outdoor adventure/ trail challenges |  | Obstacles course | Active Surprise |
| 2.00- 2.40 | Tag Rugby League |  | Playground Leaders games | Rounder’s league | Active Surprise |