

Scoil Chríost Rí NS, Ennis Co. Clare

About Our School

Scoil Chríost Rí N.S. is a co-educational Catholic Primary school located in the heart of Ennis, Co. Clare. We currently have 220 pupils enrolled with 24 teachers. We strive to help each individual pupil achieve his/her full potential. Sport plays an important role in the lives of the children and we are privileged to have many energetic teachers who carry out after school coaching for all sports.

In January 2015 we decided to begin the process of applying for our first Active School Flag. As a result of this we have set up a number of Active Initiatives for all children from Junior Infants to 6th class.

Our Moto is 'Go out and play, let's get active all the way'.



1. Playground Games

Our Playground Games Committee consists of 16 pupils from 4th class to 6th class. The Committee members helped to design and create playground markings on our junior yard. Each committee member has a group of 7 children from either Junior or Senior Infants. The infant children must complete a circuit of 8 different playground games with their leader. These games include:

- What time is it Mr. Wolf
- Hopscotch
- Long Jump
- Cat and Mouse
- Mirror Mirror
- Duck, duck, goose.
- Shuttle Run
- Mini Circuit.

Children spend 2 minutes on each games and must rotate games once they hear the whistle. This Active Initiative has proved to be very successful with both children and teachers enjoying the benefits.



Long Jump



Shuttle Run



What time is it Mr. Wolf



Cat and Mouse



Duck Duck Goose

2. CIRCUITS

The ASF Committee came up with 9 different exercises to be placed on the senior yard. This yard is for pupils from 1st class to 5th class. Children from each class can complete this circuit in the morning before school, at SOS time and at lunch time or as part of a warm up for PE. These exercises are based on Active Homework which the classes had previously completed and included lunges, squats, jogging on the spot, wall push-up, hop on one leg, arm circles, toe touches, jumping jacks and two feet jumps.



Wall Push- Ups



Jog on the Spot



Lunges



Toe Touches



Arm Circles



Lunges

3. Lunchtime Walking Club

Mr. Garry and Ms. White set up a lunchtime walking club for pupils in 3rd, 4th, 5th and 6th class. Children walk around the estate of Cloughleigh on dry/sunny days from 1pm to 1:15pm. A number of teachers accompany the children on this walk. This initiative was set up for children who are not interested in playing soccer and love to have the chat.



If you would like to check out some of the other activities we are involved in here in Scoil Chríost Rí, you can visit our school website <http://www.criostri.weebly.com> where we have a dedicated Active Flag section.