

DEAR (Drop Everything and Run)

Cloverfield NS, Dromkeen, Co. Limerick

About our School

Cloverfield NS is a three-teacher Catholic primary school in the parish of Killeely-Dromkeen in east Limerick. Both boys and girls receive their primary education in a friendly secure environment where they are taught all subjects of the Primary School Curriculum. There are currently 70 pupils enrolled in the eight classes from Junior Infants to Sixth Class.

Drop Everything and Run Initiative

At the end of lunch every day, pupils complete DEAR (Drop Everything and Run) by running laps around their playground areas. This takes place for the last five minutes during our lunch break in Cloverfield N.S. The ASF Committee are in charge of ensuring that the younger pupils complete their laps correctly. They are also in charge of laying out the areas for the children before the running commences. We believe the DEAR initiative is beneficial for the whole school including pupils and teachers in many ways.



Why DEAR Time?

Firstly it is beneficial for pupils as it is promoting fitness and the importance of staying active amongst the children. It is helping pupils with the fundamental movement of running also. It is important for the pupils also as it is one of the elements of the Running strand in the P.E. curriculum that pupils of all ages can run for a required distance. This activity gives the pupils a chance to try and develop this skill. The children really enjoy DEAR time and often enquire from the teachers if it is

DEAR time yet at lunch time. The pupils clearly enjoy the activity which can be seen on their faces during and after DEAR time. The teachers have noticed vast improvement in our pupils fitness levels through DEAR time. Initially some pupils were unable to jog or run for the length of the required time. However, as each day passed, these pupils have reached their target of running for the required time, which is fantastic to see.



What our Teachers Think

The teachers in our school have all stated that they have notice improvements in children's work ethic, concentration and enthusiasm in the evening classes after DEAR time. The teachers have found that the children are reenergised after it. The teachers feel that it is beneficial as it burns off any excess energy that the children may have after lunch, while also helping them to unwind and refocus on their work when they return to the classroom.

