

## Liscarroll NS, Mallow Co. Cork

Liscarroll NS is a rural school in North Cork that has grown steadily over the past 10 years. We have 14 teachers with 164 pupils on roll. We have a three classroom Autistic Unit that we have named Lios Cúram, therefore, we embrace integration and inclusion. This means that all pupils are included in all activities and being involved in the Active School Initiative is something that all our staff and pupils enjoy. We received our first Active School Flag in 2013 and we are very proud to have it flying high at the school entrance.

Our school has a front yard, a basketball court at the back and a gym hall. Over the years we have acquired a lot of gym and PE equipment. We are proud of our PE department and have a strong representation on our Active School committee both from staff and pupils alike.

### Kangoo Dance

The highlight of our PE class this year has been the dance strand, in particular the introduction of Kangoo. Infant classes do dance and 1st - 6th classes dance on the Kangoo boots.



Kangoo Jumps are a rebound shoe, originally designed for rehabilitation purposes. It takes 80% less pressure off the joints (hips, knees and ankles). It reduces the monotony of everyday exercise. The action of bouncing up and down against gravity without trauma to the musculoskeletal system is one of the most beneficial aerobic exercises ever developed:

The benefits of Kangoo:

- It protects the joints from the chronic fatigue delivered by exercising on hard surfaces.
- It helps manage body composition and improves muscle-to-fat ratio
- It increases capacity for respiration.
- It strengthens the heart and other muscles in the body so that they work more efficiently.
- It allows the resting heart to beat less often.
- It helps fight against childhood obesity
- It makes exercise fun.

*'As a 5th & 6th class teacher, I have found that every child, boy or girl, sporty or non-sporty, mainstream or special needs have all taken to the Kangoo. There has been 100% participation. Brilliant!'* (Margaret Mullane, 5th & 6th class teacher)

*'Kangoo is my favourite PE class. I can't wait for Fridays. It's the best fun.'*  
(Becky, 2nd class pupil)

### **Assembly Aerobics**

We have Assembly every Thursday morning at 9am and we finish Assembly with a 10 minute aerobic session. All the pupils love this and it puts everyone in good form for the day. One of our teachers leads this aerobic session. Inspectors, parents and visitors to our school have commented on this activity and have said that it is a wonderful idea. Sometimes some of our older pupils help lead the session.



### **Wake Up Shake Up**

We regularly engage in classroom movement breaks and dance videos especially on wet days when the children don't get out in the fresh air. The pupils also love these Wake Up Shake Up breaks. All classes do this at the time that suits them best.



This is just a sample of the PE activities we undertake in our school

Check us out on [www.liscarrollns.org](http://www.liscarrollns.org)