



### About our School

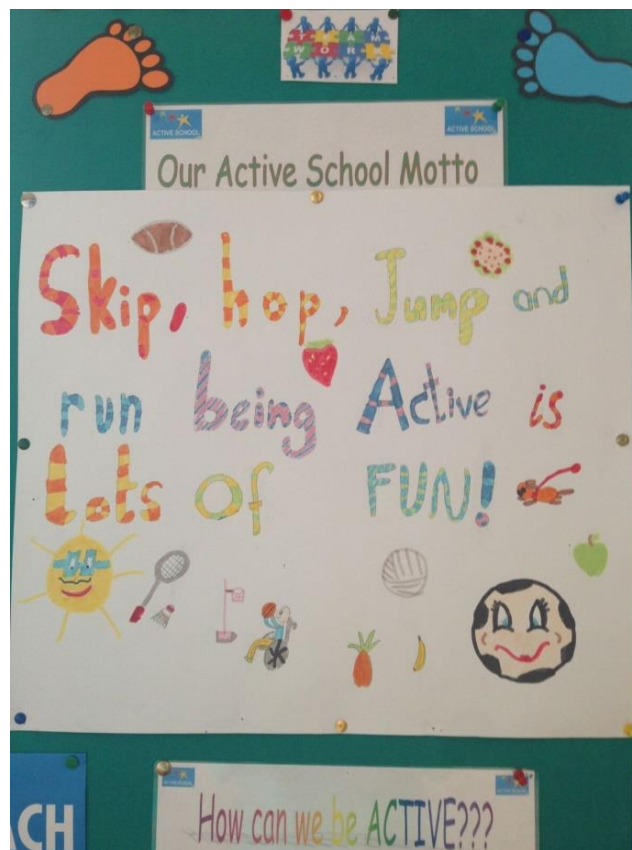
St. Brigid's Girls' National School is located in Killester, Dublin 5. It is a girls' school with 427 pupils, 21 teachers and 2 classes of every standard.

In January 2015 we decided to get involved in the Active School Flag (ASF) programme. We have been working very hard over the past year to get all our girls, teachers and the wider school community involved and active.

We have an ASF committee made up of 22 members. Mrs. Howard and Ms. Thompson are ASF co-ordinators and every class from 1<sup>st</sup> - 6<sup>th</sup> has one committee member and Junior and Senior Infants have two committee members.

### Our ASF Slogan

Our ASF slogan is "Skip, hop, jump and run.....being active is lots of fun".



## Our Marathon Running Programmes

We recently introduced a Marathon running initiative in our school.



### Recording our Laps

The 5<sup>th</sup> and 6<sup>th</sup> class ASF girls measured the perimeter of our Junior and Senior yards and we created a grid to encourage the classes to run laps of the yards and mark them off as they completed them.

**Our Mini Marathon 10km** 

**Senior Yard**

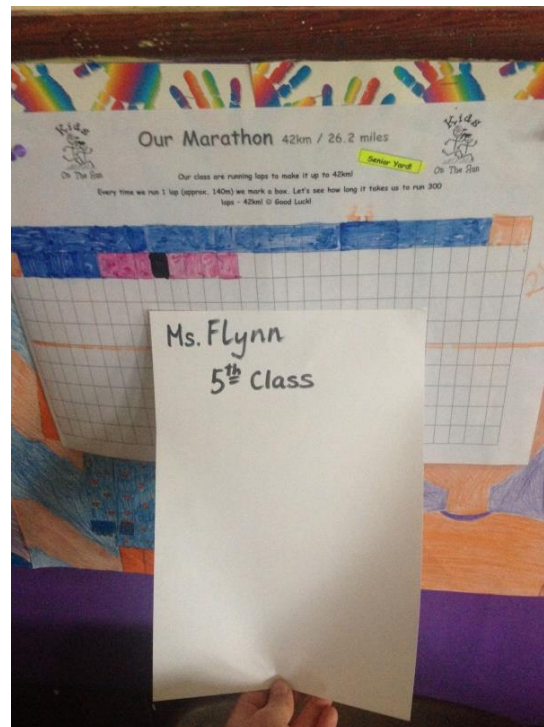
Our class are running laps to make it up to 10,000 metres! On The 100

Every time we run 1 lap (approx. 340m) we mark a box. Let's see how long it takes us to run 72 laps - 10km is done! Lucky!



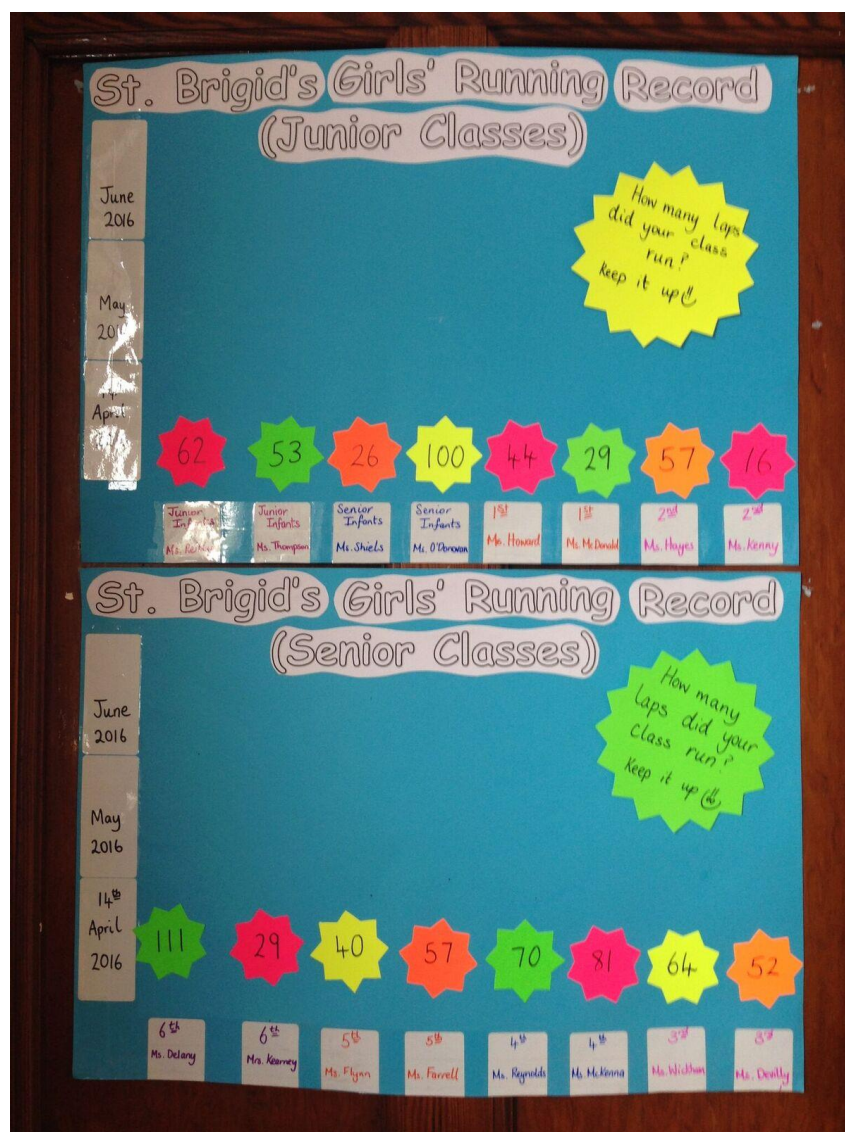

## Marathon Distances

We are aiming for the junior classes to complete a mini marathon (10km) and the senior classes to aim for a half marathon or a full marathon by the end of this school year. Every class in the school is taking part and all the girls love it and are very enthusiastic. Some classes have reached 10km already.



## Charting our Progress

A chart displaying how many laps ran by each class is displayed close to the ASF notice board.



## Other ASF Activities

We have introduced many new active initiatives in our school over the past year including Drop Everything and Dance (songs we like - The Gummy Bear Song, Shimmie Shake, Cha Cha Slide, Uptown Funk and Happy), Active Minutes (classes who line up quickly when the bell rings at yard times get an 'triangle', they build them up and get extra active minutes). We held our first Active School Week (ASW) last May and it was a great success. We are really looking forward to our ASW this year which will be taking place during National Active Week (Mon 25<sup>th</sup> - Fri 29<sup>th</sup> April 2016). We have loads of activities planned

including; Wake Up! Shake Up!, Active Picnic, Skipathon, Jersey Dance, Dodge-Ball game ASF committee V's teachers, extra workshops for Frisbee, Tennis, Cricket, Tug of War and Dancing.