

## OPERATION FITNESS STATION (Junior Entrepreneur Programme)

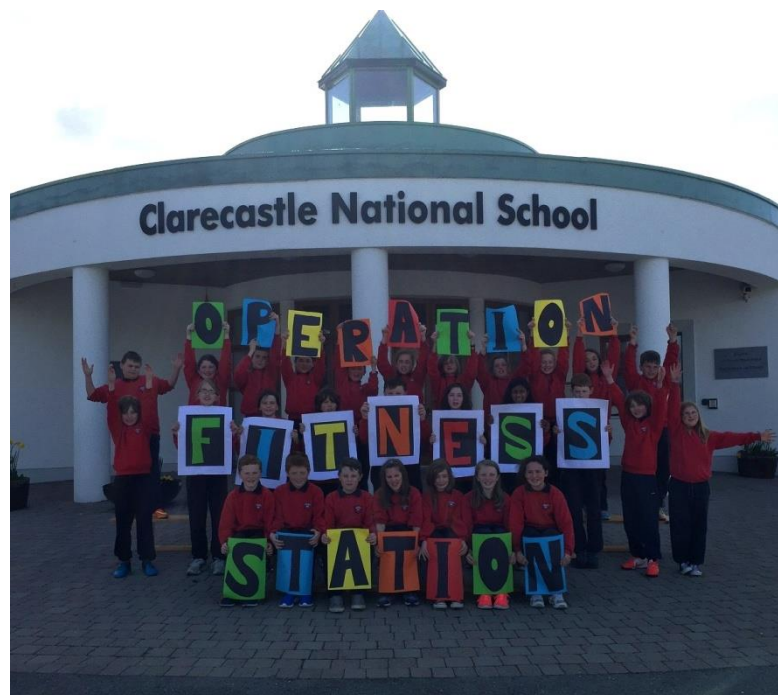
### About our School

Clarecastle National School is located in the village of Clarecastle in Co. Clare. We have 380 pupils in our school and received our Active Flag in June 2015. Promoting health and well-being forms a central part of the education given to the children in our school and this culminates each June with a great Active Schools Week which sees the children involved in Zumba, Yoga, Tennis and Orienteering in local woods, to mention just a few things. Last year the children also began the 'Walk a Mile with a Smile' initiative which saw each class walk/run a mile every day followed by some simple exercises to further encourage and promote fitness.

### OPERATION FITNESS STATION

The children in 5th class participated in the **Junior Entrepreneur Programme** which is an initiative where children set up and run their own business. Following the increased promotion of fitness in the school the children came up with the idea of a fitness DVD *for kids....by kids* and so OPERATION FITNESS STATION was born!

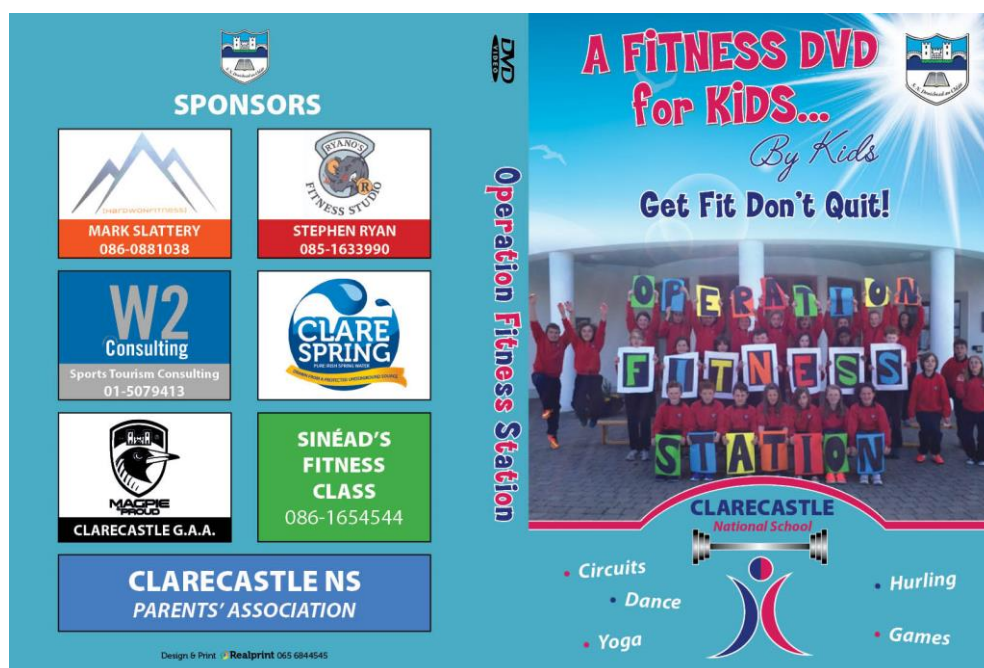
The final product is a fitness DVD (1 hour 45 mins) jam packed with fun activities that help children get active in an enjoyable way. It features seven sections - cardio, dance, strengthening circuit, hurling (primarily fundamental movement skills promoted through hurling games), yoga and a fun and games section as well as two cool down routines.



The DVD is presented by the children and, as such, there is nothing like it currently on the market. It is set to a great soundtrack and is very visually attractive to children. Professionals in the various fields oversaw the filming and advised on the activities so the activities included are relevant and accurate.

All the activities are broken down and demonstrated. Some of the activities are designed to be done with the DVD itself eg. yoga and dance while others should be watched and then the activities tried outside. It's full of ideas for teachers, parents facing holidays and weekends with children to occupy (but who are interested in promoting active lifestyles for their children) or anyone working with children. However as it is so clearly demonstrated and easy to follow it's great for children, from 1st class up, to use themselves also.

Finally the DVD also contains video messages from local and national sports personalities eg. Keith Wood, Andy Lee etc promoting healthy lifestyles and the importance of exercise etc.



We sold this DVD last year but we were still receiving regular enquiries and as such we decided that we would produce another batch of DVDs. If you would like to get an idea of the content check out the trailer at [http://youtu.be/H-aCj2\\_5Pmo](http://youtu.be/H-aCj2_5Pmo)

Please bear in mind that the resolution quality in the trailer had to be reduced in order for it to upload. The actual DVD is in a higher resolution but the trailer will give you an idea of the content. If you would like further information please do not hesitate to contact me, Hilary Parkinson, on (087) 6997574 or at Clarecastle NS (065) 6828274.

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