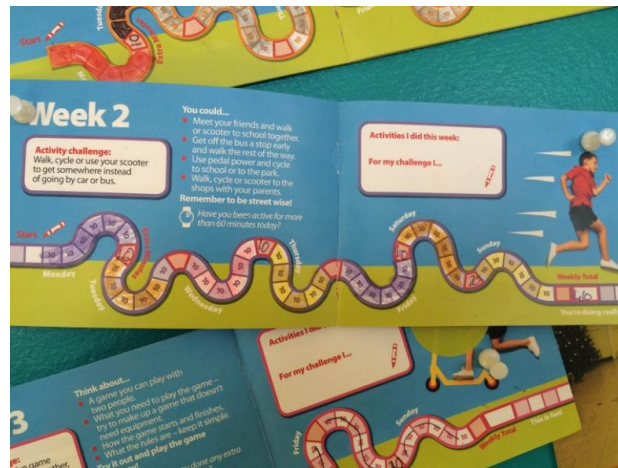


Running Around IRELAND – St Finian’s NS, Clonalvy, Co. Meath

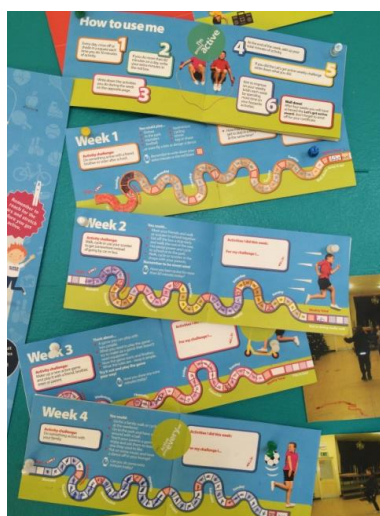


Let's Get Active Physical Activity Pocket Planner (Irish Heart Foundation)

All pupils from 3rd-6th class in St. Finian's N.S. received an Irish Heart Foundation **Physical Activity Pocket Planner** in February. As it is recommended that every child should do sixty minutes of exercise every day the Pocket Planner was very useful to keep track of exactly how active we were.

We found it very easy to use as it had broken down the hour per day in to six blocks of ten minutes. If we did more than sixty minutes there was a box where we could write in the extra minutes we did. It was easy keep count of our ten minute blocks as our break time every day was ten minutes and lunchtime twenty minutes. When we went home we usually just had another thirty minutes to do.

We defined exercise as any activity we enjoyed doing, that raised our heartbeat. Exercises we did after school included playing football, jogging, cycling, jumping on a trampoline, swimming, soccer, kickboxing and dancing.



Our Pocket Planner Display

Drop Everything and RUN Programme (DEAR Time)

We had started a Drop Everything and Run program before Christmas on days where weather permitted. We decided to re-invent the DEAR program in February to coincide with our 10mins on the Pocket Planner. We found the first day of our 10mins running very difficult and it was hard to keep going. In order to maintain interest in the 10mins running, we measured the tarmac perimeter and it was 93m, later we measured the pitch perimeter and it was 164m. We find it's very good to do the running as a group as we support and encourage one another and it's good to have a common group target.



Running Around IRELAND

We decided to see how far we could collectively travel as a group. We also decided to incorporate a little geography in to our running and in pairs we selected ten towns we would aim to run to as a group. Our towns included Dundalk, Naas, Cork, Newcastle West and even as far away as Dingle. We used Google maps to see how far away from Clonalvy each town is.



Our Progress

So far we have run as far as Dundalk, Longford, Athlone and Naas!



Happy pupils receiving their 'Let's Get Active Award' certificates from the Irish Heart Foundation

This article was written by the pupils of 4th, 5th and 6th class of St Finian's NS.