

Screen NS – Screenathon



ABOUT the School

Screen NS is located in Screen, Enniscorthy, Co. Wexford. It is a 7 teacher school with 6 new classrooms, a fully stocked library, medium sized PE hall, playground climbing frame with slide, basketball court, large tarmac play area and new walking track (lap is 210 metres).

Our Running Track

We built a walking track/pathway that leads to a track that loops around our playing field. It is a tarmac surface and was funded in the main by the Parents' Council and helped out by the use of school funds. It was built to celebrate achieving the Active School Flag and to further promote healthy living in our school.

Every morning children go for a walk around in the morning when they arrive at school. Parents and younger children who are on the school run are welcome to come in and walk also. This is very popular and we have many parents enjoying a morning walk! The walkway is also used at break times by children who don't want to play games.

Along the walkway is a bank we recently planted with a variety of shrubs. The Parents' Council funded this. There is a plant for each family in the school, and the children monitor the growth progress as they walk!



About the SCREENATHON

Our latest project is our Marathon Training Club. This runs every Monday, Wednesday and Friday before school from 8.40 to 9.10. We had a competition in school to name the club and the winning entry was SCREENATHON.

We currently have 50 children and 4 staff in our running club. We meet 3 mornings per week and walk/run 2 laps. Everyone does their stretches while on the move and the cool down exercises are led by Ms. Dempsey.

When school starts at 9.20am the members of our running club write down the number of laps they completed, walking or jogging, on the class record sheet which is on the classroom doors.



In 10 weeks' time we hope to complete a team marathon in school: 197 laps of our track!

Screen NS Walking/Jogging Record 2016	
Number of Laps	Distance
1 Lap	209.65 Metres
5 Laps	1048.25 Metres
10 Laps	2096.50 Metres
15 Laps	3144.75 Metres
20 Laps	4193.00 Metres
24 Laps	5031.60 Metres
25 Laps	5241.25 Metres
197 Laps	41.195 Km (Marathon)

Wake Up – Shake Up

To make sure that everyone gets some exercise in the mornings, we have a 10 minute aerobic session in the yard as the bell rings. This way everyone down to Junior Infants can get involved. 6th class lead this session with the help of Ms. Kent. Our school loves keeping fit in the morning!



Cross-Curricular Links

START	How much water should you drink a day?	Hop one leg for 15 seconds.	Do 15 Lunges.	Run on the spot for 10 seconds.	How much fruit/veg should you eat a day?	Do 5 Star jumps.
FINISH	MARATHON MASTER				Do 5 Squats.	
Try not to blink for 5 seconds.					Do 10 mountain Climbers.	
What vegetable can you not count as your 5 a day?	Do 5 Press-ups.	Punch the air for 10 seconds.	What vitamins in oranges?	Hold your leg for 10 seconds.	Why is milk good for you?	
Do Ladder Climbers for 20 seconds.	Put your hands on the ground then jump up. Do 10.	Do 5 in and outs.	Stand on your tip toes for 10 seconds.			
Do 5 over the gates then swap.						
Do 5 Scoops.						
What should you always do after exercise?					How long is a Marathon?	
Touch your toes 5 times.	Do 10 Heel Flicks on the spot.	Do 10 high knees on the spot.				

One of the 6th class pupils designed a board game based on the school marathon training programme thus highlighting the cross-curricular approach that Screen NS takes to the promotion of physical activity

[Link to School Website](#)

Check us out on our school blog: www.screenns.scoilnet.ie

We also update our community via Twitter (@screenturtles) and via our Facebook page.

Our new website is launching at the end of February and will have a dedicated Active School section.