

#SKIFFIT

PRIMARY SCHOOLS PROGRAMME



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OCTOBER 8th - 14th	FIT LITE	1 min run 1 min walk X5 10 MINS	ACTIVE GAMES RELAYS	2 min run 1 min walk X 4 12 MINS	LUNGHTIME FUN TAG	 Cycle or Swim Saturday!!	FAMILY TIME
OCTOBER 15th - 21st	FIT LITE	2.5 mins run 1 min walk X 4 14 MINS	ACTIVE GAMES OBSTACLE COURSE	3 min run 2 min walk X3 15 MINS	LUNGHTIME FUN FLUSH THE TOILET		FAMILY TIME
OCTOBER 22nd - 28th	FIT LITE	3 min run 1 min walk X 4 16 MINS	ACTIVE GAMES BALL SKILLS	3 min run 1 min walk X 4 16 MINS	LUNGHTIME FUN BULL RUSH		FAMILY TIME
HALLOWEEN 29th - 4th	SKIPPING 5 min: Double-Leg Jumps 2 min: Single-Leg Jumps	Run around the house or nearby park running and walking for 15 mins ----- Challenge your parent to 3 sprints 18 MINS		Run around the house or nearby park running and walking for 15 mins ----- 4 sprints with a friend or neighbour 19 MINS	SKIPPING 5 min: Double-Leg Jumps 2 min: Single-Leg Jumps		FAMILY TIME
NOVEMBER 5th - 11th	FIT LITE	walk / jog with friends for 20 mins 20 MINS	ACTIVE GAMES RELAYS	4 mins run 1 min walk X 4 Sprint X 3 22 MINS	LUNGHTIME FUN MIXED TEAMS SOCCER		FAMILY TIME
NOVEMBER 12th - 18th	FIT LITE	5 mins run 1 min walk X 4 24 MINS	ACTIVE GAMES OBSTACLE COURSE	walk / jog with friends for 20 mins 20 MINS	LUNGHTIME FUN TAIL TAG		REST DAY Well Done Relax before Race day

In association with Gowran AC. This is a guide to get children active, every child is different. For more information on Gowran AC & Young Ireland's fundraising race go to www.stook10.ie



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This year STOOK is going GREEN we are taking steps to make our event more environmentally friendly & we're going to need EVERYONE'S help along the way.

In school you can make a difference by reusing drink bottles to cut down on plastic waste and turning off taps once little hands are washed.

#GREENSTOOK