**Boot Camp Report**

**After the success of Boot Camp last year, and after numerous requests from parents and children, Boot Camp returned to St.Joseph’s N.S. for 6 weeks this year. This initiative is thoroughly enjoyed by all children, where it gives them an opportunity to exercise in a fun, friendly and safe environment. It is also hoped that they may even find a sport which they have not played before and join a club in the locality and pursue an interest in the sport.**

**This year Boot Camp ran every Tuesday for 6 weeks and it comprised many games which were played last year, and also many new games and activities. Each Boot Camp session lasted 1 hour 15 minutes and it was open to all children from 1st class right up to 6th class.**

**The activities included: Gaelic Football, Olympic Handball, Soccer, Tag Rugby, Tag Games, Athletics, Races, Team Games, Tug of War, Hurling, Golden Mile, Gymnastics, Dance, Zumba, Boot-Camp, Unihoc, Basketball, Target Throws, Volleyball, Rounders, Céilí dancing and more!**

**The school would like to thank each teacher who helped out in every way. We understand it is not easy to give up your time and it is very much appreciated by all parents and children. We cannot forget to mention our Active Schools Committee, who work tirelessly every week to ensure that all games and activities are enjoyed by all the children. Without their hard work in organising the stations and groups, it would not be possible to run such an event in our school each year.**

**Here is a sample schedule for our activities this year as organised by our Active School Committee.**

**Each week, the groups changed the set of activities they competed in.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **3.15-3.35** | **3.35-3.55** | **3.55-4.15** |
| **Group 1** | Boot Camp | Dodgeball | Dance |
| **Group 2** | Dance | Boot Camp | Dodgeball |
| **Group 3** | Dodgeball | Dance | Boot Camp |
| **Group 4** | Basketball | Soccer | Unihoc |
| **Group 5** | Unihoc | Basketball | Soccer |
| **Group 6** | Soccer | Unihoc | Basketball |
| **Group 7** | Touch Rugby | Golden Mile | Olympic Handball |
| **Group 8** | Golden Mile | Olympic Handball | Touch Rugby |
| **Group 9** | Olympic Handball | Touch Rugby | Golden Mile |
| **Group 10** | Tag Games | Outdoor Bootcamp | Races |

**Boot Camp (Mr.Luby’s Room):** Mr.Kelly

**Dodgeball (P.E. Hall):** Ms.Hayes

**Dance (Ms.Carey’s Room):** Ms.Duggan

**Basketball (Basketball Court):** Ms.Carey

**Céilí (Ms.Hughes’ Room):** Ms.Dalton

**Soccer (5th and 6th Yard):** Ms.Donohue

**Touch Rugby (3rd and 4th Grass):** Mr.Doyle

**Golden Mile (Main Yard):** Mr.Storey

**Olympic Handball (1st and 2nd Yard):** Ms.Murphy

**Tag Games/ Outdoor Bootcamp/ Races:** Mr.Luby

**Time/ First Aid:** Ms.Joyce

Our committee even organised where each group could put their bags each day, so they wouldn’t lose anything!

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