



**St. Mark's Senior School Active Flag Diary
2015-2016**



Horse riding

Let's Move, Active Schools

Our Sports Walk 2015





8th June 2015



Santry 2015





**The Beat
on the
street is
use your
feet.**



Country

South Dublin County Council x Country Races



Our Active Diary.

**We have
Awesome
Action
Tuesday and
Thursday
Nights**



**Go Noodle for
wet days.**



**Active Rewards - Best line = extra Yard time
Can you fill the Pyramid?**

For a break from the class.

Movement Breaks!



jumping jacks - 5 times
push hands together - 5
seconds
pull hands apart - 5 seconds
wall presses - 5 times
run on the spot - 5 seconds