



We have been doing Go-Noodle in 4th class twice a week as part of our schools Active Flag programme. Go-Noodle is an online resource that is used to get students up out of their seats and moving. It uses videos with helpful instructors guiding you through all the moves as students engage in dance, sport and fitness within the classroom setting.

We spend a total of 30 minutes in our class doing Go-Noodle each week and we are really enjoying it. Every class that signs up to Go-Noodle is given an avatar that grows the more you progress through the videos. The more videos you do, the more your avatar grows. Our avatar, Tangy-Bodangy, has levelled up four times since we started Go-Noodle. We really enjoy watching

him grow as it reflects the amount of hard work we are doing with Go-Noodle.

Our favourite categories to do using Go-Noodle in this class are the guided dance and sport and fitness videos. Lately we have been doing the 'Rock it out' and 'Full speed' sport and fitness videos. We are really enjoying these as it combines the areas of dance and sport together whereby we do exercises to the rhythm of the cool rock-n-roll music being played by the band in the background.

The great thing about Go-Noodle is that it is very entertaining. Some of us even use Go-Noodle as part of our 'Awesome Actions' that we do twice a week at home. Our goal before the end of the year is to help our avatar grow to his maximum level and we know the only way to achieve this is to keep up the fun, enjoyable and rewarding work that Go-Noodle has to offer and we challenge everyone else to try and beat us in levelling up your avatar!

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