

Exercise



Benefits of Exercise

Regular exercise has lots of health benefits for children and young people, such as:

- improving fitness.
- providing an opportunity to socialise.
- increasing concentration.
- improving academic scores.
- building a stronger **heart, bones** and healthier **muscles**.
- encouraging healthy growth and development.
- improving **self-esteem**.

Examples



Resources

Here are examples of how you can keep your young person active. Encourage them to attend one of our clubs in the school

Day	Club	Year	Room	Time	Teacher
Monday	Fitness	All	Fitness Suite	Lunchtime	Mr. McQuade
Monday	Dance	S1-S3	Gym 1	Lunchtime	Miss. McHugh
Monday	Girls Open Football	S1	Astro	3.50-4.45	Miss McSherry
Tuesday	Fitness	All	Fitness Suite	Lunchtime	Mr. McQuade
Tuesday	Gymnastics	All	Gym 1	Lunchtime	Mrs Campbell
Tuesday	Table Tennis	All	Gym 2	Lunchtime	Mr. Irvine
Tuesday	Hockey	S1-S3	Astro/Gym	3.50- 4.50	Miss. McIlpatrick
Tuesday	Flag Football	All	Astro	3.50-4.50	Mr Young
Tuesday	Badminton	All	Games Hall	3.50 -4.50	Mr. McCue/ Mr. Irvine
Tuesday	Basketball	All	Games Hall	3.50 -4.50	Mr. McCue
Wednesday	Rugby	All	Astro/Grass	3.10-4.20 (unless game)	Mr. Lindsay/ Mr. Mooney
Wednesday	Netball	S3-S4	Games Hall	3.10-4.30	Miss. McHugh
Wednesday	Trampolining	S1-S3	Gym 2	3.10 – 4.10	Mr. McCue
Thursday	Breakfast Club	S1- S3	All	7.45-8.30	Mr. Irvine
Thursday	Fitness	All	Fitness Suite	Lunchtime	Mr. McQuade
Thursday	Dance	S4-S6	Gym 1	Lunchtime	Miss. McHugh
Thursday	Netball	S1/S2	Games Hall	Lunchtime	Mrs. Atkinson
Thursday	Netball	S1/S2	Games Hall	3.10 -4.30	Mrs. Atkinson
Friday	Football 5s	S1/S2	Games Hall	7.45 -8.30	Mr Johnson/ Mr. McCue
Friday	Fitness	All	Fitness Suite	Lunchtime	Mr. McQuade
Friday	Basketball	All	Games Hall	Lunchtime	Mr. McCue