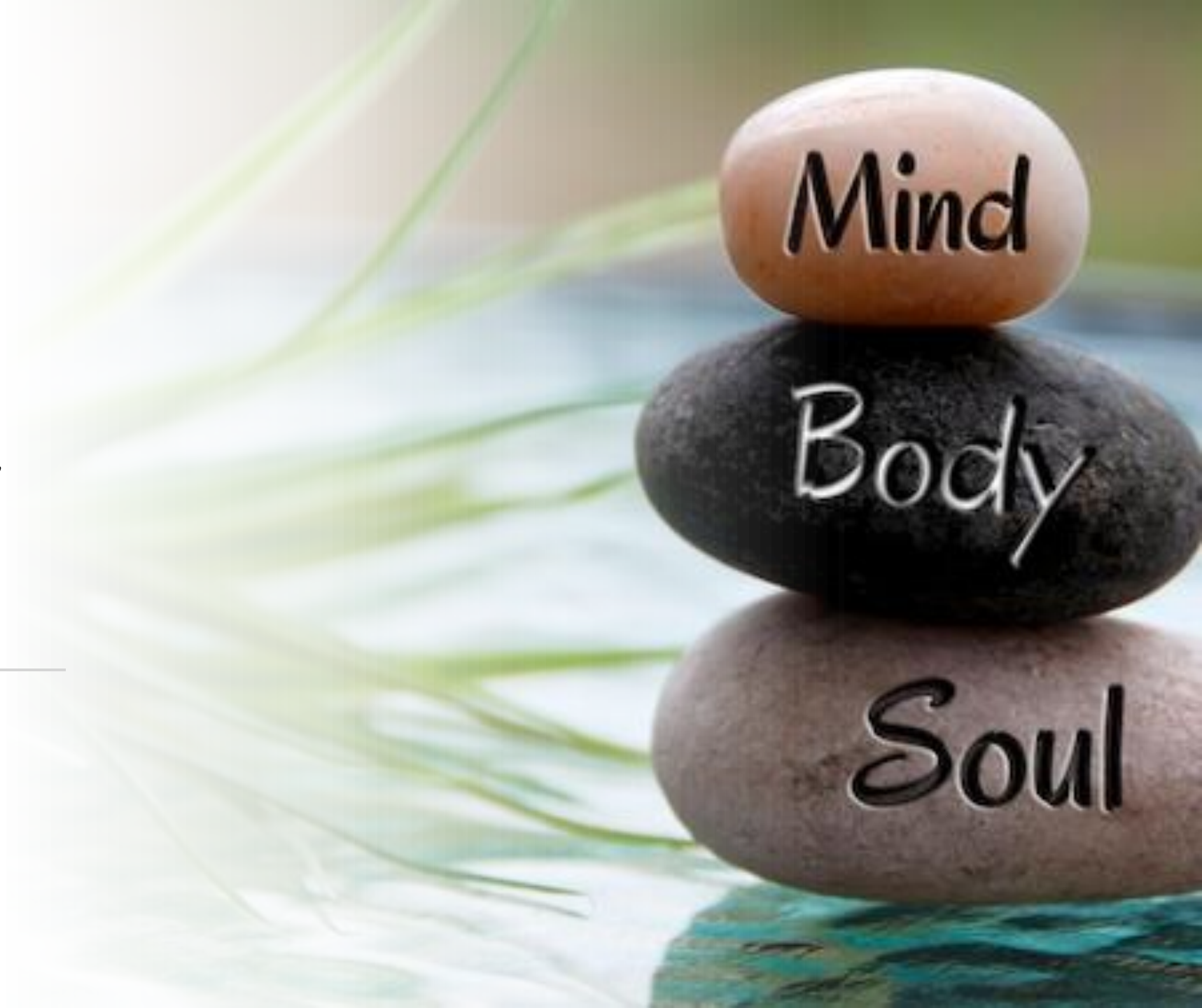




Mindful May 2023

May 2nd – 19th



May 8th – 12th

Body Week

Class based activities

Walk on Wednesday
(at the discretion of your teachers)

Webinar on teenagers participation in sports –
SPHE Class

Lunch time activities

Penalties on the PE teachers – 1.15 on the
Astroturf

Sports day & the Colour run

Tuesday May 9th

Weekly Competition – Steps Challenge

How many steps can you clock up in the week. The year group that takes the most steps gets the weekend off homework. The top 3 steppers will also win individual prizes. Send a photo of your smartwatch or a screenshot of your app to Ms. Ahearne on catherine.ahearne@blackwatercs.com and make those steps count. Be sure to include your name and year and send them daily from Monday 8th until Thursday 11th. Winners will be announced on Friday 12th.

May 8th – 12th

Body Week

Weekly Competition - Steps Challenge

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May 8th – 12th

Body Week



Participation in Sport Webinars will be shown and discussed during SPHE class



Time	Inflatables (Big Astro)	Inflatables (Small Astro)	Athletics (Pitch)	Novelty (Pitch)
8.45 – 9.25	5 th / 6 th Year/ LCA	TY	2 nd / 3 rd Year	1 st Year
9.25 – 10.05	TY	5 th & 6 th Year/ LCA	2 nd / 3 rd Year	1 st Year
10.05 – 10.45	2 nd Year	3 rd Year	1 st Year	TY / 5 th / 6 th Year/ LCA
10.45 – 11.05	Break	Break	Break	Break
11.05 – 11.45	3 rd Year	2 nd Year	1 st Year	TY / 5 th / 6 th Year/ LCA
11.45 – 1.05	1 st Year	1 st year	TY / 5 th / 6 th Year/ LCA	2 nd / 3 rd Year

1.45 – Colour run

May 8th – 12th

Body Week

Walk on Wednesday

During class some of your teachers
may bring you for a walk

**Penalties on the
PE teachers**

Thursday May 11th

**1.15 on the
Astroturf**



May 8th – 12th

Body Week