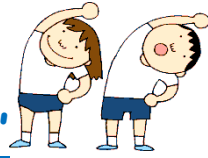


## 'Get in the groove and start to move'



Our main reason for taking part in the 'Active School's Flag' is to encourage more children to be more active more of the time.

Guidelines suggest that children should be active for up to **60 minutes** every day.

*15 mins break + 30 mins lunch break*

We encourage our pupils to hop, skip, jump, run, dance or play soccer during their break times. Do they walk or cycle to school? Skip at home? Walk the dog? Dance to their favourite music? Whatever it is, we should all **be more active, more of the time.**

We recently carried out a survey in school to see what activities the pupils take part in outside of school.

There are many reasons that children should become involved in Physical Activities. Here are just some of them:

- |                                     |  |                  |
|-------------------------------------|--|------------------|
| Increases confidence                | Builds friendships                       | Improves sleep   |
| Builds character                    | Improves Self-esteem                     | Kids have fun    |
| Improves memory                     | Develops creativity                      | Develops focus   |
| Improves mood                       | Teaches respect                          | Improves posture |
| Develops resilience                 | Reduces obesity                          | Builds strength  |
| Reduces anxiety/ stress/ depression | Improves body image                      |                  |
| Teaches life lessons                | Promotes fair play                       | Teaches teamwork |
| Develops strong bones               | Children learn about winning AND losing! |                  |

We have a list of some of the many clubs/ groups that your child could become involved in.

Community Centre Gort Phone 091-631756

- Hip Hop classes Thursdays Phone 089 2570023
- Gavin Irish Dancing Phone Marie Gavin 087 2468655
- St. Colman's basketball on Facebook
- Gort Starz Youth Group- drama/dance/musical theatre  
Contact: [starzyouthgroup@gmail.com](mailto:starzyouthgroup@gmail.com)
- Little Ninjas (5-12yrs) Jiu Jitsu (Self- defence)  
Contact: Curtis 068 8405810

Swan Leisure Centre Phone: 091 647947

- Swimming classes
- CMB Academy of Dance -Ballet classes etc.  
Contact Ciara 086 3760105

Gort Gladiators Rugby Phone: 087 9724902

Boys (U7 - U12) (U13 -) train Saturdays 10:30-11:30 @ rugby pitch

Girls (U12) train Wednesdays 7-8pm @ rugby pitch

Gort G.A.A. hurling club

Training has finished for the winter but it will be starting again in the New Year.

St. Colman's camogie club

Training for all girls will resume again in the New Year also. We will keep you informed.

Tobar Pheadair boxing club- Contact on Facebook

Coole F.C.- Soccer for boys and girls- Contact on Facebook