

# Coláiste Pobail Setanta

**Activity/Club:** Fitness club

## **Details of meetings/training times:**

Tuesday mornings for one hour.

## **Activities engaged in this year:**

The fitness club continued apace this year after last years success. The club was created based on research stating that students are often best able to utilise study time having just taken part in exercise. The time was changed to Tuesday mornings prior to school and was very successful.

## **Range of student involvement:**

20 students signed up to the club which was opened exclusively to 3<sup>rd</sup> year students. They were given programmes which were developed over the weeks and allowed them the freedom to create their own fitness plans and develop at their own pace.

## **Resource development:**

The gym was equipped with resistance machines, cardio machines, free weights and an abdominal area. Each students program was designed to utilise these for a certain amount of time.

Training charts and exercise charts were also placed in the gym for students to try out new exercises to keep their programmes fresh and challenging,

## **Future planning:**

The club was a huge success and will be run again for 3<sup>rd</sup> years from October next year with the hope of incorporating another staff member to maintain regularity of the club and avoid potential clashes with sports.

The area of fitness and further development will also be incorporated to increase students learning. The club will be aimed primarily at those who do not take part in any other extra-curricular activity

The club will be extended next year to include 6<sup>th</sup> year students also and it is hoped that with the extra staff available we may be able to offer it in 2 sessions a week. We will also keep the club to the mornings as it ties in very well with the research showing the benefits of physical activity in the morning to concentration levels throughout the day.

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