

Active Week

This week we are assigning active homework for all our students from Junior Infants to 6th Class.

Mammies, daddies, grannies, grandads, brothers, sisters, dogs and cats can join in too!!

So let's get moving!! Walk, scoot, run or cycle with your family. How many kilometres will you cover this week?

Look at the bingo card below and pick out some fun activities, at least two activities each day. Remember to take lots of pictures and send them to ballylinan1@yahoo.ie. At the end of the week we will share your photos on our school website in our 'Activity Hall of Fame'.

"THINK positively, EXERCISE daily, EAT healthy, WORK hard,

STAY strong, WORRY less, DANCE more....

BE HAPPY and most importantly HAVE FUN!

On your marks, get set, go!

Below you will find a bingo card with suggested activities and an activity record sheet. You can print these off or create your own. As activities are completed, fill out your bingo card and your activity record sheet. In addition we have included a list of instructions and fun videos to help you get started! You can send a picture of your activity card to your teacher at the end of the week.

Active Week Bingo Card

Challenges	<p>10-1 Circuit</p> 	<p>Alphabet Scavenger Hunt</p> 	<p>Cereal Box Challenge</p> 	<p>30 Second Challenge</p> 	<p>Welly Boot Toss</p> 	<p>Skipathon</p> 
Indoor Fun	<p>Hit it to win it!</p> 	<p>Tails</p> 	<p>Water Bottle Bowling</p> 	<p>Chair Goals</p> 	<p>Teddy Bear Challenge</p> 	<p>Find the Spoon</p> 
Family Fun	<p>Wake Up, Shake Up!</p> 	<p>Housework Surprise</p> 	<p>Obstacle Course</p> 	<p>Sports Day at Home</p> 	<p>Water Fun</p> 	<p>Gaeilge sa Ghairdín</p> 
Skills	<p>Basketball</p> 	<p>Hurling and Football</p> 	<p>Soccer</p> 	<p>Rugby</p> 	<p>Gymnastics</p> 	<p>Water Safety</p> 
Online Action	<p>PE with Joe Wicks</p> 	<p>The Movement with Andy Moran</p> 	<p>Just Dance</p> 	<p>Operation Transformation</p> 	<p>Katie Taylor Circuits</p> 	<p>Yoga</p> 

My Activity Record Sheet

Name: _____

	Activity 1	Activity 2	Activity 3	Favourite? 😊
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

What was your overall favourite activity and why? _____

Instructions and Online Links for Suggested Activities

Challenges	10-1 Circuit Challenge	Alphabet Scavenger Hunt	Cereal Box Challenge	30 Seconds Challenge	Welly Boot Toss	Skipathon	
	Complete 10 x Jumping Jacks 9 x Squats 8 x Lunges 7 x Push ups 6 x Bunny hops 5 x Leg raises 4 x Sit ups 3 x Frog jumps 2 x Cartwheels 1 x Burpee	1. Find an item beginning with each letter of the alphabet. 2. Bring all items back to the start point.	<i>You will need: an empty cereal box</i>	<i>You will need: a ball, balloon, toilet roll or rolled up socks</i>	<i>You will need: a welly boot, markers</i>	<i>You will need: a skipping rope or a dressing gown belt</i>	
			1. Place cereal box on the floor. 2. Pick up cereal box using your mouth. 3. Nothing but your feet can touch the floor. 4. Tear a piece off the top of the box each time and repeat the challenge.	1. Count how many keepy-uppies you can do in 30 seconds.	1. Make sure you have lots of space 2. Stand at starting line and throe welly as far as you can. 3. Place a marker beside where welly landed. 4. The longest throw wins.	1. How many skips in a row can you o without stopping? 2. Can you skip 5 times on your right foot, then 5 times on your left foot? 3. Can you skip with high knees? One foot then the other? 4. Can you skip backwards?	
	How many circuits can you complete?	<i>How quickly can you find the alphabet?</i>	<i>How low can you go?</i>	<i>Whats your personal best?</i>	<i>How far can you throw your welly?</i>		
	Now have a go at making up your own 10-1 circuit.			<i>Why not complete against members of your family?</i>			



Indoor Fun

Hit it win to it!

You will need: household items, a ball or rolled up socks.

1. Place household items out at varying distances.
2. Begin behind a designated line and roll, throw or kick your ball to hit one of your items.
3. When you hit an item you can collect it.
4. The person with the most items wins!

How quickly can you collect all the items?

Tails

You will need: a pair of socks for each player

1. Each player tucks the socks into the back of their trousers to make two tails.
2. Players must try to take a sock from their opponents.
3. The winner is the person with the most socks.

Water Bottle Bowling

You will need: plastic bottles and a soft ball/pair of socks

1. Use empty bottle as skittles and set them up aprox. 5metres away.
2. Use ball/socks rolled into a ball and try to hit as many skittles as possible..

How many throws will it take you to knock all the bottles?

Chair Goals

You will need: 1 chairs, a ball/rolled up pair of socks. You can play by yourself or compete against a family member.

1. Set chair up at least 10ft away.
2. Standing behind designated line take it in turn to kick ball/socks to make it go through the the legs of the chair.

How many 'chair goals' can you score out of 10 shots?

Teddy Bear Fun

You will need: 5/6 teddy bears

1. [Follow Link](#) for instructions.
2. Activities include jumping, hopping, frog jumps, side jumps, half turn jumps, slalom runs, push up walks, scorpion walks, duck walk and throwing and catching.

How many times can you throw and catch your teddy without dropping it?

Find the Spoon

You will need: a spoon, two or more players

1. One person hides the spoon.
2. The other players try to find it.

Who can find the spoon in the quickest time?

Wake Up, Shake Up!

Wake yourself up by dancing to your favourite song!

1. Put on your favourite music and dance, dance, dance!
2. Make up a dance together!

Give Musical Statues, Musical Cushions, Musical Bumps or [Newspaper Dance](#) a go!

Housework Surprise

Roll up your sleeves and get busy. Hoovering, mopping, gardening, tidying.....the list goes on and on!

Obstacle Course

Work as a team and create your very own family obstacle course.

1. Grab things from around the house.
2. Run around toys, hop over a bucket, crawl under a chair, slide down a slide, throw a ball into a basket etc.
3. Or perhaps you would like to draw a chalk obstacle course. The possibilities are endless!

How fast can you complete the obstacle course?

Why not try a blindfold obstacle course?

Sports Day at Home

Set up a family sports day.

You may need: spoons, eggs/potatoes, black bags, socks, laundry basket, sweeping brush etc.

Activities could include:

1. Egg and Spoon Race
2. Sack Race
3. Sweeping Brush Limbo
4. Backwards race
5. Penguin Race
6. Laundry basket target-throw pairs of socks into laundry basket-how many point can you score?

Soaky Sponges

Let's hope the sun shines and what better way to cool down than with a water game?

You will need: 1 bucket/basin, 1 pot/bowl per player, 1 sponge/washcloth per player and water

1. Fill one bucket/basin with water and place the others at least 7m away.
2. One player- How long will it take you to fill your cup/bowl?
3. More than one player- race-who can fill their cup/bowl first?

Time how long it takes to fill the you cup. Can you beat that time?

Cluichí sa Ghairdín

Perhaps you might like to encourage your child to practise their Gaeilge while completing different activities..

“Is fearr Gaeilge briste ná Béarla cliste”

“Better to have broken Irish than clever English.”

1. Maith thú! -Good on you
2. Liomsa, liomsa! -To me, to me!
3. Ciseán/Cúl/Cic/Cluiche iontach! Great basket/goal/kick/game!
4. Ar aghaigh leat!- On you go!
5. Brostaigh ort!- Hurry up!
6. Mí-ádh!-Hard luck!
7. Seo duit an liathróid- Here is the ball.
8. Tabhair dom an liathróid-Give me the ball.

Skills-	Basketball	Football/Hurling	Soccer	Rugby	Gymnastics	Water Safety
	Practise your basketball skills. Here's some Basketball Ireland Skills at Home Online Tutorials to get you started	GAA Skills Challenge Watch the above video then practise your hurling and football skills.	Practise your soccer skills. Here's some FAI Grassroots online tutorials to get you started.	Practise your rugby skills Aviva Mini's Rugby Skills at Home Online Tutorials will get you going.	Follow Gymnastics Ireland Club Takeovers for some inspiration.	Chat to your child about safety near water. Here is a helpful website.
	Ball Handling	Can you complete the 200 Touch Challenge?	Dribbling	Throw and Tag	Carrigaline Takeover	Teach PAWS
	Dribbling	Hurling and Football 200 Touch Challenge	Passing	Kick Tennis	Leaps and Jumps Takeover	
	Shooting		Shooting	Pass the Bucket	Athlone Takeover	
				Hot Potato	Now create your own gymnastics routine!	
				The Gauntlet		

Online Action	PE with Joe Wicks	The Movement with Andy Moran	Just Dance	Operation Transformation	Katie Taylor	Yoga
	Follow Joe Wicks for a workout!	Follow Mayo Footballer Andy Moran and his team for a family friendly workout.	Choose a song to dance your heart out to for as long or as little as you like!	Workout with Operation Transformation's 10 @10	Try Katie Taylor's boxing workout for children. Repeat 3 times!	Wind down with some gentle stretching!
	PE with Joe Wicks Link	Andy Moran Workout Link	Just Dance Link	10@10	Katie Taylor Workout Link	Cosmic Kids Yoga Link

Don't forget to send your activity week photographs to ballylinan1@yahoo.ie to be displayed on our school website.

