



# Scoil Íosa's Active Home Week 2020



27<sup>th</sup> April 2020 – May 1<sup>st</sup> 2020

Let's Have Fun !!! 

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total Time
<p><b>Monday</b> 27<sup>th</sup> April</p>	<p>1) Turn on the song <i>Shotgun</i> by George Ezra. 2) Start running on the spot 3) Every time you hear the word shotgun do a Jumping Jack! <i>*Remember when you are not doing a jumping Jack you are running on the spot!</i></p>	<p>Walk a mile with a smile. Don't forget to get the whole family involved. Let's try this week and aim for as close to 10,000 steps a day as possible if we can.</p> 	<p>1) Stand on your left leg and hop 10 times. 2) Stand on your right leg and hop 10 times. Do this 3 times. Next complete 10 jumping jacks, take a 30 second rest and complete 2 more times.</p>	<p>Circuit Training with Katie Taylor. Check out Scoil Iosa's Twitter page on Monday for Katie Taylor's Circuit Training for kids. <a href="https://twitter.com/Scoiliosa1">https://twitter.com/Scoiliosa1</a></p> <p>Or Create your own obstacle course indoors or outdoors!</p>	<p>Children need at least 60 minutes of physical activity everyday according to the WHO.</p>
<p><b>Tuesday</b> 28<sup>th</sup> April</p>	<p><b>Wheelie Bin Challenge:</b> 1) Place your wheelie bin in a safe position. Open the lid of the bin. 2) Take 10 steps back from the wheelie bin 3) Kick or throw a football into the wheelie bin without it bouncing. Good luck ;)!!</p>	<p>The Infants love Can't stop the feeling by Justin Timberlake search gonoodle on YouTube and follow the dance moves! Dance like no one is watching</p> 	<p>Complete Joe Wicks Kids Workout <a href="https://www.youtube.com/watch?v=d3LPrhIOv-w">https://www.youtube.com/watch?v=d3LPrhIOv-w</a></p>	<p>Walk a mile with a smile. Don't forget to get the family involved </p>	<p>60 minutes</p>

<p><b>Wednesday</b> <b>29<sup>th</sup> April</b></p>	<p><b><u>Homemade - Air Hockey</u></b> On a wooden floor, get two towels and roll them longways. Use them as the edges. Use a small plastic lid as the puck (pringles lid, hair wax lid, etc.), and use two larger lids as the sticks (DVD cases, tupperware lids, etc.) Have fun! *See picture below of Mrs. Enright playing at home!!</p>	<p>Just Dance on YouTube - <b><i>Old Town Road</i></b> or choose a song of your choice. Just Dance has lots of fun songs to choose from. <a href="https://www.youtube.com/user/justdancegame">https://www.youtube.com/user/justdancegame</a></p>	<p>Walk a mile with a smile. </p>	<p>Complete the following circuit three times. 1)10 Jumping Jacks 2)Jog on the spot for 20 seconds 3)10 Reacher uppers: Jump in the air and touch the ground 4)10 squats 5)Throw and catch a ball above your head 10 times.</p>	<p>60 Minutes</p>
<p><b>Thursday</b> <b>30<sup>th</sup> April</b></p>	<p>Walk a mile with a smile. </p>	<p><b><u>Challenge your teacher!</u></b> Complete a challenge of your choice, send it to your teacher and challenge her to try it at home too.</p>	<p>Drop everything and dance. Create your own fun dance and remember to move around lots.</p>	<p><b>Noughts and crosses</b>  <small>©2014 K12</small> What you need: 2 players min, three black socks, three white socks and nine markers. How to play: • Place the markers to create a 3x3 grid (9 boxes). • One player uses the white socks, the other the black socks. • Players begin 6m - 8m away from the grid. They take one sock at a time and place it somewhere on the grid. Then run back to collect another sock and repeat. • If all three socks have been used players can move a sock that has been placed out but must run back to the start in between each move. • The winner is the first to have three socks in a row. Make your decision as you are running.</p> <p>*See poster below</p>	<p>60 Minutes</p>
<p><b>Friday 1<sup>st</sup> May</b></p>	<p>Free Friday- Today we would like to see you complete your own activities. Ride your bike, Scoot on your scooter, Kick a ball around, Jump on your trampoline! Whatever you</p>	<p>Don't forget to log each activity on your challenge sheet and share your videos or photos with your teacher.</p>	<p>Let's all try and aim for 60 minutes of activity today and don't forget to dance like no one is watching!!!</p>	<p>Walk a mile with a smile. </p>	<p>60 Minutes</p>

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**Remember!!! The main thing is to have fun boys and girls**

# Noughts and crosses



Get Set 4 PE.

**What you need:** 2 players min, three black socks, three white socks and nine markers.

## How to play:

- Place the markers to create a 3x3 grid (9 boxes).
- One player uses the white socks, the other the black socks.
- Players begin 6m – 8m away from the grid. They take one sock at a time and place it somewhere on the grid. Then run back to collect another sock and repeat.
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**Make your decision as you are running.**

