



Scoil Iosa Sports Week

Monday

Tuesday

Wednesday

Thursday

Friday

Let's exercise!

Video:
Exercise song and dance for younger kids.

Video:
PE with Joe Wicks at 9am

Challenge:
Make an obstacle course in your garden. Time yourself. Can you get faster the second or third time you do it? How fast can your mum or dad do it?



Dance

Make up a dance to your favourite song or just dance along to music.

5 Senses Scavenger Hunt
Time yourself and see how fast you can find everything.

Something smooth 	Something rough 	Something that makes a noise
Something round 	Something yellow 	Something that came from a plant
Something that has a smell 	Something long 	Something man-made
Something soft 	Something you can eat 	Something red

Video:
Indoor Fitness Scavenger Hunt

Virtual Sports Day

- Traffic Lights (video)
- Rock Scissors Paper (video)
- Egg and Spoon Race (Use a hard boiled egg to do a lap of the yard or garden without dropping it. (video)

4. Sack Race
Use a black bin bag or sack to race your family (video)

5. Knock em down Pinball (video)

6. Bowling using half empty water bottles. (video)

7. Wheelbarrow race (video)



Invent your own Joe Wick's workout

Use 4 different moves and teach your family or share it with us so we can put it on twitter or the school website. **Video:** Try this workout for inspiration.

Run around the garden for 5 minutes without stopping (3 minutes for infants).



Playground

Spend some time in the playground now that they are officially opened!

Go for a cycle on your bike or ride on your scooter.

Fitness Cleaning

Do 15 minutes active housework e.g hoovering/ dusting/mopping

Zumba Workout 1 (video)

Zumba Workout 2 (video)



Go for a family walk, run or jog.