



June 22<sup>nd</sup> to June 26<sup>th</sup> 2020



## Welcome to Active Week 2020!

Your suggested activities for Active Week will be on the school website and on Google classroom. There will be a different set of fun activities each day based on the strands of the P.E. curriculum.

There will also be a 'Beat the Staff' challenge, where a number of the staff from our school will attempt a challenge and will ask you to try and beat them. We look forward to seeing you try to 'Beat the Staff' in these challenges.

Today we would like you to try a minimum of two activities and at least one 'Beat the Staff Challenge'. Make sure to take photos of each of your amazing activities and upload a sample of your photos to Google Classroom.

See if you can rope in your mom, dad, brothers or sisters to take part..... fun for all the family!

**Remember safety first, only do what feels comfortable for you and most importantly have fun!**

**Day 1: Monday**

**Strand: Athletics**

**Activity 1: Novelty Races**

**Egg and Spoon/Spud and Spoon race:**

- Each pupil gets a spoon and an egg (hardboiled or plastic).
- Each child must carry their egg on their spoon from the starting line to a turnaround point and back again.

- If the egg is dropped, the pupil must stop and retrieve it.
- You could time yourself and try and beat your time.



### Sack Race:

- Each pupil puts both legs into sack and hops around a cone, or some marked point, and back.
- The child or team to the finish line wins or you could time yourself to try and beat your time.
- If you do not have a sack you could use a large shopping bag.



### Activity 2:

### Welly Throwing

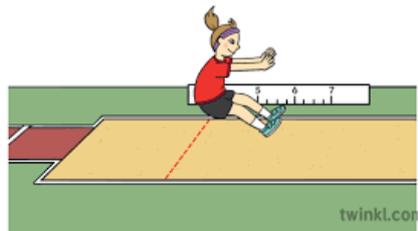
- Each child stands behind a line and using an under arm or over arm throw throws a wellie to see how far they can throw it.
- The child who throws the wellie the furthest is the winner.



### Activity 3: **Jumping**

#### Long Jump:

- Mark a line on the ground from where you will jump from.
- Take a long run up to the marked line and jump from the line to see how far you can jump.
- You could measure your distance with a measuring tape or just mark it with something to see if you can beat it the next time.



#### High Jump:

- If you don't have the high jump equipment you could use other resources from around the house such as a bamboo stick, a mop, a brush, string, a rope etc.
- Balance the stick on two objects.
- Take a run up and try to jump as high as you can.
- Start low and with each successful jump move the pole higher, make sure you have a soft landing space.



### **'Beat the Staff Challenge':**

Here are four links to challenges set by the staff of Scoil an Linbh Iosa. We have had great fun filming them and we hope you have great fun trying to beat us. Let the best person win!!

1. Ms. Wadding - Jumping Jacks
2. Ms. Lowe - Sit/stand challenge
3. Janet - Skipping
4. Ms. Mahoney - House of Cards
5. Mr Geaney - Burpees