

**Good morning and welcome to Day 4 of Active Week 2020!**

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 4: Thursday**

**Strand: Dance & Gymnastics**

### **Activity 1: Dance**

- Copy and practice the Zumba dances performed by Ms Mahoney. Attached are three videos below. Check them out!
- Create your own dance routine to the music attached below.

Dance Monkey - [https://www.youtube.com/watch?v=1\\_CAdTJ5JU](https://www.youtube.com/watch?v=1_CAdTJ5JU)

### **Activity 2: Gymnastics**

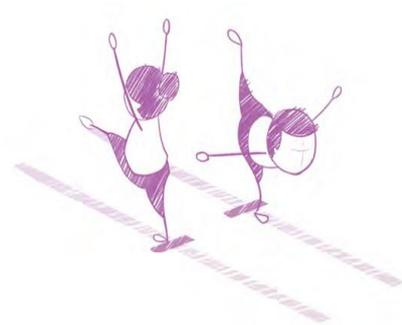
## Balancing

Balance is essential for all physical development and is a prerequisite for almost every movement skill.

### Walk the Line

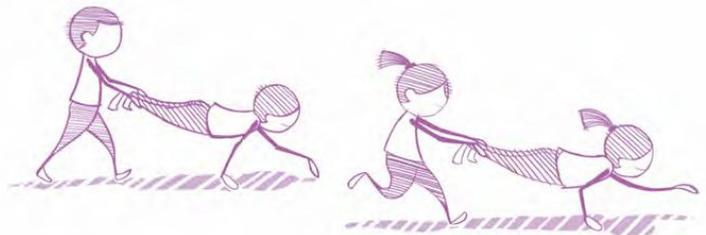
Children walk along a line on the floor.

- This could be a line painted on the floor, a strip of tape or a line of spot markers.
- turn fully around in the middle without losing balance or toppling off the line
- complete the task with their eyes closed (in pairs with one pupil acting as a guide)
- hold a shape for a count of three as they balance on the line.



### Wheelbarrow Races

- Find a partner.
- Set up two lines of cones, twenty metres apart and find some space along the line. (if theres more than one pairing)
- One child adopts the high plank position and their partner lifts their legs below the knee.
- The child holding the high plank moves their hands to go forward, with their partner carrying their legs behind.



### Activity 3: Create your own gymnastic routine.

- Child creates their own routine, which involves movement and balance.

- Movement can be in the formation of rolls - pencil, sausage, forward, backward etc cartwheels, handstands, jumps, twists, twirls etc
- Please be safe and only do what you are able to do correctly and safely.

### **'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. Margaret - plank
2. Ms. Cox - Balloon and cups
3. Ms. Byrne - Cartwheel
4. Ms. Gilbert- pegs