



Good morning and welcome to Day 3 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!

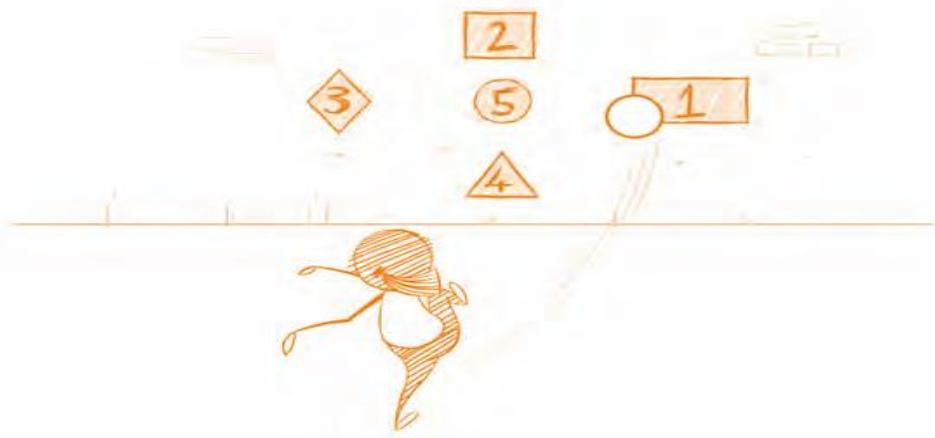
Day 3: **Wednesday**

Strand: **Games**

Activity 1: **Kicking**

- Draw or stick target areas at various heights on a wall or draw targets with chalk on the wall.
- Points should be placed in the centre of each target from one to five.
- You must see how many kicks it takes to score ten points.

- Try to do it in as few kicks as possible.



Activity 2: Catching

- Using a ball and a wall, throw the ball against the wall and catch the ball.
- Time yourself to see how quickly you can catch 30 balls.
- If you drop a ball, it doesn't count towards your total.
- Challenge yourself by clapping after you throw the ball against the wall.

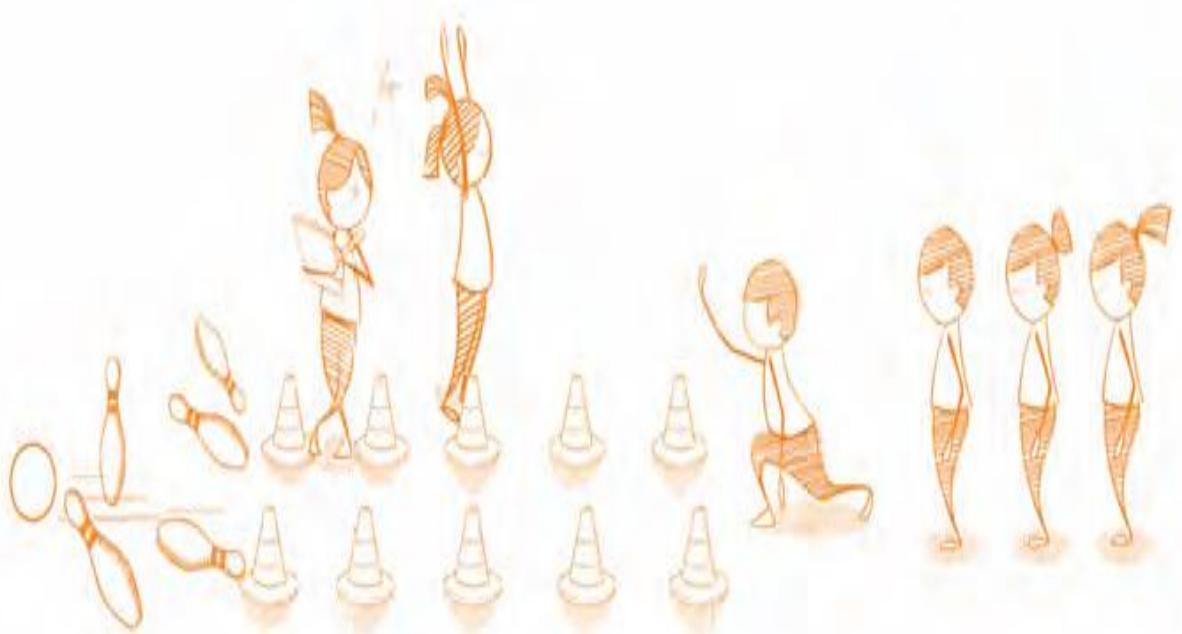


[wikiHow to Play Wall Ball](#)

Activity 3: Throwing

Bowling

- Use cones, bottles, or tins to set up a bowling lane approximately five metres in length.
- At the end of the bowling lane, place five skittles as targets.
- Each bowler has three balls to knock over as many skittles as possible.
- All bowlers take a turn and then replace the knocked skittles.
- Keep your score.
- The pupil that knocks over the most skittles wins.
- Increase difficulty by moving the distance between the thrower and the skittles or decreasing the width of the lane.



'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. Dunlea- biscuit challenge
2. Ms. O'Shea- Tennis racket skill
3. Mr. Molloy- Hurling
4. Mr. Carney - Solo challenge