









ACTIVE HOME WEEK TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Wake Up Shake Up by dancing to your favourite song. <i>See music list</i></p>	<p>Wake Up Shake Up</p>	<p>Wake Up Shake Up</p>	<p>Wake Up Shake Up **Dance Challenge Tik Tok Day**</p>	<p>Wake Up Shake Up</p>
 <p>P.E with Joe/ https://www.youtube.com/watch?v=d3LPrh10v-w</p>	<p>Yoga 10 Yoga Poses https://www.youtube.com/watch?v=ho9uttOZdOQ</p>	<p>Fitness Station Indoors/Outdoors 5 stations-1 minute for each. <i>See the activity cards for ideas. You could use a dice too!</i></p>	<p>Spin the Wheel Let the wheel decide a new game for you to try. https://www.safefood.eu/Start/Your-Tools/Pause-For-Play.aspx</p>	<p>Bizzy Breaks See poster</p>
 <p>Daily Mile 15mins walk/jog https://thedailymile.ie/</p>	<p>Daily Mile</p>	<p>Daily Mile</p>	<p>Daily Mile</p>	<p>Get your equipment ready for Sports Day</p>
 <p>Ball Skills Throwing Bouncing Catching https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/throwing?authuser=0 <i>Find a ball at home and set up a target. (box/basin/bin). How far you can throw the ball/welly?</i> https://www.eenyumeeny.net/games/ball%20games/Sevens.html</p>	 <p>Ball Skills-Kicking https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/kicking?authuser=0 <i>Find a ball. Get a target e.g dust bin/box Can you hit the target? Can you kick the ball into the box/bin? Try it from different distances.</i></p>	 <p>Running Skills https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/running?authuser=0 <i>Run with a partner. How many seconds to do a lap? Relay Races-pass the teddy Family Musical Chairs.</i></p>	 <p>Jumping/Landing https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/landing?authuser=0 <i>Create an obstacle course outside/inside-e.g. crawl under a chair, 10 jumping jacks, jump over teddies, run around a box.</i></p>	 <p>Sports Day* https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities/traditional-school-sports?authuser=0 <i>Egg and Spoon, Sack Races, Obstacle Course Don't forget to print your cert/make your own!</i></p>

<p>Start Dance Challenge www.youtube.com/watch?v=XULI3V-k06M&feature=youtu.be</p> <p>Practice https://www.youtube.com/watch?v=SsHzl9cK1Is&t=8s</p>  <p>Sleepy Train Relaxation https://soundcloud.com/user-547419318/the-sleepy-train-visualisation-for-children-guided-by-ciara</p> <p>Moovlee Calming Exercise https://www.youtube.com/watch?v=cyvuaL_2avY</p>	<p>Dance Challenge www.youtube.com/watch?v=XULI3V-k06M&feature=youtu.be</p> <p>Practice https://www.youtube.com/watch?v=SsHzl9cK1Is&t=8s</p> <p>Seaside Relaxation (audio) https://soundcloud.com/user-547419318/seaside-relaxation-visualisation-for-children-guided-by-nuala</p> <p>Moovlee Full Body Stretch https://www.youtube.com/watch?v=xELgfiXSw-s</p>	<p>Dance Challenge www.youtube.com/watch?v=XULI3V-k06M&feature=youtu.be</p> <p>Practice https://www.youtube.com/watch?v=SsHzl9cK1Is&t=8s</p> <p>Being Happy (audio) https://soundcloud.com/user-547419318/being-happy-walk-tall-si-p66-ciara</p> <p>Moovlee Calming Exercise https://www.youtube.com/watch?v=jKSkAtFUjo0&t=98s</p>	<p>Scavenger Hunt Infants Finding things in your house/garden Infants (See pictures)</p> <p>Scavenger Hunt 1st/2nd See pictures.</p> <p>Woodland Walk (audio) https://soundcloud.com/user-547419318/woodland-walk-visualisation-for-children-guided-by-nuala</p> <p>Moovlee Meditation https://www.youtube.com/watch?v=qtapT_dp5NQ</p>	<p>Toilet Roll Keepy Uppies https://www.youtube.com/watch?v=LRcQzT1jIVQ</p> <p>The Parachute (audio) https://soundcloud.com/user-547419318/the-parachute-visualisation-for-children-guided-by-margaret</p> <p>Moovlee Deep Breathing https://www.youtube.com/watch?v=TXYHdRP8DsA</p>
 <p>Read, Write, Draw, Design Activity Draw/Write about your favourite sports. https://activeschoolflag.ie/wp-content/uploads/2020/05/Active-Home-Week-Chart-No-Dates-Fillable.pdf</p>	<p>Read, Write, Draw, Design Activity Design a t-shirt. Write in your diary. Read a story from the list.</p>	<p>Read, Write, Draw, Design Activity Design a game. Write in your diary. Read a story from the list.</p>	<p>Read, Write, Draw, Design Activity Draw an obstacle course. Write in your diary. Read a story from the list.</p>	<p>Read, Write, Draw, Design Activity Design a family poster. Write in your diary. Read a story from the list.</p>
 <p>Share</p>	<p>Share your work on twitter or Dojo</p>	<p>Share your work on twitter or Dojo</p>	<p>Share your work on twitter or Dojo</p>	<p>Share your work on twitter or Dojo</p>

How does it work?

1. **Move it:** Choose at least 2 activities (1 hour of activity)
2. **Count it:** Record how many jumps/goals or do a trail.
3. **Gaeilge:** Why not use your Irish words for counting, moving!
4. **Draw** a picture.
5. **Read** a story about sports/games
6. **Write** in your daily journal/do an activity.
7. **Design** a game/medal/poster with your family
8. **Share** a photo/video.

