

Scoil Nano Nagle

Active Home Week

June 8th - 12th



National ‘**Active SCHOOL Week**’ takes place every year and is a really enjoyable part of the school year for many children. This year, because of COVID-19, it is not possible for this to go ahead so we are asking you to participate in the ‘**Active HOME Week**’ challenge instead.

- Every day you will have a **skill to practice and a challenge** to do.
- **Try Level 1 or 2**
- Get any **sports equipment** you have at home ready in a box.
- Check out the list of **household objects** you can use for the games.
- Get **everyone in the family** moving!
- On Friday we will have our **Virtual Sports Day**
- There are **4 activities** to do so pick your favourites.
- Try to get at least **1 hour** of activity each day.
- **Record** your activities every day in your diary/journal.
- Lots of **other activities** too (colouring, maths trails, scavenger hunts etc)
- Yoga and **relaxation** ideas too!
- Please **share** photos/videos on Class Dojo and twitter for us to see!

We all know that Sports Day is a day that many children look forward to at the end of the school year. Sadly, this year they will not get the opportunity to enjoy this day at school together. We wanted to provide you with a way of bringing the fun and excitement of sports day to your own home!

Every day we practice a skill, on **Thursday we have a Dance Challenge**, on **Friday** we have our ‘**Virtual Sports Day**’. We look forward to having lots of fun even if we can’t be together!

Virtual Sports Day

<https://sites.google.com/holyangelsns.ie/virtualsportsday/downloads?authuser=0>. You will have a list of all the things you need, downloads, explainer videos, music playlists and lists of household items which can be substituted for the normal equipment you might find in your school.



Dare to Design Art Competiton

RTE hub Olympics Week was last week www.rte.ie/learn/2020/0525/1140428-its-home-school-hub-olympics-week-on-your-marks-get-set-go/

Why not check out a fun art challenge to design:

1. An Olympic Poster
2. An Olympic Stadium
3. An Olympic/Paralympic Medal

www.daretobelieve.ie/schoolchallenges: Closing date is June 18th at midday.

The Daily Mile gets children active for 15 minutes daily to run or jog, at their own pace

<https://thedailymile.ie/>



Music Playlists

Sports Day Favourites:

https://open.spotify.com/playlist/7t02bxdFRuJHD8xSGyF8tD?si=FHOcl62uRS6JQw8l_By1lg

Kids Summer Party: <https://open.spotify.com/playlist/4njlqvARuI6ux7pype5W60>

Dance Favourites: <https://open.spotify.com/playlist/2Uo4VUQNP4tLjw2sM4KAft>

Kids Dance Party: <https://open.spotify.com/playlist/1tcPC5KVXflppz08KHfOzf>

Cool down Favourites: <https://open.spotify.com/playlist/3SpcQPpBj0WImOEKymVUYz>



Maths Activities

Dice games

Roll, Add and Colour

Scavenger Hunt

Outdoor Maths Trail (Infant classes)

Count how many exercises you do in 1 minute?

Did you do more/less than your family?

Record your score for the activities.

Can you beat your score tomorrow?

Sports Week Equipment List

Equipment	Things from your House
Running	
Red, Yellow, Green cones	Circles cut from cereal boxes coloured red, yellow, green
Hula Hoops	Skipping rope/Rope
Quoits/Rings	Circles cut from Cardboard
Cones	Paper plates
Bean Bags	Rolled-up socks / Clean socks filled with rice
Kicking	
Football or any ball	Rolled up pair of socks
Cones	Cans of beans, Cereal/Toy boxes, A4 Sheets & markers/crayons
Skittles	Used plastic water/soft drink bottles/empty milk cartons
Throwing	
Tennis balls/small ball	Small Teddy bear/ Rolled up pair of child's socks
Large ball (football/basketball)	Large Teddy bear/ Rolled up pair of adult's socks
Skittles/cones	Used 2L plastic drink bottles
Cones	Toy cars, teddies, books standing on their edge
Balancing	
Skipping rope	Chalk to mark snake on the ground
Landing	
Agility Poles	Sweeping brush/mop
Hula Hoops	Available in Lidl at present/draw circle with chalk outside/cushions
Novelty Races	
Obstacle Course	Cushions, boxes/chairs, Soft toys
Egg & Spoon Race	Dessert spoons, small potato
Sack Race	Strong Refuse sack/bin bag Empty compost bag
Relay Races	Soft toys/Teddies to pass to each other for the relay
Twister Mat	Coloured chalk, coloured paper plates
Balls	Teddy bear / Rolled up pair of socks
Funny Faces Game	The children can make the faces, colour them in card cut them from cardboard. Then mix up the face parts (eyes, nose, mouth, hair in the playing area. Players must make the face from this.
Other Items	Dice, ropes, balls, crayons, markers, paper, chalk



Reading List: Infants-2nd Class

<https://www.oxfordowl.co.uk/user/signup.html> (free website)

I can hop <https://www.oxfordowl.co.uk/api/interactives/29277.html>

The get fit club <https://www.oxfordowl.co.uk/api/interactives/29283.html>

Can you see me? (learning how to cycle) <https://www.oxfordowl.co.uk/api/interactives/29284.html>

Wilbur the Witch and her cat Wilbur try to stay fit at home

<https://www.oxfordowl.co.uk/api/interactives/30463.html>

The Big Match <https://www.oxfordowl.co.uk/api/interactives/26341.html>

The Ice Rink https://www.oxfordowl.co.uk/api/digital_books/1409.html

Ballet https://www.oxfordowl.co.uk/api/digital_books/1212.html

Books for 1st/2nd Class

Sport Then and Now <https://www.oxfordowl.co.uk/api/interactives/26584.html>

Downhill Racers (a story about skateboarding)

https://www.oxfordowl.co.uk/api/digital_books/1246.html

Wild Wheels (a story about cycling) <https://www.oxfordowl.co.uk/api/interactives/12968.html>

Flying Kicks (a story about karate) <https://www.oxfordowl.co.uk/api/interactives/12946.html>

On your bike (bike safety) <https://www.oxfordowl.co.uk/api/interactives/29273.html>

Goal! <https://www.oxfordowl.co.uk/api/interactives/12999.html>

In the Park <https://www.oxfordowl.co.uk/api/interactives/30560.html>

Further Reading: <https://connect.collins.co.uk/> (free website)

- I Can Do It
- My Bike Ride
- World of Football
- Dance to the Beat
- Rolling
- Catch, Kick, Throw
- The Marathon



Tik Tok Dance Challenge-Thursday

Blinding Lights Challenge Tutorial

www.youtube.com/watch?v=XULI3V-k06M&feature=youtu.be (teaches you)

<https://www.youtube.com/watch?v=SsHzl9cK1ls&t=8s> (to practice dance faster)

Intro: **Head down & arms by your side**

Then you will hear the drum beat so it's time to start!!!

Step 1: **Jog** on the spot 1,2,3,4,5,6,7,8

Step 2: **Point right foot** in front of left 1,2,3,4

Step 3: Point right foot in front of left again 1,2,3,4, (now add **rainbow arms** x2)

Step 4: Foot tap 1,2,3,4,5,6,7,8 (now add **swimming arms**)

Step 5: **Quick Feet** 1,2,3,4

Step 6: **Star Jump** & arms up! 5,6,7,8

Beyond the Classroom <https://www.scoilnet.ie/pdst/physlit/beyond/>


This resource has videos to practice lots of the skills below:

Movement	Stability	Ball Skills
Walk	Balance	Catch
Run	Land	Throw
Hop		Kick
Skip		Strike with hand
Jump for height		Strike with bat/racket
Jump for distance		
Dodge		
Side Step		

#GolfAtHome
 Kerbs Plank Soccer
 Balloon Volleyball
Toilet Roll Keepy Uppies
 Balloon Burst Challenge Sock Boule **Limbo**
 Waddle Races Freestyle Hurling Wall Ball Fitness Monopoly
Fitness Alphabet Juggling TEACHER Challenges
 Skateboarding Bottle Skittles
 Swingball Roller Skates Toys in the Toy Box Races **RTE Twigin Yoga**
 Foot Golf Teddy Bear's Picnic Waddle Races The Rocket Challenge Table Tennis
Circuit Training with Katie Taylor
 Irish Heart Foundation Let's Get Active at Home Challenge Target Practise with Wall Markings
 SFAI 12 Day #StayatHome Challenge Kick-Tac-Toe Fitness Alphabet Wobble Board GoNoodle Mini Golf
 Dance Mats Frisbee **PDST Beyond the Classroom PE Videos**
 Wood Spoon Balloon Relay Chasing Games Spell it Out Dice Workout Just Dance for Kids Kerbs Line Dancing Basketball Hoops
 Soccer Skills Gymnastics Skills Frisbee GAA Future Leaders Challenges FAI #HomeSkills
 PE with Joe Gardening Tennis at Home Skill Awards Beat Your Own Score Challenges
 Cha Cha Plank Challenge **Local Sports Partnerships Online Classes**
 Mini Golf Family Céili Balance Board Toilet Roll Keepy Uppies 10@10 Frisbee Golf
 Kite Flying Frisbee Family Musical Statues **Foot Shake Dance Challenge**
 Trampoline Haka PDST Lasmuigh den Seomra Ranga Cara Centre Home Exercise Circuits
 Gymnastics Ireland Takeover Fitness Workouts Sock Boule Limbo Cycling (within 2km)
Hopscotch #ChalkChallenge The Daily Mile at Home Backdoor Basketball
 Basketball Ireland #StayHomeSkills Space Hopper
Plank Soccer Athletics Ireland Hop Series Athletic Ireland Core Circuits
 Local Sports Partnerships Challenges Boxercise Badminton Rock Paper Scissors Tag
 Active Xs and Os Create your own Dance Family Rounders Kite Flying King of the Cones
 Family Walk (within 2km) Cosmic Yoga Sports Day Activities Fidget Spinner Fitness
 Crossbar Challenge Handball **Family Monopoly Fitness**
 Family Hide & Seek Juggling French Skipping with Elastics Family Musical Chairs Build a Hut #GAA Solo Challenges
Alphabet Scavenger Hunt Dancing #ThisGirlCan Disney Dance Alongs

#ActiveHomeWeek IDEAS



 **60 Minutes**
 **Make it FUN!**

**Children and young people
need at least 60 minutes of
physical activity every day**
World Health Organization

Please remember, at all times, to follow the government COVID-19 advice. If exercising outdoors, keep within 2 km from home, keeping 2 m distance from others.

Date	Activity 1	Activity 2	Activity 3	Activity 4	Total Time
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

I DID IT!	I was active for 60 MINUTES every day	
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Pupil name _____

Class/Teacher _____



Active School Flag is a Department of Education
and Skills initiative supported by Healthy Ireland.



More Links

file:///C:/Users/Medion/Downloads/20431_Bizzy-Breaks-Poster.pdf

Bizzy Break is a series of activities for primary school pupils designed to get children moving on the spot. Children move all parts of their body with a focus on strength, flexibility and aerobic fitness. The break takes no longer than 10 minutes and requires minimum space and equipment.

<https://irishheart.ie/publications/lets-get-active-week-5/>

file:///C:/Users/Medion/Downloads/20626_20317_IHF_Active-HOME-Week-1.pdf

www.pdst.ie/primary/healthwellbeing/distancelearning

Relaxation

'Breathe - Self-Regulation and Relaxation Techniques for Children' features a range of calming breathing techniques, written activities and guided visualisations that children can use to bring about a sense of peace and comfort in any situation. The resource is suitable for children of all ages and class levels.

www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools

Dance

<https://family.gonoodle.com/>

<https://www.safefood.eu/Start/Your-Tools/Pause-For-Play.aspx>

Yoga

Cosmic Yoga <https://www.youtube.com/user/CosmicKidsYoga>

Moovlee

Meditation, yoga and calming down techniques for children and families. Free on Moovlee You Tube channel

Family Games

<https://www.gov.ie/en/campaigns/lets-play-ireland/>