

National Active School Week takes place every year and we have participated in it in the past.

This year due to Covid -19 it is not possible for this to go ahead so we are inviting you, the families in our school, to participate in 'Active Home Week' instead.

The main objective is that you participate in 60 minutes of exercise each day.



## Main Activity

(Choose 1 activity each day from the choice board below)

<p><b>How to do the Floss Dance</b></p> <p><a href="https://www.youtube.com/watch?v=TGiYrY2bUPc">https://www.youtube.com/watch?v=TGiYrY2bUPc</a></p>	<p><b>PE with Joe Wicks</b></p> <p><a href="http://www.youtube.com/watch?v=Rz0go1pTda8">www.youtube.com/watch?v=Rz0go1pTda8</a> Daily PE at 9 am with Joe Wicks- fun for all the family</p>	<p><b>10 at 10 as Gaeilge</b></p> <p><a href="https://youtu.be/5bBB-wYUKVg">https://youtu.be/5bBB-wYUKVg</a></p>	<p><b>Walk/ Cycle/ Scoot in your the locality for 30minutes</b></p>	<p><b>Gratitude Scavenger Hunt</b></p> <p><a href="https://ymcacolumbus.org/sites/default/files/2020-04/Gratitude-Scavenger-Hunt.pdf">https://ymcacolumbus.org/sites/default/files/2020-04/Gratitude-Scavenger-Hunt.pdf</a></p>
<p><b>Practice your favourite hobby for 30minutes</b></p> <p>Tennis, badminton, skating, camogie/hurling, soccer, gaelic football,</p>	<p><b>Try some Cosmic Yoga</b></p> <p><a href="http://www.cosmickids.com">www.cosmickids.com</a></p>	<p><b>15 x 15 workout</b></p> <p>15x lunges 15x Squat 15x high knees 15x arm circles 15sec plank</p>	<p><b>Set up an obstacle course in your garden. Using chairs, balls, skipping ropes or anything you can find around your house.</b></p>	<p><b>The Pyramid Workout</b></p> <p>20 x Jumping Jacks 15 x Frog Jumps 10 x Push- Ups 5 x Walking Lunges 10 x Push-Ups 15 x Frog Jumps</p>

<p>basketball, running,cycling</p> <p><b>Spell your name PE!</b> (See illustration card below)</p>	<p><b>10-1 Workout</b> 10 x Burpees 9 x Tuck Jumps 8 x Lunges 7 x Star Jumps 6 x Press Ups 5 x Touch your toes and jump up 4 x Sit Ups 3 x Squats 2 minute run on the spot 1 minute plank</p>	<p><b>Walk a mile with a smile</b></p>	<p>Time yourself and see if you can beat your time!!</p> <p>Challenge your family.</p> <p><b>Roll for Fitness</b> Roll two dice and add the numbers together. The sum of the dice determines the exercise movements. Roll 2= 5 pushups 3= 15 situps 4= 15 squats 5= 20 mountain climbers (10 each side) 6=10 burpees 7= 25 star jumps 8= 20 lunges (10 each leg) 9= 30 second sprint on spot 10= 20 sec plank 11= 10 tuck jumps 12= 30 high knees</p>	<p><b>20 x Jumping Jacks</b></p> <p><b>Garden Yoga for Kids</b> (See illustration card below)</p>
<p><b>Play/ create your own game for 30minutes</b></p>				

## **Mini Activity**

*(Choose 2 activities each day from the choice board below)*

<b>Go on the Trampoline</b>	<b>Play 'Simon Says'</b>	<b>15 minutes of active housework</b> eg: sweeping, vacuuming	<b>Active Home Week Ideas</b> <b>Word Cloud</b>	<b>Plank Goalie</b> <i>(See illustration card below)</i>
<b>Draw your own hopscotch and play</b>	<b>Play balloon tennis volleyball</b>	<b>15 minutes of active Gardening</b> eg: weeding, watering the plants	<b>Find the spoon</b> <i>(See illustration card below)</i>	<b>High Jump</b> <i>(See illustration card below)</i>
<b>Magic Carpet</b> <i>(See illustration card below)</i>	<b>Crabs and scorpions</b> <i>(See illustration card below)</i>	<b>Traffic Lights</b> <i>(See illustration card below)</i>	<b>Soaky Sponges</b> <i>(See illustration card below)</i>	<b>15 minutes playing game of your choice</b>
<b>Ball Games</b> <i>Play with different size balls. Practice rolling, catching, kicking and bouncing a ball, and playing football.</i>	<b>Dance to your favourite song</b>	<b>Throw a frisbee with someone from your house</b>	<b>Rope games</b> There are so many games you can play with a rope to help develop balance, muscle tone and coordination. Eg: Walking along a rope , jumping over it and side to side, skipping, tug of war. You can also make out lines on the floor using tape and use them to walk along, between or jump over.	<b>Fun Animal Exercises</b> <i>(See illustration card below)</i>
<b>Donkey</b> <i>(See illustration card below)</i>	<b>Kerbs</b> <i>(See illustration card below)</i>	<b>Piggy in the Middle</b> <i>(See illustration card below)</i>	<b>Bean Bag Toss</b> <i>(See illustration card below)</i>	<b>Chasing Games</b> <i>Tig/Tag , Hide and Seek Tip the Can</i>



**If you want you could try to create your own Sports Day.**

**Activities to help you set up your own Sports Day at home**

**You will need:**

*A spoon for each contestant and a potato or an apple*

*A ball (any kind of ball is fine)*

*Blind Fold (scarf, cloth etc. )*

*Tennis Racket/ frying pan and a ball/socks*

*Wellington boot*

*Bucket/plastic cup & saucepan*

*Sack or an old pillow case*

<p><b>Balance Challenge</b>  <i>Put on your blindfold.          Choose your strongest leg.          How long can you balance on one leg?</i></p>	<p><b>Plank Partner Perfection!</b>  <i>Make a front support opposite your partner.          When you are both ready say go.          How many high fives can you do in one minute?</i></p>	<p><b>Egg &amp; spoon race</b>  <i>Ask an adult what you can use. It could be an apple, potato or anything else that's round.           How many laps of your garden or living room can you do in a minute without dropping your egg?</i></p>	<p><b>How far can you jump?</b>  <i>Stand behind a marked line, then with your feet together Jump forward.          (Try keeping your feet together)          How far did you jump?</i></p>	<p><b>Tennis Racket bounce</b>  <i>How many times can you bounce a ball on a tennis racket before it falls off?          (You can always use a frying pan and a sock rolled up in a ball)</i></p>
<p><b>Penalty Kick Challenge</b></p>	<p><b>Wellyboot Toss</b></p>	<p><b>Sprint Race</b></p>	<p><b>The Water Race</b></p>	<p><b>Sack Race</b></p>

<p><i>Set up a set of goals and see how many shots out of five you can score on target.</i></p>	<p>Stand behind a marked line and throw the welly. Put a mark on the ground where the wellyboot lands. Try the toss 3 times and see how far you can throw it.</p>	<p>Mark out a start and finishing line (This can be as short as 10 metres to as long as 100metres) You can try this race with members of your family or you can try to beat your personal best by getting an adult to record your time and try the sprint race 3 times.</p>	<p>You will need a bucket/pot of water, a plastic cup and about 10 metres away an empty saucepan/bottle. Start with a plastic cup, fill with water from the pot and run and fill the empty saucepan. Time how long it takes you to fill the empty saucepan.</p>	<p><i>(Alternatively use an old large pillow case) Using a start and finishing line, race a sibling or family member. Alternatively, you can see how many laps of your garden or living room you can do in a minute without falling.</i></p>
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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				

Pupil name \_\_\_\_\_

Class/Teacher \_\_\_\_\_



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



27 April - 3 May

60 Minutes  
Make it FUN!

#GolfAtHome  
Kerbs Plank Soccer  
Balloon Volleyball  
**Toilet Roll Keepy Uppies**  
Balloon Burst Challenge Sock Boule  
Waddle Races Freestyle Hurling Wall Ball Fitness Monopoly  
**Limbo**  
**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 Plank Waddle Races The Rocket Challenge Table Tennis  
**Circuit Training with Katie Taylor**  
Irish Heart Foundation Let's Get Active at Home Challenge Target Practice with Wall Markings  
SFA! 12 Day #StayatHome Challenge Kick-Tac-Toe Fitness Alphabet Wobble Board GoNoodle Mini Golf  
Dance Mats Frisbee  
Wood Spoon Balloon Relay  
**PDST Beyond the Classroom PE Videos**  
Chasing Games Spell it Out Dice Workout Just Dance for Kids Kerbs Line Dancing Basketball Hoops  
Basket Skills Gymnastics Skills Frisbee GAA Future Leaders Challenges PAI #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 Calk Balance Board Toilet Roll Keepy Uppies 10@10 Frisbee Golf  
Kite Flying Frisbee Family Musical Statues **Foot Shake Dance Challenge**  
Trampoline Haka PDST Loughlin Glen Seomra Rangó 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 Hide & Seek Juggling **Family Monopoly Fitness**  
French Skipping with Elastics Family Musical Chairs Build a Hut #GAA Solo Challenges  
**Alphabet Scavenger Hunt** Dancing #ThisGirlCan Disney Dance Along

## #ActiveHomeWeek IDEAS



Check out all the above ideas, and more, by visiting  
[@activeschoolflag](https://twitter.com/activeschoolflag). NEW ideas added daily.



Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland. To find out more visit [www.activeschoolflag.ie](http://www.activeschoolflag.ie).



# Spell your name PE!

- A- 5 Jumping Jacks
- B- 5 Jumping Jacks
- C- 10 jumps
- D- hop on your right foot
- E- hop on your left foot
- F- crab walk for 10 seconds
- G- do 5 sit ups
- H- 10 mountain climbers
- I- 5 push ups
- J- 30 second high knees
- K- kick your left foot as high as you can
- L- kick your right foot as high as you can
- M- 5 jumping jacks
- N- 10 jumps
- O- hop on your right foot
- P- hop on your left foot
- Q- do 5 sit ups
- R- do 10 mountain climbers
- S- crab walk for 10 seconds
- T- 5 push ups
- U- kick your right foot as high as you can
- V- kick your left foot as high as you can
- W- Run in place for 30 seconds
- X- run with high knees
- Y- 5 push ups
- Z- 5 sit ups

**Wake up with yoga  
this morning**

## GARDEN YOGA FOR KIDS



**Pretend to be a tree**  
Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



**Pretend to be a frog**  
Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



**Pretend to be a seed**  
Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



**Pretend to be a butterfly**  
Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



**Pretend to be a flower**  
Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



*printable yoga poster*

## Main Activity- Illustration Cards for

Spell your name PE!

Garden Yoga for Kids



## Plank goalie



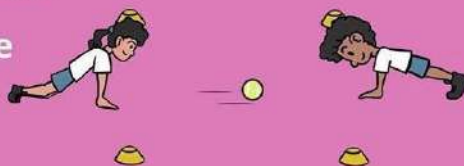
Get Set 4 PE.

**What you need:** 2 or more players, four objects and a ball or pair of rolled up socks.

### How to play:

- Place four objects in a rectangle formation.
- Players begin between the ends of the rectangle (their goal).
- Players must hold a plank position throughout.
- They score by rolling the ball through their opponents goal.
- Two points is awarded if their opponent drops from the plank.

**Who is the first to 10 points?**



## Find the spoon



Get Set 4 PE.

**What you need:** One other person and a spoon.



### How to play:

- One person hides the spoon. The other person has to find it.
- Time each other and see who can find the spoon in the quickest time.
- Make this easier by saying 'hot' if the person looking for the spoon is close to it and 'cold' if they are moving away from it.
- Have more than two players? Play who can find it first with an agreed forfeit at the end.

**Can you find the spoon?**

## High jump



Get Set 4 PE.

**What you need:** Lots of cushions

### How to play:

- Be sure to play in a safe space clear of other objects.
- Warm up by jogging on the spot for 1 minute, 10 star jumps and 10 squats.
- Place one cushion on the floor and practise jumping over it. Be sure to bend your knees as you jump and land.
- Add another cushion to the pile and jump over both of them. Swing your arms forwards and up as you jump to help you get height.
- Continue to add cushions as you clear the jump.
- You may need to introduce a run up as the pile gets higher.



**How many cushions can you jump?**



## Magic carpet

**What you need:** Ten socks, one towel per player, one or more players.

### How to play:

- Mark a distance of 5m – 7m and place all of the socks at one end.
- Players begin sitting on their towel at the start line opposite the socks.
- They race to collect one sock at a time and transport it back to the start line. They must not come off their towel.
- Make the carpet move by bringing your heels to your bottom and then straightening your legs as you shuffle forwards.
- Playing by yourself? How quickly can you transport the socks?
- Playing with someone else?  
Who can transport the most socks?



**How else can you make the carpet move?**



Get Set 4 PE.

## Crabs and scorpions

**What you need:** Two markers (tins, trainers etc), one player, one person to time.

### How to play:

- Mark a 6m distance using two markers.
- Place 10 x socks at the start marker.
- Players must transport the socks one at a time from one marker to the other.

### Rules:

They must transport the socks on their stomach on the way there (crab) and travel back on their hands and feet stomach facing down (scorpion).



**How quickly can you move the socks?**



Get Set 4 PE.

## Traffic lights

**What you need:** an adult to call the instructions.

### How to play:

- Children imagine they are getting in their car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
- Green light: jog around
- Red light: stop
- Yellow light: sit down
- Roundabout: spin in a circle
- Speed bumps: jump up and down
- Zebra crossing: lie in a straight shape
- Reverse: walk backwards



**Have a go at making up your own. You could even include different gears for different speeds.**



Get Set 4 PE.

# Soaky sponges



Get Set 4 PE.

**What you need:** two buckets, water and one sponge per player.

## How to play:

- Fill one bucket up with water, place the other bucket 7m away.
- Measure the amount of water you start with.
- Playing by yourself? How much water can you transport to the empty bucket using just your sponge?
- More than one player? Have a bucket each, who can transport the most water in 3 minutes?



**How will you keep the water in the sponge as you transport it?**

# Active Home Week

## Fun Animal Exercises

A is for Chomp like an Alligator  
B is for Run like a Bull  
C is for Pounce like a Cat  
D is for Fetch like a Dog  
E is for Stomp like an Elephant  
F is for Hide like a Fox  
G is for Stretch like a Giraffe  
H is for Swim like a Hippo  
I is for Lay like an Iguana  
J is for Attack like a Jaguar  
K is for Hop like a Kangaroo  
L is for Hang like a Lemur  
M is for Climb like a Monkey  
N is for Sing like a Nightingale  
O is for Slide like an Otter  
P is for Strut like a Peacock  
Q is for Flap your Wings like a Quail  
R is for Slither like a Rattlesnake  
S is for Dance like a Swan  
T is for Roar like a Tiger  
U is for Twirl like a Umbrellabird  
V is for Hang Upsidedown like a Vampire Bat  
W is for Howl like a Wolf  
X is for Flip Out like an X-Ray Tetra  
Y is for Graze like a Yak  
Z is for Play like a Zebra



## Donkey



**Resources:** a ball to meet the ability of the group of children. 3+ number of children.

**The idea:** players stand / sit in a circle throwing the ball to one another. If a child drops the ball when it's thrown to them they're 'D' another drop and they're 'D-O' another and they're 'D-O-N' all the way to D-O-N-K-E-Y until they're out.

### Differentiate

**To simplify:** throw the ball in an orderly fashion around the circle. Reduce the size of circle so they have less distance to throw.

## Ball Games

### Kerbs / Kerby



**Resources:** Two players, one football and a quiet road with kerbs.

**The idea:** two players stand on opposite sides of the road and throw a football to hit the kerb on the other side.

### Scoring:

- 10 points for simple kerb hit.
- 20 points if the ball rolls back to your kerb
- 50 points if you catch the ball on the rebound
- 100 points if you score a hit by throwing the ball backwards over the head.

*After the initial hit, players then move to the centre of the road and use one-handed throws to hit the curb for 5 points each, only losing their turn when they finally miss one.*

**Differentiate:** use a larger ball or use a balloon.

### Piggy in the middle.



**Resources:** three children and a ball.



**The idea:** one child throws a ball to another, while a third stands in the middle and tries to intercept and catch the ball. If they do, they switch place with the thrower, who becomes piggy in the middle.

#### **Differentiate**

**To simplify:** use a larger ball.

**Increase challenge:** increase the numbers of participants in the middle and either side.





### Bean Bag Toss

This game is a great way to practise over and under-hand throws and gross motor control.

What you need:

Empty food or drink cans 	Bean bag/small ball 
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How to play:

1. Line up some empty cans on a low wall/box/the ground. 
2. Stand 1-2metres away from the cans. 
3. Toss the bean bag at the cans and see how many turns it takes you to knock them all down! 