



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

This week we are trying to run/walk/cycle as many km as possible. Try to run, walk or cycle everyday.

Active Alphabet

Spell your name and do the activity for each letter

- | | |
|---|---|
| A Lie on your back then stand up (5 times) | N Hop on right foot (10 times) |
| B Swing arms slowly in circles (10 times) | O Take 10 long steps forward |
| C Touch the ground then jump up high (5 times) | P Jump up high (10 times) |
| D Lift knee and touch with opposite hand 20 times (alternating sides, 10 on each side) | Q Touch your toes and hold for 10 seconds |
| E Crawl on the floor for 10 seconds | R Hop on left foot (10 times) |
| F Touch your toes (10 times) | S Run on the spot for 10 seconds |
| G Lie on your back and pretend to pedal a bike with legs for 10 seconds | T Stretch arms and legs out wide like a star for 10 seconds |
| H Bounce side to side (10 times) | U 10 Jumping Jacks |
| I Punch the air 20 times (alternating arms, 10 on each side) | V Jump with an imaginary skipping rope for 10 seconds. |
| J Spin around (5 times) | W Kick left leg (10 times) |
| K Flap your arms like wings for 10 seconds | X Gallop like a horse for 10 seconds |
| L Kick right leg (10 times) | Y Slither like a snake for 10 seconds |
| M Jump like a frog (10 times) | Z Kick heels to bum 20 times (alternating legs, 10 on each side) |

Dance

Make up your own dance to your favourite song. Dance Monkey is a great song for a dance!

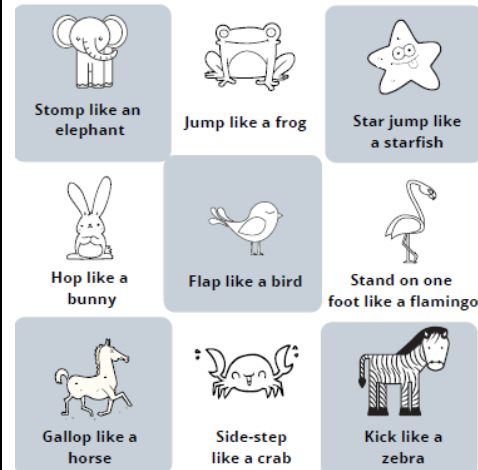


Obstacle Course

Create an obstacle course. You can use objects at home or make a chalk obstacle course.



Animal Moves



SPORTS DAY

Events:

Play some games we would be playing in school for Sports

Day

- Egg and spoon race
- 3 legged race
- Sack race
- Wheelbarrow race
- Races
- Relays
- Hurdles

Don't forget to email the distance you walked/ran/cycled to your teacher.

Yoga

Look at this video to do 'We're Going on a Bear Hunt' yoga.

[Yoga link](#)



Teddy Bear Throw

How far can you throw your teddy bear? Make sure it's not so far that you lose it!



10 @ 10

Follow a 10 @ 10 fitness video.



[10 @ 10](#)

Simon Says

Play Simon Says with your family.



This week, children and teachers are trying to walk/run/cycle as many kilometres (km) as possible. We are trying to virtually walk and run to different places in Ireland or even Europe! Here is how you can help:

Step 1 - Try to walk/jog/cycle everyday. It can even be around your garden. (TIP: A good way of tracking this is to use a Fitbit if you have one, your phone or google maps. You can use lots of free apps e.g., Strava, Map my Run, Nike Run Club (all free).

Step 2 - Stick a piece of paper to the fridge or somewhere you will remember to find it. Each day write down your total distance in km.

Step 3 - On Friday add up your distance from Monday to Friday and email it to your teacher before 2pm. Your teacher will add the distances from everyone in your class who has emailed and taken part. We will count to see the distance travelled by our school.

Can we virtually travel to another part of Ireland or Europe?