

Let's Get Active Ideas - Active Week 2020

Monday	Tuesday	Wednesday	Thursday
Joe Wicks - The Body Coach for Kids (Youtube) Live at 9am, Search for his workouts any time	Skipping – Keep a record of how many skips you do in a row. See how many more you can do each day.	Joe Wicks - The Body Coach for Kids (Youtube) Live at 9am, Search for his workouts any time	Just Dance (Youtube)
Play Simon Says – various exercises/yoga poses	Go Noodle (YouTube)	10 at 10 10 jumping jacks 10 knees up to elbows 10 ball throw and catches 10 jumps 10secs jogging REPEAT	Create your own dance to a favourite song. Perform for your family
Dance Party – listen to favourite music	Plank challenge – try to hold a plank for 30secs	Run laps of the garden or sitting room	Sack race using old pillowcase
Let's Run! 2 nd to 6 th class – Daily Mile	Let's Run! 2 nd to 6 th class – Daily Mile	Let's Run! 2 nd to 6 th class – Daily Mile	Let's Run! 2 nd to 6 th class – Daily Mile
Circuits: Jumping Jacks High Knees, Squats, Lunges	Cosmic Kids Yoga (Youtube)	Cycle your bike or use your scooter	Play Tip or Tag, egg and spoon, tip the can, hide and seek, 3 legged race.
https://www.cosmickids.com/category/watch/ Yoga stretches/exercises/Meditation/Relaxing Videos	Use cones/objects to create a course to run in and out of – set a timer	Play frizbee, ball and racket games	If you have space, make an obstacle course using things for climbing over and crawling through

Play a game of rounders – use different equipment	Grab a football, basketball, a sliotar or even a tennis ball. Be creative with the amount of different ways you can play with this. Throw it, bounce it, kick it: come up with lots of ideas.	Ask a parent or grandparent to teach you a game they played as a child.	Skittles can be played using plastic bowling pins or recycled 2 litre plastic milk containers half-filled as targets. Roll the ball underarm to see how many skittles can be knocked over.
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Happy Friday

HAPPY HOLIDAYS GIRLS!! Enjoy any of the activities mentioned above.

Have a look at Dublin Zoos Virtual School Tour: lots of mini videos of animals/reptiles from Dublin Zoo

<https://www.dublinzoo.ie/virtual-tours-2/>