

Junior Infants

Active Home Week 22nd – 26th June 2020

Dear Parents,

I hope you and your family are all keeping safe and well.

Thank you for sending in pictures of your daughter's work and other activities she enjoyed doing over the past few months. It was great to see how everyone was getting on during the school closures.

As this is our final week, we will be doing *Active Home Week*. I have included a sample timetable of suggested activities that your family might like to do this week. You can choose the activities that you feel are most suitable for your daughter and the ones that she would enjoy doing. These activities are only suggestions so please do not feel under pressure to undertake any/all of them. You can also try other activities or exercises that I have not mentioned below. If you have any questions or would like to send pictures of the Active Home Week activities, you can send them to me at juniorspresbandon@gmail.com

As we get closer to the summer holidays and with the country's restrictions easing, it is important that we continue to follow the guidelines, wash our hands regularly and keep social distancing when meeting people. We must also be mindful of the dangers of water. I am attaching a link to the Junior and Senior infant water safety e-book, from the water safety website, that was posted a few weeks ago. Please read and discuss water safety with your daughter <https://online.flowpaper.com/7efd0784/PAWS1ENGLISHWEB/#page=1>.

Finally, I want to say a big **well done** to all the girls in Junior Infants for working so hard throughout the year.

I hope you all have a lovely summer! 😊

Ms Close.

Monday	Tuesday	Wednesday	Thursday	Friday
Wake Up Shake Up Wake yourself up by dancing to your favourite song	10 @ 10	Wake Up Shake Up Wake yourself up by dancing to your favourite song	10 @ 10	Wake Up Shake Up Wake yourself up by dancing to your favourite song
Let's Walk! Daily 500m Walk around your area or estate with an adult – don't forget to smile as you go!	Let's Walk! Daily 500m Walk around your area or estate with an adult – don't forget to smile as you go!	Let's Walk! Daily 500m Walk around your area or estate with an adult – don't forget to smile as you go!	Let's Walk! Daily 500m Walk around your area or estate with an adult – don't forget to smile as you go!	Let's Walk! Daily 500m Walk around your area or estate with an adult – don't forget to smile as you go!
Animal Moves	Active Alphabet	Create your own dance to your favourite song	Animal Moves	GoNoodle
My Five Senses Scavenger Hunt (on the class blog)	Play Simon Says	Alphabet scavenger hunt Find something that starts with every letter of the alphabet	Cosmic Kids Yoga	Maths All Around Us (on the class blog)

Active Week links:

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

<https://rtejr.rte.ie/10at10/> 10 @ 10 RTE Junior



Active Alphabet



In the below alphabet, each letter represents a different movement. Spell out words with your body using the movement for each letter.

Choose some of these challenges to spell:

- Your first name
- Your friend's names.
- Your full name.
- The names of people in your family.
- The day of the week today.
- Some of your school spellings.

(Take a 30 second break between words)

- | | |
|---|---|
| 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) |

With someone in your household, take turns spelling out words without saying out loud what it is. See if you can figure out what words each other have spelled.



SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- | | | |
|---|---|---|
| Shake your whole body. | Hold your arms out at your side and make circles with them in the air. | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down. | Hop on your left foot 10 times. | Lay on the floor and stretch out as far you can for 10 a count of 10. |
| Spin around in circles. | Hop on your right foot 10 times. | Pretend to shoot a basketball 10 times. |
| Do a cartwheel. | Hop around like a bunny. | Pretend to jump rope for a count of 10. |
| Do a somersault. | Balance on your left foot for a count of 10. | Pretend to ride a horse. |
| Wave your arms above your head. | Balance on your right foot for a count of 10. | Pretend to milk a cow. |
| Walk like a bear on all 4s. | Bend down and touch your toes 10 times. | Take 5 of the biggest steps forward that you can. |
| Walk like a crab. | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car. |
| Hop like a frog. | Show off the muscles in your arms. | Do the strangest dance you can think of. |
| Walk on your knees. | | Scream. |
| Lay on your back & pedal your legs in the air like you are on a bike. | | |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. | | |

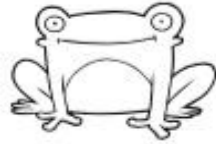


WWW.THEYSMELL.COM

Animal Moves



**Stomp like an
elephant**



Jump like a frog



**Star jump like a
starfish**



**Hop like a
bunny**



Flap like a bird



**Stand on one
foot like a flamingo**



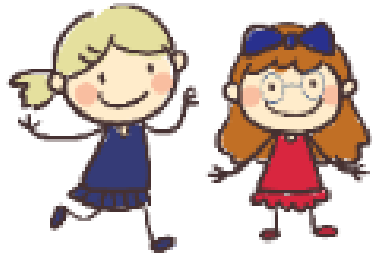
**Gallop like a
horse**



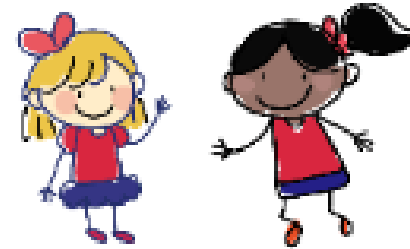
**Side-step
like a crab**



**Kick like a
zebra**



Presentation Primary
School Bandon



Congratulations on having a fantastic year in
Junior Infants!

Well done!



Ms Walsh and Ms Close

