

Senior Infants Term 3 Week 10

Monday the 22nd of June to Friday the 26th 2020

Dear Parents,

This is the last week of work. Happy summer holidays for Friday! I absolutely loved teaching Senior Infants this year and they are such a great class, hard-working, kind, a really lovely class to work with. I'm sorry that I have not seen most of you since March but I hope to see you all again in September and well done to the children and parents on all the hard work during the year. It was such a different and challenging time since March and I hope that we can return to some bit of normality in September.

Please keep reading and writing with your daughter over the summer, a nice way to keep writing is to keep a diary and don't forget to be active!

My email address is msomahonyseniorinfants@gmail.com if you have any questions.

We are having an Active Week this week so please pick from the activities below. Please aim for an hour of physical activity during the week. Here are some suggestions to pick from to help you achieve this.



Active Week: Choose from the following

Aim for one hour of physical activity per day

- **Active Alphabet** (See attachment)
- 5 Senses **Scavenger Hunt** (See attachment)
- **Sports Day:** Choose Activities from attachment.
- **Movement Dice:** we made a cube/cuboid during the year and the girls loved it. This is a nice cutting and pasting activity. You can help your daughter make a dice and then roll the dice and do the exercises. (See attachment)
- **Dance** videos from Kidz Bop Kids for example
<https://www.youtube.com/watch?v=sNog54ovi8Q&feature=youtu.be>
<https://www.youtube.com/watch?v=DHscaKsr0IU&feature=youtu.be>
<https://www.youtube.com/watch?v=QfzRP6V5rE4&feature=youtu.be>
- The Body Coach <https://www.youtube.com/user/thebodycoach1>

- Cosmic Kids Yoga
https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ



- Continue with the **Daily Mile Challenge** for June!
- See further activities on <https://irishheart.ie/publications/lets-get->



[active-week-5/](#)

- Keep a record of your log and send it back to me! I'd love to see what you did (Activity log at the bottom of this sheet)
- Pick a skill your daughter would like to further develop and work on it for the week <https://www.scoilnet.ie/pdst/physlit/beyond/>

Maths:

- Maths All Around Me sheet- find attachment
- **Money** – using 1c, 2c, 5c coins (or the coins you made earlier in the term) practice making the amounts 6c, 7c, 8c, 9c & 10c different ways. (In Senior Infants we go up to 10c)

Here's How to make 5c.....<https://www.youtube.com/watch?v=1xNkJXlcmoU>
Now see can you make bigger amounts using coins.

Making 6c=

1c,1c,1c,1c,1c,1c

2c,1c,1c,1c,1c

2c,2c,1c,1c

2c,2c,2c

5c,1c

- Let me know about the different ways you can make 6c, 7c, 8c, 9c, 10!

English

- **Reading:** Continue with the Oxford Owls or <https://www.readinga-z.com>
- **Or Alternative reading (on a different attachment)**

Irish:

An Samhradh <https://www.youtube.com/watch?v=fD7ApSaI5Ro>

Mrs. Kelly's Song of the Week:

<https://www.youtube.com/watch?v=pP9AujV8N1A>

Kind Regards,

Ms O'Mahony

Name _____

Day	Activity	Activity	Activity	Activity	Total Time
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

I did it!!! I was active for 60 minutes a day!!!!





Active HOME Week



60 Minutes



Make it FUN!

#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

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

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 Céilí 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 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 Alongs

#ActiveHomeWeek IDEAS



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

