

# Scoil Róis - At Home Active Week 2020

We hope you all join in!



Boys and girls it is that time of year when we would be looking forward to and taking part in our school sports day/active week and as you have already done so much at home, why not give it a go anyway! We know you will do us and yourselves proud! Below you will find a range of activities you can try out. Keep track of the activities you do, take photos and record your score each day(You can use the attached Personal Best Record Sheet or just write it down on some paper at home)- don't forget to let your teacher know how you are doing! You never know....some teachers might join in too!

It wasn't that long ago that you all showed great enthusiasm for our Walking Bus! So let's start the week with a whole school walk/jog challenge..... **The Scoil Róis KM CHALLENGE**

From Monday to Friday, try to walk/jog as many KM as possible. Here is how you can help:

## STEP 1:

Walk or jog 5km this week. You can do it all at once or try 1km per day. Get your family involved if you can!

## STEP 2:

On Friday, add up how many km you have walked altogether.

## STEP 3:

Contact your teacher and let them know how many KM you have walked!

And if after all that walking you are still able for more try out some of the following activities. There is something for everyone!

## Family Fun & Games

<p><b>Toilet Roll Keepy Uppies</b> A fun game for all the family to try!</p>	<p><b>What's Your Name?</b> Spell out your name and do the activities linked to each letter. Add your surname/days of the week/months of the year. (See next page)</p>	<p><b>Movement Dice</b> Make your own dice using a tissue box. Assign exercises to each number e.g. 1=jumping jacks, 2=running on the spot Roll the dice and do activity for 1 min.</p>	<p><b>Drop everything and dance</b> to your favourite song or complete a dance routine on Just Dance or GoNoodle!</p>	<p><b>Shoot Some Hoops!</b> Basketball = rolled up paper/socks Hoop = box/bin/laundry basket Shoot from 5-10 feet away. Record your scores.</p>
<p><b>Home Bowling</b> Pins=Toilet roll holders/empty water bottles/milk cartons, Lane=Rolled up towels, Bowling ball=Rolled up socks/ball, 1 point for each 'skittle' knocked.</p>	<p><b>Throw &amp; Catch</b> Throw the ball up and see how many claps you can do before you catch it again. Throw clap &amp; twirl around before catching. Throw under leg &amp; catch.</p>	<p><b>How far can you throw?</b> Find a ball at home and set up a target and see how far you can throw the ball. Can you beat your family?</p>	<p><b>Hot Lava</b> Pretend the floor is lava!</p>	<p><b>Throlf</b> Create a golf course. Ball = paper/sock roll Target=box/saucepan/chair Spread out targets. Aim to get around 'course' in as few throws/rolls as possible <a href="http://theinclusionclub.com/lockdown-games-2/">http://theinclusionclub.com/lockdown-games-2/</a></p>
<p><b>Hula Hoop</b> Grab a hula hoop and see how many you can get before it drops. Try skipping with it and using it as a target. Lots of fun!</p>	<p><b>Skipping</b> Grab a skipping rope and try out some games</p>	<p><b>Obstacle Course</b> Create an obstacle course inside or outside eg. crawl under a chair, 10 jumping jacks, jump over teddies, run around a ball etc. Make it more difficult by balancing a beanbag/sockball on your head while doing the course.</p>	<p><b>Family Musical Chairs</b> A traditional game for all the family, try it outside if you can.</p>	<p><b>Musical Statues</b> Play music &amp; dance around the room. When the music pauses freeze!</p>

# what's your name? workout for beginners

SPELL OUT YOUR FULL NAME AND COMPLETE THE EXERCISE LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A DIFFERENT HISTORICAL PERSON'S NAME OR A FAMILY MEMBER'S NAME EACH TIME.

- |                               |                                 |
|-------------------------------|---------------------------------|
| <b>A</b> 10 jumping jacks     | <b>N</b> 10 second jump rope    |
| <b>B</b> 5 push-ups           | <b>O</b> 10 russian twists      |
| <b>C</b> 1 burpee             | <b>P</b> 5 plie squats          |
| <b>D</b> 20 high knees        | <b>Q</b> 10 arm circles         |
| <b>E</b> 5 crunches           | <b>R</b> 10 skaters             |
| <b>F</b> 10 mountain climbers | <b>S</b> 10 second jog in place |
| <b>G</b> 5 squats             | <b>T</b> 10 butt kickers        |
| <b>H</b> 10 front lunges      | <b>U</b> 5 inchworms            |
| <b>I</b> 10 side lunges       | <b>V</b> 5 tricep dips          |
| <b>J</b> 10 second wall sit   | <b>W</b> 3 star jumps           |
| <b>K</b> 5 calf raises        | <b>X</b> 5 bird dogs            |
| <b>L</b> 5 second plank       | <b>Y</b> 10 leg raises          |
| <b>M</b> 3 squat jumps        | <b>Z</b> 5 squat jacks          |



## Challenges

<p><b>Challenge Jar</b> Draw/list exercises on pieces of paper &amp; add to the jar e.g. jumping jacks/press-ups/balancing on 1 leg, mountain climbers, high knees, squats- Pick an exercise and see how many you can do in 30sec/1 minute</p>	<p><b>Cup Knock Challenge</b> 6-10 plastic cups 5 paper balls. You get 5 chances to knock down the cups with the paper balls. 1 cup = 1 point. Record your results</p>	<p><b>Teddy Bear Challenge</b> Line teddies in a row with spaces between them. Jump over teddies without knocking them over. Hop on 1 foot/sideways/frog jumps over the teddies.</p>	<p><b>Plank Challenge</b> Can you hold a plank for 30 seconds? Try it!</p>
<p><b>Soccer Challenge</b> Mark 2 lines 5-10ft apart. Dribble the ball/sock ball from one line to the next = 1 point. How many points can you score in 1 min?</p>	<p><b>Alphabet Challenge</b> Can you move your body in the shape of the different letters?</p>	<p><b>Poc Fada</b> Using a hurley &amp; sliothar. See who can hit the sliothar the furthest. Record your results.</p>	<p><b>Long Jump</b> Stand with your two legs together. Who can jump the furthest? Record your results.</p>
<p><b>Balance on one leg</b> See how long you can balance on one leg. Is your right leg stronger than your left? Record your results.</p>	<p><b>Long Kick</b> See who can kick the ball the furthest. The ball must be kicked from the ground not your hands</p>	<p><b>Run a lap of your Garden/Estate Time yourself.</b> Add in jumps/walking backwards/skip. Record your results.</p>	<p><b>Welly Toss</b> Who can throw the welly the furthest?! Outdoors only please!!!</p>





## And now for the best bit.....Races.....on your marks, get set, Go!

- **Potato and Spoon Race** Get the family involved and have an "egg"/ potato and spoon race in the garden.
- **Refuse Sack/Pillow Case Race** Hop along to the finish line! Good Luck!
- **Three Legged Race** Get a partner and decide on a starting and finish line. Tie your legs together with a pair of tights or a hairband. Try not to fall!
- **Jigsaw Relay** Grab a jigsaw and complete a relay race.
- **Water Relay Races- Supplies:** Buckets, cups, or sponges. Give each person a plastic cup and put a bucket full of water at the starting line. Put one empty bucket for each person at the finish line. Players take turns filling up their cup from their full bucket and dumping it into their empty bucket. The game is over when the starting-line bucket is empty. The person with the most water in their finish-line bucket wins.

**Variations:** Use a large sponge to soak up water instead of a cup. Or, on a hot day, poke holes in the bottom of the cup and have the kids carry it over their heads to the finish line for a relay turned water game.

- **Crab walk race-** do the crab crawl and scuttle to a finishing line
- **Wheelbarrow Race-** you can't have a fun day of races without trying this one!! Mums and Dads join in!!



And if after all that you still want more.....then why not

## Learn a new skill

- ✚ GAA Activities Trial some of the football/hurling activities <https://www.gaa.ie/my-gaa/getting-involved/kids-activities>
- ✚ GAA: Kicking - Partner Pass: <https://www.youtube.com/watch?v=r50e8F1AT4A#action=share>
- ✚ GAA: Catching/Passing: <https://www.youtube.com/watch?v=ve2qHCiRDfU#action=share>
- ✚ Soccer skills: [https://www.youtube.com/channel/UC\\_4CVGZ-aQH2V6cLGYmKMAg?app=desktop](https://www.youtube.com/channel/UC_4CVGZ-aQH2V6cLGYmKMAg?app=desktop)
- ✚ Athletics: <https://www.athleticsireland.ie/clubs/summercamps/home-activities>
- ✚ Rugby skills:  
[https://www.youtube.com/watch?v=aTphMIsCPws&list=PLi8yDahGQ91Sb7W\\_VUtvdabRobBott1o5&index=1](https://www.youtube.com/watch?v=aTphMIsCPws&list=PLi8yDahGQ91Sb7W_VUtvdabRobBott1o5&index=1)
- ✚ Basket ball skills: [https://www.youtube.com/watch?v=4D6eTEvB2ZY&feature=emb\\_logo](https://www.youtube.com/watch?v=4D6eTEvB2ZY&feature=emb_logo)
- ✚ Skipping rope tricks:  
[https://www.youtube.com/watch?time\\_continue=1&v=9PqYL4zTnxY&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=1&v=9PqYL4zTnxY&feature=emb_logo)
- ✚ Fundamental Movements: <https://www.scoilnet.ie/pdst/physlit/beyond/>
- ✚ Tennis at home:  
[https://www.youtube.com/watch?list=PLE6YutcDXPAVadZgFGJraMSP3IPBqLbJs&time\\_continue=76&v=mj7AnexLnhs&feature=emb\\_logo](https://www.youtube.com/watch?list=PLE6YutcDXPAVadZgFGJraMSP3IPBqLbJs&time_continue=76&v=mj7AnexLnhs&feature=emb_logo)



*Congratulations!!*

