

#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 Battle 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 Practice with Wall Markings
 SFAI 12 Day #StayAtHome Challenge Kick-Yoo-Foo Fitness Alphabet Wobble Board GoNoodle Mini Golf
 Dance Mats Frisbee **PDST Beyond the Classroom PE Videos**
 Wood Spoon Balloon Relay
 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 Cilli 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 Monopoly Fitness**
 Family Hide & Seek Juggling
 French Skipping with Elastics Family Musical Chairs Build a Hut #GAA Solo Challenges
Alphabet Scavenger Hunt Dancing #ThisGirlCan Disney Dance Along

#ActiveHomeWeek IDEAS

Check out all the above ideas, and more, by visiting [@activeschoolflag](https://www.activeschoolflag.ie). 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



