



## **ACTIVE HOME WEEK 25<sup>th</sup> – 29<sup>th</sup> May 2020**



Good news everyone, this week is **Active Home Week** in our school!

The aim of this initiative is to motivate young people to keep active *at home* by trying out new activities, taking on challenges and having fun with family activities. It will also help us gain our Active Flag for our school.

We hope that the girls and their families will really enjoy the fun and games and that the sun stays shining! To enable you and your family to fully engage with and participate in the challenge, I am only setting one brief workbook task per day – enjoy the break and get active instead!

To complete the challenge:

- ❖ Junior Infants should try up to 4 different activities each day
- ❖ Fill in the Challenge Chart daily (attached)
- ❖ Take photos of some of your activities (these will be used to create a video)
- ❖ Email completed Challenge Charts and photos to [presactiveschool2020@gmail.com](mailto:presactiveschool2020@gmail.com)



Any child who emails in a photo or a Challenge Chart will receive a certificate by email, so don't forget!

Here are just some of the many ideas for activities;

- ❖ Family musical chairs
- ❖ Family hide and seek
- ❖ Cosmic Kids Yoga (YouTube)
- ❖ Kite flying
- ❖ Family walk (within 5km)
- ❖ Hopscotch
- ❖ Trampoline
- ❖ Create your own dance
- ❖ Family musical statues
- ❖ Toilet roll keepy uppies
- ❖ Just Dance for Kids (YouTube)
- ❖ Limbo
- ❖ Roller skating
- ❖ Build a hut
- ❖ Juggling

- ❖ Frisbee
- ❖ Gardening
- ❖ PE with Joe (YouTube)
- ❖ Teddy Bear's Picnic

The possibilities are endless! If you would like more information, visit [https://activeschoolflag.ie/index.php/active-home-week-2020/#active\\_week\\_find\\_more](https://activeschoolflag.ie/index.php/active-home-week-2020/#active_week_find_more)

I really hope you all have great fun trying something different this week and I can't wait to see your photos and challenge charts. **Happy Active Home Week!**

#### Workbook tasks (revision)

Monday – *Planet Maths* (big book) page 84

Tuesday – *Sounds Make Words* page 63 (w)

Wednesday – *Planet Maths* (big book) page 85

Thursday – *Ready, Steady, Write!* (big book) page 56 (w)

Friday - *Planet Maths* (big book) page 86