



Presentation Primary School

Scoil Náisiúnta na Toirbhirte

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Dear Parents/Guardians,

Active Home Week will run from 25th – 31st May.

This is part of the process to gain an Active School flag. 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.

To complete the challenge:

- 1st – 6th class pupils should complete 60 minutes or more of physical activity per day. This can be across up to 4 different activities. If you do 1 or 2 longer activities, that's fine too, but 60 minutes is your target
- Junior and Senior infants should try up to 4 different activities each day, without the same worry to hit 60 minutes.
- At the bottom of the page you will find some ideas. This is only a starting point, any form of exercise or activity counts. Keep an eye on Aladdin Connect for "Beat the Teacher" dances too!
- On the back of this sheet you will find a Challenge Chart to be completed daily. It can also be completed on Seesaw and returned to your teacher there. If you have completed long activities (longer than 15 minutes) feel free to write them across a few boxes.

We would also love to see photos of our pupils getting active this week. Please send photos and completed challenge charts to presactiveschool2020@gmail.com. Photos will be gathered to create a video for Active Home Week which will be sent out on Aladdin Connect and also shared on social media.

If you would like your photo to feature in the video, please email your photos by June 1st. All pupils who return a photo or challenge chart to the email address will also receive a certificate sent by email.

Let's get active, Let's have fun!

Looking forward to seeing all of your photos,

Mrs O Mara

#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 **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 Céili 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 Alongs