



## Presentation Primary School

Scoil Náisiúnta na Toirbhirte

Slievekeale Road, Waterford, X91, CR44

Tel No: (051) 374995

E-mail: [info@presentationprimarywaterford.ie](mailto:info@presentationprimarywaterford.ie)

Roll No: 19955T

Dear Parents/Guardians,

Active Home Week will run from 25<sup>th</sup> – 31<sup>st</sup> 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:

- 1<sup>st</sup> – 6<sup>th</sup> 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](mailto: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 1<sup>st</sup>. 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

**PDST Beyond the Classroom PE Videos**

Activities listed include: #GetItAtHome, Kurbs, Plank Soccer, Balloon Volleyball, Toilet Roll Keepy Uppies, Limbo, Balloon Burst Challenge, Sock Bouts, Waddle Races, Frisbee Hurling, Wall Ball Fitness, Monopoly, Fitness Alphabet, Juggling, TEACHER Challenges, Skateboarding, Bottle Skiffles, Swingball, Roller Skates, Toys in the Toy Box Races, RTE Twigin Yoga, Pool 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, SFM 12 Day #StayAtHome Challenge, Kick-Tac-Toe Fitness Alphabet, Webble Board, GoNoodle, Mini Golf, Danes Mats, Frisbee, Wood Spoon Balloon Relay, Chasing Games, Split it Out, Dice Workout, Just Danes for Kids, Kurbs, Line Dancing, Basketball Hoops, Soccer Skills, Gymnastics Skills, Frisbee, GAA Future Leaders Challenge, 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 Gili, Balance Board, Toilet Roll Keepy Uppies, 10@10, Frisbee Golf, Kite Flying, Frisbee, Family Musical Statues, Foot Shake Dance Challenge, Trampoline, Hula, PDST Larnuigh den Seana Ranga, Cara Centre Home Exercise Circuits, Gymnastics Ireland Takeover Fitness Workouts, Sock Bouts, Limbo, Cycling (within 2km), Hopscotch #ChalkChallenge, The Daily Mile at Home, Sockdear Basketball, Soccerball Ireland #StayHomeSkills, Space Hopper, Plank Soccer, Athletics Ireland Hop Series, Athletics Ireland Core Circuits, Local Sports Partnerships Challenge, Bazaarle, Badminton, Rock Paper Scissors Tag, Active Xs and Os, Create your own Dance, Family Rowdies, 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, TGAA Solo Challenges, Alphabet Scavenger Hunt, Dancing, #ThisGirlCan, Dancy Dance, Alonge