
 60 Minutes
 Make it FUN!

PARENTS, GUARDIANS and CARERS – Active School Flag would like to say WELL DONE for everything that you are doing to support children and young people with their education and with their wellbeing.

Normally, **Active SCHOOL Week** takes place during April. This year that's not possible so we are reaching out to you to ask for your help with the **Active HOME Week** challenge, starting on 27 April.

Children and young people need at least 60 minutes of physical activity every day
World Health Organization

About the Challenge

Some of our children are bored!

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 young people, have to find four different ways of being active every day, making sure that this adds up to **60 minutes**, or more, of physical activity. *All members of the family are encouraged, #Together, to take on the challenge.*

Some of us need ideas to keep our children active!

To help with this we have created an  **IDEAS word cloud** made up of some of the excellent ideas, resources and challenges currently being shared by local and national agencies. Many of these ideas can be viewed *in action* and *in one place* by visiting  [@activeflag](https://twitter.com/activeflag). There's something to suit all ages, abilities and interests, including indoor and outdoor options, with NEW ideas added daily. Remember if exercising outdoors, keep within 2km from home, keeping 2m distance from others.


If you would like to support the work that is happening in PE lessons we recommend that you look up the Professional Development Service for Teachers (PDST) [Beyond the Classroom/Lasmuigh den Seomra Ranga](#) series of PE home activity videos  [@PDSTpe](https://twitter.com/PDSTpe).

We'd love to see some completed challenge charts to find out about the activities and challenges that children and young people enjoyed the most.

 [@activeflag](https://twitter.com/activeflag) [@healthyireland](https://twitter.com/healthyireland) [@HsehealthW](https://twitter.com/HsehealthW)



Active School Flag is a Department of Education and Skills initiative supported by Healthy Ireland. To find out more visit  www.activeschoolflag.ie.

Visit  www.gov.ie/together for advice, ideas and support for your physical and mental wellbeing.



#ActiveHomeWeek



Monday 25th – Friday 29th May 2020

Maths:

- Table Toppers: We've finished the main part of the book, but if you missed any parts, you can go back on them now, particularly the test pages at the very end. It's also great to practice with games online, or with dice etc. so you don't get rusty 😊
- Mental Maths: Week 32: Pages 95-97. I'll send answers on Friday.
- Copy work: Take one of the following numbers each day...
675 192 204 321 4208

Use your number to do four sums into your copy....

1. Add 609 to it.
2. Subtract 129 from it.
3. Multiply it by 31.
4. Divide it by 4

There are also two Maths sheets on the topic of area; you might like to try some or all of these.

Remember that when you worked on perimeter two weeks ago, you were measuring the length along the outside of shapes. Area is about the space taken up by the shape. Someone planning a soccer pitch might need to know how long the perimeter is, to buy fencing, and they would need to know the area of the pitch to buy enough grass seed.

To find the area, we multiply length by width. Squares are the easiest because their length and width is the same.

A square that has 1cm sides is called 1cm² (one centimetre squared).
A square that has 10cm sides would have a perimeter of 40cm, and an area of 100cm².

If a shape is on squared centimetre graph paper (like the chocolate box worksheet), you can just count the squares that the shape takes up.

Don't worry if you don't get to all parts of the maths. You might find that Mental Maths & the sums are enough per day, or a different combination.

We will work another little bit on area next week too.

English & SESE:

Because it is Active Home week, we chose Sports/Staying Active as our theme this week.

- There are two Reading Comprehension sheets attached, one is a fictional story of animals and their sports day. The other is a non-fictional text about the Tour de France cycling event. You can do one or both.
- There have been some great Alpha-boxes put together. See how many sports/activities words you can think of this week.
- Reading Log & School Closure diary: Keep going with these if you have been doing them. It'll be great to have an account of what you've read and what you've been up to!
- Spellings for this week are at the end of this document. You may it helpful to put these spellings into sentences, to practice using them. (Unit 29).

Poem "Olympic Race"

There is a running related poem attached, for you to read and enjoy. Imagine how you would feel taking part in a huge race like that!

An Ghaeilge:

Here are some litriú/spellings for the week; the topic on the sheets is listed as "Teilifís" (television) but most of the TVs are showing sports!

Choose a few to learn per day and test yourself on Friday.

You may find the attached worksheets helpful for practice, but don't worry if you can't print them/don't get to them.

peil – football	leadóg – tennis
cispheil – basketball	ceol – music
sacar – soccer	cartún – cartoon
rugbaí – rugby	sorcas – circus
galf – golf	an nádúr – nature
snúcar - snooker	an aimsir – weather



Olympic Race

Standing and waiting for the race to begin
I'm getting quite nervous
Am I going to win?

Crouching down low, I wait for the gun
Bang! There it goes
We're starting to run.

My heart is pounding; I'm going to burst
Come on legs keep going!
I want to come first.

Just one last effort, I pass the line
Am I first, last, where am I?
What's my time?

I stand on the podium, proud and bold
I'm wearing my medal
An Olympic gold!

Unit 29

List Words

- new ✓ _____
 - soon ✓ _____
 - flew ✓ _____
 - crew ✓ _____
 - drew ✓ _____
 - true ✓ _____
 - truth ✓ _____
 - used ✓ _____
 - shoe ✓ _____
 - roof ✓ _____
 - broom ✓ _____
 - June ^E ✓ _____
 - rule ✓ _____
 - beautiful ✓ _____
 - useful ✓ _____
 - fruit ✓ _____
 - juice ✓ _____
 - suit ✓ _____
 - cruel ✓ _____
 - through ✓ _____
 - Tuesday ✓ _____
 - balloon ✓ _____
 - computer ✓ _____
 - rescue ✓ _____
 - pollute ✓ _____
- _____
- _____

A few extras!

History

Take a virtual tour of the Natural History Museum!

www.cliste.ie/natural-history-museum-virtual-tour/

[Natural History Museum Dublin – Virtual Tour | Cliste!](http://www.cliste.ie/natural-history-museum-virtual-tour/)

Natural History Museum - Dublin. The Natural History Museum is a treasure chest of both Ireland's and the world's natural wonders. Give your students the opportunity to explore the museum that is often referred to as the Dead Zoo.

www.cliste.ie

Active Schools Week

We have made this our Active Home week; the official week was supposed to be in April, but everybody had enough going on! We'd love if you could send in a photo of you doing your favourite physical activity. It can be anything from running, roller-blading or jumping on your trampoline, to playing camogie, dancing or skipping.

There is also a fun challenge you can try on the next page, unique to you & your name!

what's your name? FIT activity for kids

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

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

AONAD 18 An Teilifís

Beidh mé in ann na focail seo a litriú:

peil
cispheil
sacar

rugbaí
galf
snúcar

leadóg
ceol
cartún

sorcas
an nádúr
an aimsir

Líon na bearnaí.

_s_núcar
 __n aimsir
 __n nádúr
 __ugbaí
 __eadóg
 __eol
 __orcás
 __eil
 __alf
 __artún
 __acar
 __ispheil

A. Cuir an focal ceart in aice le gach pictiúr.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

B. Cuir an focal ceart san abairt.

1. Bhí Ruairí agus Helen sa seomra suite. Bhí _____ ar RTÉ a hAon.
2. Bhí _____ ar siúl ar TV a Trí.
3. Chuir Helen RTE a Dó ar siúl. Bhí _____ air.
4. Bhí _____ ar BBC a hAon.
5. Bhí _____ ar BBC a Dó.
6. Bhí _____ ar TG a Ceathair. Bhí Ruairí agus Helen sásta.

C. Cuir le chéile.

1. rug + baí = _____
2. snú + car = _____
3. sor + cas = _____
4. c + eol = _____
5. lead + óg = _____
6. car + tún = _____






D. Scríobh 4 fhocal ón liosta leis na litreacha seo:

g s l a a i c o i ú h f e p r n

1. _____
2. _____
3. _____
4. _____

E. Críochnaigh.

an-(maith) = an-mhaith

1. Tá an eilifint an-(mór) **an-mhór** 
2. Tá an luch an-(beag) 
3. Tá mo chóipleabhar an-(glan) 
4. Tá an aimsir an-(fuar) 
5. Tá mo leaba an-(bog) 

F. Inis dom:

1. Cén **c** ina mbíonn "Tom and Jerry"?

2. Cén **s** ina mbíonn fear grinn?

3. Cén **g** a imríonn Pádraig Harrington? _____
4. Cén **p** a bhíonn i bPáirc an Chrócaigh? _____
5. Cén **sn** a imríonn tú ar bhord?

6. Cén **r** a bhíonn i mBóthar Lansdúin?

G. Tóirfhocal. Faigh na focail seo:

cispheil sacar leadóg ceol an nádúr an aimsir

a	c	e	o	l	p	c	a
n	i	m	t	e	o	c	n
a	s	a	c	a	r	a	n
i	p	c	h	d	n	s	á
m	h	b	a	ó	e	a	d
s	e	f	i	g	r	d	ú
i	i	m	m	l	m	n	r
r	l	i	a	g	a	t	r