

## **Active Week 25<sup>th</sup> -29<sup>th</sup> May 2020**

Hello girls,

This week is Active School Week. Our school is working really hard to earn the Active Flag. This week your challenge is to do at least 60 minutes of activity each day. That is one hour every day of moving your body to keep it healthy and fit. You can do 1 long activity or 2/3/4 shorter activities.

I have attached the Active Home Week chart. Those of you who got your book bundle from school last week will have this chart already printed out. Each day you are to fill in the activity you do and how much time you spend doing it.

If you like, you can send me your photos and videos on Seesaw or by email. Then please take a photo of your chart (when it is fully completed either handwritten on or typed on) showing your activities and send through Seesaw or email on Sunday 31st May (last day of activities to be filled in on chart) Try to get your grown-ups, brothers, sisters involved too😊

**\*Also the school will gather photos to make a video for everyone to watch and to share on social media –if you would like your photos to feature in the video –please email your photos by June 1st –to [presactiveschool2020@gmail.com](mailto:presactiveschool2020@gmail.com)**

Example ideas – why not choose some and create your own too?:)

- hoovering, weeding, mopping floors, cleaning windows, drawing and playing hopscotch, silent marching
- can you do the plank? Can you beat your grown ups?
- can you box for 3 mins, 5 mins, 20 mins??
- races :egg and spoon, sack races, three legged race, water gun or water balloon fight or soaky sponges(see on Padlet link below) both are great games for the sunny weather we will get this week!
- play a game like catch, stuck in the mud, rounders, soccer, basketball or dodgeball with your family
- set up an obstacle course in your garden or indoors and challenge your family to complete it - Who can do it the fastest?
- balloons –use for football, volleyball
- set up mini Olympics
- use empty toilet rolls and a small ball to play bowling
- Walk 5k, 10k in 7 days (in your own area, within 5K:) )
- go on your rollerblades, scooter or skateboard
- make up your own dance, Tik Tok dance challenge, ballet
- walk your dog
- cycle your bike (safely with equipment)
- jumping jacks , run on the spot, squats

-do some Yoga (Cosmic Yoga on You Tube has great videos)  
Gymnastics - balancing, rolling etc.

New skills- juggling, skipping (can you beat an adult?)

\*These are just some suggestions –I cannot wait to see what all you creative girls come up with

\*Keep a chart of all your activities (page in with school books) and these will help our school gain an Active School Flag:)

\*Please send me photos and videos during the week of your 1/2/3/4 activities adding up to 60 minutes total during the week. Then please send your chart (when it is fully completed either handwritten on or typed on) showing your activities through Seesaw or email on Sunday 31st May (last day of activities to be filled in on chart)

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**Copy and paste this link to see some more examples and get started –**

<https://padlet.com/ballygiblinmarieh/dfyblac77krpg99b>