

## Active Homework 18<sup>th</sup> – 22<sup>nd</sup> January

Keeping active is very important for a child's physical and mental wellbeing. Try these at home if you can. If you would like your child to feature on our active schools blog, send a photo or short video to your class teacher.

Monday

### Basketball Skills at Home!

#### You will need:

- Pairs of socks
- A basket
- Space to play



#### How to play:

1. Make sure the socks are rolled into pairs.
2. Place the basket at a distance from where you are standing.
3. Try to throw the socks so they land in the basket.
4. If you can throw a pair of socks into the basket, take a step back and throw from a further distance.
5. Keep stepping backwards and see how far you can throw the socks!

Your teacher would love to see some photographs or video clips of you playing this game at home!

Tuesday

### Wall Sit

All you need for this is a wall!

Make sure wall and floor are clear from obstacles. Have students put back to the wall and then lower down into a sitting position. Their knees should be in a 90 degree angle. They will quickly feel their quadriceps muscles working. Once the muscles become tired, have students lower their knees and bottom gently to touch the floor.

Try and time yourself and see how long you can last!



Wednesday

FMS (fundamental movement skill) activity of the week

This week we will look at the skill of walking. Please watch the following video on this FMS:

Find a space indoors or outdoors with your child. Call out the following instructions as if you are a remote control:

- play = walk around the room
- pause = freeze on the spot & hold a balance
- rewind = walk backwards carefully
- fast forward = walk as fast as possible
- slow motion = walk as slowly as possible
- record = make funny faces
- volume up = Jump up
- volume down = crouch down

For more information on FMS click on the following links:

<https://www.scoilnet.ie/pdst/physlit/fms-activities/>

<https://www.scoilnet.ie/pdst/physlit/fms-activities/walking/>



## Thursday

For today all you need is a teddy, a soft toy or a pair of socks rolled up together (You can also make your own beanbag using a sock filled with some rice. Tie the sock with an elastic band.)

Can you balance your teddy or beanbag on the following body parts?  
First, perform the balances while standing on the spot and then while walking around.

palm of your hand | head | foot | shoulder | back of your neck | tummy

You can now make things a bit more exciting for your teddy.  
Throw your teddy up in the air and catch it with two hands and then with one hand. Throw your teddy up in the air and count how many claps of your hands you can do before you catch it. Try to beat your score!

## Friday

### **Yoga Poses Challenge: Hold each pose for 20 seconds!**

Say Hello to the Sun



Pretend to be a Tree



Pretend to be a Flying Bird



Pretend to be the Falling Rain



Pretend to be Planting Seeds

