

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.

We have been receiving some amazing photos and videos of our students keeping active, which will feature on our Active Blog soon!

## Monday – Go Cycling!

No Bike? No Problem!

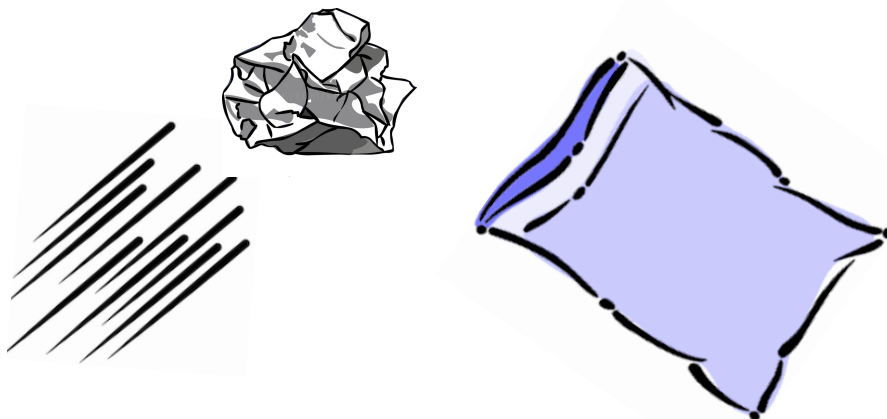
How to do this exercise:

1. This exercise can be done on your own or with a sibling/parent
2. Lay on your back with your feet in the air as seen in the picture
3. If you are doing this with a partner, sit opposite your partner and place your feet against each other
4. Finally, rotate your legs as if you are cycling a bike
5. Go forwards, backwards, slowly, quickly
6. Enjoy!



## Tuesday – Target Practice

You will need a pillowcase or cushion cover, and a soft object or paper ball to throw. Ask a grown-up to hold the pillow case or cushion cover. Try to throw your object into it. The grown-up could hold it at different heights to make the activity more tricky! How many can you get in a row?!



## Wednesday – FMS (fundamental movement skill)

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

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



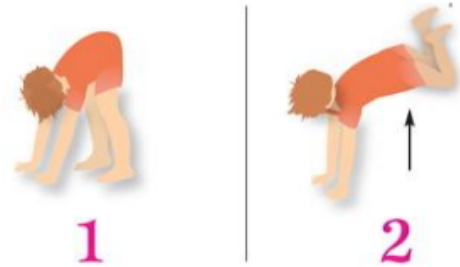
Set up some hurdles in a space indoors or outdoors – keep the hurdles very low! Some examples of equipment you can use is toilet rolls, skipping ropes, jumpers, tshirts, hats, etc.

Try to hop over the hurdles with one foot, and then on the way back hop with the other foot. Try this a few times to practise the technique of hopping.

## Thursday – Donkey Kicks

All you need for this is a bit of space – indoors or outdoors!

Start on all 4's on the ground. Lean forward slightly with your hands flat on the floor. Try to keep your arms and elbows straight. Use both of your feet to kick off from the floor. Keep your knees bent as you kick off from the ground. Try to hold the position of your feet in the air, and then allow your feet to softly come back down to the floor. Both of your feet should land on the floor at the same time. This might take a few tries.



See how many you can do in 30 seconds!

## Friday – Outdoor Walk

February is the first month of Spring. Take a walk today (or at the weekend) and look for the following animals and plants around your area:

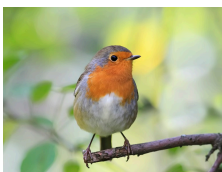
-Snowdrops



-Daffodils  
(or their bulbs!)



-Robin



-Grey squirrel



-Swan



-Tree buds

