

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 – Improving your balance!

You will need:

- Something long to lay on the floor (the belt from a dressing gown or a skipping rope would be perfect)
- Lots of space!

How to play:

1. Lay a skipping rope/the belt from a dressing gown on the floor in a straight line.
2. Practice walking up and down on it by putting one foot in front of the other. Putting your two arms out to the side can help you to keep your balance.
3. If you can do this without falling, repeat the activity but this time jump up and down the skipping rope/belt on two feet like a bunny rabbit.
4. When you have done this, try to hop up and down on one foot and then swap and hop up and down on the other foot.
5. Next, try to stand on your tip toes and walk up and down like a ballerina.
6. Use your imagination to think of other ways you can move up and down on your skipping rope!



Your teacher would love to see some photographs of you trying this out at home! Best of luck! 😊

Tuesday – Circle Arm Walk

Start in a press up position, arms shoulder width apart. Can you walk your hands around in a circle until you reach your starting point again?

If you find this easy challenge yourself, see how many circles you can do in a minute!



Wednesday – FMS (fundamental movement skill)

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

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

For this activity all you need is a bag/towel/piece of paper.

Place the bag/towel/paper on your chest and spread it out flat. Then find a space to run. Try and run with the item on your chest – without holding it with your hands! See how long you can run with the item on your chest until it falls off.

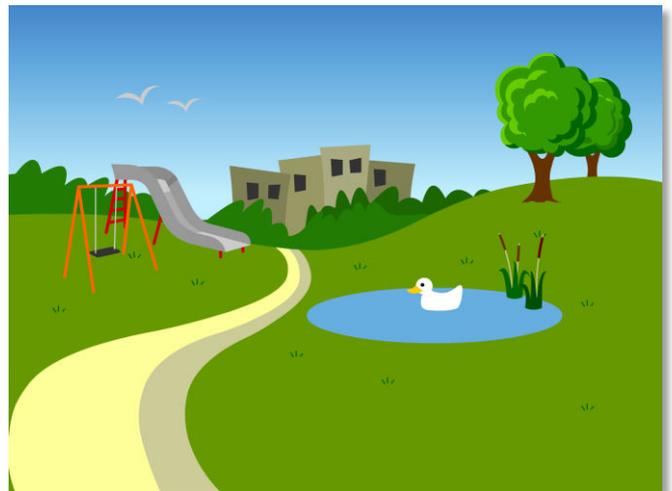
To see the activity being done click on this link to the video: <https://vimeo.com/404409956>

Thursday – Outdoor Walk

Go on a walk outdoors together.

Try and see if you can spot the following things:

- Something red
- Something blue
- An animal
- Something smooth
- Something rough
- A flower or leaf
- A bicycle
- Something starting with the letter 's'
- Something starting with the letter 'a'



See if you can find everything!

Friday – Toilet Roll Keepie-uppies

All you will need is a roll of toilet roll and SPACE

How to play:

- Treat the toilet roll as a ball and challenge yourself to do as many keepie-uppies as you can (you can use your hands or feet!)
- Be sure to keep count!
- Challenge somebody else in your house... who can do the most?
- Send in pictures/videos of you completing this task.

