

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.

Check out the Active Blog this week for photos and videos of the boys and girls of St. Louis Infant School keeping active!

Monday – Number Jump

Using chalk on the floor or an old sheet (or even just sheets of paper) ask a grown up to help you write a range of numbers in random order. When the grown up calls out a number or rolls a dice, try to jump to the correct number!



Tuesday – Scissor Kicks

How to move your legs like scissors:

1. Lie flat on your back on the floor with your legs in the air as shown in the picture.
2. Keep one leg out straight in front of you and lift the other leg up in the air.
3. Lift the leg back down towards the floor until your two legs are back together again.
4. Lift the opposite leg up in the air and keep the other leg out straight.
5. Repeat this exercise, rotating which leg goes up and which leg stays out straight in front each time.
6. Your legs will look like a scissors opening and closing!



See how many scissor kicks you can do in one minute!

Wednesday – FMS (fundamental movement skill)

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

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

Find a space in which you can practise your skipping skills. Call out the following instructions to work

on a range of skipping actions:

- try to skip like a giant, a fairy, a clown, a toy soldier
- try to make yourself very small and skip around, gradually getting taller
- try to skip as tall as you can be
- try to skip forwards, sideways, backwards
- try to skip angrily, happily, sadly
- try to vary your skipping speed
- try to skip to the beat of music or a drum.



Thursday - Jumping Challenge

Practice the four exercises below. Do each exercise once, then put them altogether and see how many times you can do the full exercise routine!

Exercise number 1 = Jumping jack

Exercise number 2 = Hop on one foot

Exercise number 3 = Hop on the other foot

Exercise number 4 = Jump on two feet as high as you can!



Now do each exercise, one after the other, as many times as you can! See how long you can keep going until you can't jump anymore!!

Friday - Crab Walk

Today we are going to walk like crabs!

1. Look at the picture to help you!
2. Sit down on the floor, keeping your back straight.
3. Put your two hands flat on the floor.
4. Slowly lift your body up so your hands and feet are flat on the floor but your back and tummy are raised.
5. Slowly take a step forward with your feet and move your hands forward, one at a time.
6. Make sure you move very slowly so you don't fall!
7. Now you are walking like a crab!

