**Active Schools week 2020:**

* **Go Noodle Dance:** This year our dance will be “*Roar*“,

<https://app.gonoodle.com/activities/roar?s=Search&t=KIDSBOP>

* Try and practise it every day. Get all the family involved.
* **Wake up Shake up:** Why not try this every morning before you start your school work:
* 10 jumping jacks
* 10 frog jumps
* Run on the spot for 30 seconds
* 10 squats
* 10 lunges
* Skipping for 30 seconds
* High knees for 30 seconds
* Stretch up to the sky, to the left side and to the right side
* Stretch those legs and those arms

**Monday:** “Marathon Monday”

* See how many laps of your garden you can do in the day!
* Challenge other members of your family.

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**Tuesday:** “Target Tuesday”

* Using whatever equipment you have, set up a target challenge for your family in the garden.
* For example: How many footballs/tennis balls/toilet rolls can you get in to the bucket?



**Wednesday:** “Walk On Wednesday”

* Be sure to get out for a walk with your family today.
* You could organise the pre walk warm up and cool down for the family.
* Younger children might like to bring their favourite teddy on their walk today ☺

**Thursday:** “Timing Thursday”

* Get the stopwatch ready: See how many of the following you can do in 1 minute?
* Jumping Jacks
* Frog Jumps
* Squats
* Lunges
* Scissors
* “Keepy uppies”
* Toe taps
* Challenge other members of your family!

**Friday:** “Fun Friday”

* Create an obstacle course for your family in the garden, using household and garden items (kitchen chairs, pots, laundry basket, dustbin, garden pots, buckets, a pillow case as a sack etc.)
* Who will be the fastest family member to complete it?



**Other Activities:**

* Try and join in to PE with Joe Wicks at 9.00am every morning.
* <https://rtejr.rte.ie/10at10/> have loads of fun 10@10 exercises too.
* Senior kids could try them in Irish.
* Try some yoga on Cosmic kids <https://www.youtube.com/user/CosmicKidsYoga>
* Choose your favourite song and create your own dance to it.
* Practise your favourite sport.