

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.



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.

