

The following is a list of activities that you and your children can enjoy and adapt if you wish to use them.

They can be used to break up the day and be used between different pieces of written/reading activities.

1. Pick a song and video on 'Just Dance' (on Youtube) and practice
2. Practice 10 minutes hurling each day
3. Practice 10 minutes football each day
4. Practice 10 minutes soccer each day
5. Go for a walk in line with an adult in line with social distancing and HSE Guidelines
6. Use the following flashcards. The cards are designed to be used regularly and record the number of each activity achieved on that day.
(It is not designed as a competitive activity between children. The aim is that each child is competing against their own individual scores).

An example of a grid on how to record results is shown below:

Date	Activity 1 Name	Activity 2 Name	Activity 3 Name	Activity 4 Name	Activity 5 Name	Activity 6 Name	Activity 7 Name
20/04/2020	2 in 3 mins	10 in 3 mins	8 in 3 mins	7 in 3 mins	4 in 3 mins	12 in 3 mins	20 in 3 mins
21/04/2020	4 in 3 mins	11 in 3 mins	11 in 3 mins	9 in 3 mins	3 in 3 mins	13 in 3 mins	18 in 3 mins

Speed Bounce

Set a timer for three minutes or a time period of your choice. Children work individually to complete as many speed bounces as possible in the allotted time.

If you have more than one child or wish to get involved yourself record the score then swap.

Something such as a sweeping brush can be put on the floor as the object to jump over.



Step Ups

Again set the timer for three minutes or a length of time of your choice.

Children work individually to complete as many 'Step Ups' as possible in the time.

To count the person must place one foot on the bench/doorstep then step their second foot up before removing their first foot and following with their second foot (right foot up, left foot up, right foot down, left foot down = 1).

Child 1 goes first, child 2 counts - record scores then swap.



Ball Catch

Set the timer again for a set period of time.

Children throw a ball up in the air and catch it again. If there is more than one child, they can work together to complete as many catches as possible in the given time.



Skipping

Children work individually to complete as many skips as possible in a given period of time.

If there is more than one child 1 goes first, child 2 counts - record scores then swap places.



Star Jumps

Children work individually to complete as many 'Star Jumps' as possible a set time.



Throwing for Accuracy

Children work individually to throw as many objects into the target as possible in the time. The children should only have 3 objects (eg beanbags/bottle caps/plastic bottles) each so must work hard to retrieve the objects as fast as they can.



Sit Ups

Children work individually to complete as many 'Sit Ups' as possible in a given time.

Child 1 goes first, child 2 holds child 1's legs/feet - record scores then swap. Encourage good quality activity - get a child to demonstrate this to the rest of the class.



Running

Children run from the starting point to a number of additional points in a specific order one cone in a clockwise (or anticlockwise) direction.

The points can be marked by jumpers, cones, toys etc. They should be positioned in a zigzag position.



Spotty Dog

Children work individually to complete as many Spotty Dogs as possible in the time.

Children start with their right foot and left arm forward - as if about to start a running race. Alternate your legs forwards and backwards.

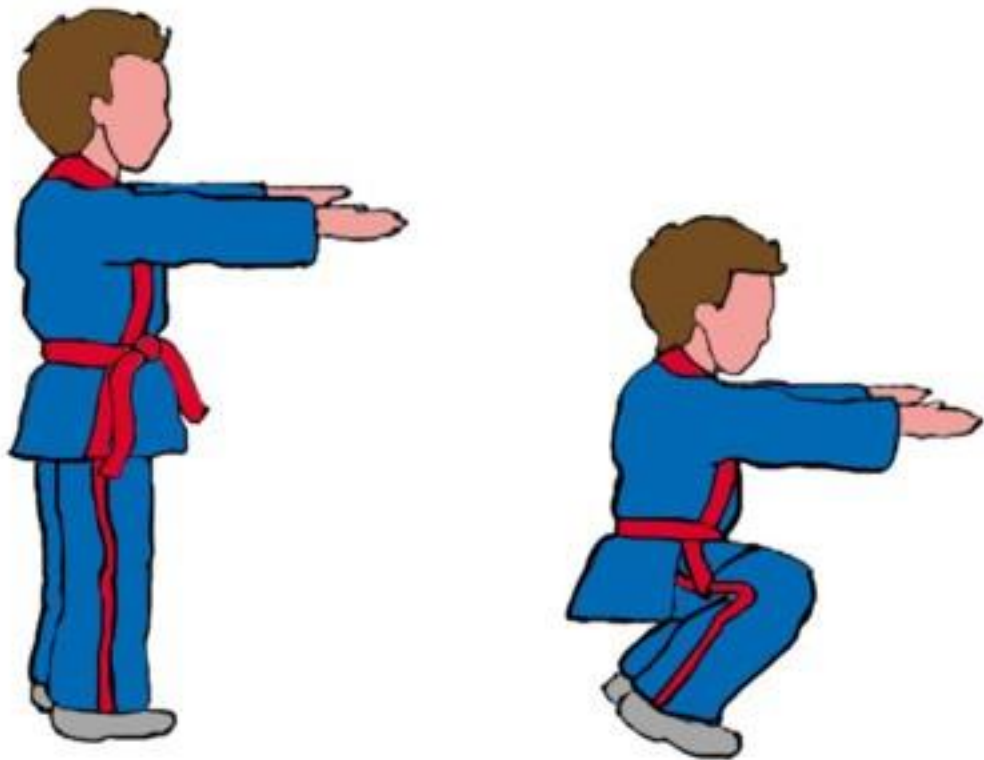
This is running on the spot essentially, but great for co-ordination!



Squats

With backs against the wall, slide down so that the legs are bent and the knees are bent at 90°.

Adaptation: squat without the wall, make sure there is a straight line from ankle to knee and that bottom goes out behind the feet, back straight.



Ball head, shoulder, knees and toes.

Children start with ball held above their head, they then must bring it down to shoulder height, then down to knees and finally to toes before reversing the process.

Adaption - Use a tennis ball rather than a football



Head,



shoulders,



knees



and



toes