


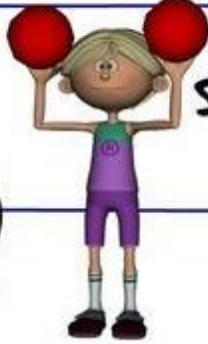
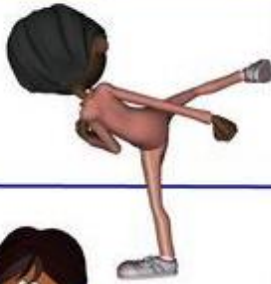







Roinnt acmhainní chun tacú le bheith gníomhach le linn an ordú dianghlasála

(Some Resources to help keep active during the lock-down)

Top 10 Muscular Strength and Power Exercises

DIPS 	SIT UPS 
PUSH UPS 	SHOULDER PRESSES 
POWER KICKS 	SQUAT JUMPS 
VERICAL JUMPS 	STANDING SQUATS 
POWER LUNGES 	PULL UPS 

© Peter Chenetta/Cap'n Funk, LLC

Roinnt acmhainní chun tacú le bheith gníomhach le linn an ordú dianghlasála

(Some Resources to help keep active during the lock-down)



Roinnt acmhainní chun tacú le bheith gníomhach le linn an ordú dianghlasála

(Some Resources to help keep active during the lock-down)



Roinnt acmhainní chun tacú le bheith gníomhach le linn an ordú dianghlasála

(Some Resources to help keep active during the lock-down)

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.	Hold your arms out at your side and make circles with them in the air.	Reach behind you and try and hold your left foot with your right hand without falling over.
Jump up and down.		
Spin around in circles.	Hop on your left foot 10 times.	Lay on the floor and stretch out as far you can for 10 a count of 10.
Do a cartwheel.	Hop on your right foot 10 times.	
Do a somersault.		Pretend to shoot a basketball 10 times.
Wave your arms above your head.	Hop around like a bunny.	Pretend to jump rope for a count of 10.
Walk like a bear on all 4s.	Balance on your left foot for a count of 10.	Pretend to ride a horse.
Walk like a crab.	Balance on your right foot for a count of 10.	Pretend to milk a cow.
Hop like a frog.	Bend down and touch your toes 10 times.	Take 5 of the biggest steps forward that you can.
Walk on your knees.		Pretend to lift a car.
Lay on your back & pedal your legs in the air like you are on a bike.	Reach behind you and try and hold your right foot with your left hand without falling over.	Do the strangest dance you can think of.
Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.	Show off the muscles in your arms.	Scream.



WWW.THEYSMELL.COM

Roinnt acmhainní chun tacú le bheith gníomhach le linn an ordú dianghlasála

(Some Resources to help keep active during the lock-down)

what's *fit activity* for kids **your name?**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

Roinnt acmhainní chun tacú le bheith gníomhach le linn an ordú dianghlasála

(Some Resources to help keep active during the lock-down)

Nascanna Físe (Video Links)

- Cosmic Yoga <https://www.youtube.com/watch?v=dKa2LHYcln4&t=9s>
- 10@10 <https://rtejr.rte.ie/10at10/>
- P.E. with Joe <https://www.youtube.com/watch?v=8zGzJdPB-1A>
- Trolls 'Can't Stop the Feeling' <https://www.youtube.com/watch?v=KhfkYzUwYFk>
- 'Wake Up Shake Up' <https://www.youtube.com/watch?v=1gUbdNbu6ak>
- Go Noddle <https://www.gonoodle.com>
- Skipping Skills https://www.youtube.com/channel/UChv0GUoeif1tHONdgg_bthQ
- Meditation <https://www.youtube.com/watch?v=HtYIQiXyrsE>

Acmhainní eile ar suíomh gréasáin na scoile (Other Resources on our website include)

- Joe Wicks 5 Minute Move Workout Card 1
- Joe Wicks 5 Minute Move Workout Card 2
- Joe Wicks 5 Minute Move Workout Card 3
- Joe Wicks 5 Minute Move Workout Card 4
- Joe Wicks 5 Minute Move Workout Card 5
- Joe Wicks Exercise Log
- Home Fitness Circuits for the Garden