



Active Home Week



Day	Beat the Teacher Challenge	Drop Everything and Dance	Activities by Volunteers	Activity 1	Activity 2
Monday 8 th	Check the school website each morning for a new challenge from a mystery teacher!  	Our Active School Song - Home Grown, Couch Potato (Sung to George Ezra-Shotgun)	Dancing with Maya	Virtual Kilometre: Run or walk 1km.	Skipping: See instructions below.
Tuesday 9 th		Can't Stop the Feeling - Trolls (GoNoodle)	Fitness class with Charlie, Molly & Gracie Instagram Live at 9am on @theedgegym.ie	Indoor/ Outdoor Bowling: Use plastic bottles as pins & a ball to knock them over.	Active Alphabet: See instructions below.
Wednesday 10 th		HAPPY- Pharrell Williams	Soccer with Ben	Well-being Wednesday: Take time out and listen to your favourite music in a quiet place. Do not be afraid to close your eyes and relax.	Sensory trail: Make a sensory trail using flat objects with different textures (bubble wrap, towel, sponge, buttons etc) to walk along in bare feet.
Thursday 11 th		Best Day of My Life- Dance Along	Fitness class with Charlie, Molly & Gracie	Animal Moves: See instructions below.	Choose from Active 100 Thursday Activities below.
Friday 12 th		Virtual Sports Day!			

Active Song
Home Grown, Couch Potato

Verse 1

Home-grown couch-potato, See you later
Gotta hit the road, gotta hit the road.
The flag is ours if we all work as one,
I can get used to this!

Verse 2

Time flies by when you're up and about,
Stick around and you'll see what I mean.
There's a mountain top that I'm climbing up,
Do you need me? Let's work as a team!

Chorus

I'll be running fast Mum,
Underneath the hot sun,
Feeling like an active one x2

Repeat Verse 1 & 2

Verse 3

We got two in the front,
Two in the back,
Racing around,
And we don't look back!

Repeat Verse 2



Get
Skipping

Skipping

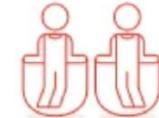
Have fun while skipping towards your daily goal of 60 minutes of physical activity!
Try to do some skipping every day during Active Home Week.

Here are some ideas to try:



Basic Jump

Jump on both feet.
Jump once for each turn of the rope.



Skier

With feet together jump from left to right.



Bell

Two feet together and jump forward
and then backwards.



Can Can

Start off with normal single bounce,
then lift the right knee up,
knee down, kick out and come back in.
Repeat on the other leg.

Jumping Rhyme

Jump, jump, jump a rope,
Merrily in the spring.
Hop, hop on each foot,
As fast as you can sing.

(Repeat and try to skip faster with each verse)



Beat your own record

Start skipping and count the number of skips you can do without stopping. Now try again and see if you can beat your record.

Maths tables

Learn your maths tables while you skip.
Call them out for every jump.

Skip-a-song

Play your favourite song and see if you can skip until the end.





Active Alphabet



In the below alphabet, each letter represents a different movement. Spell out words with your body using the movement for each letter.

Choose some of these challenges to spell:

- Your first name
- Your full name.
- The day of the week today.
- Your friend's names.
- The names of people in your family.
- Some of your school spellings.

(Take a 30 second break between words)

- | | |
|---|---|
| A Lie on your back then stand up (5 times) | N Hop on right foot (10 times) |
| B Swing arms slowly in circles (10 times) | O Take 10 long steps forward |
| C Touch the ground then jump up high (5 times) | P Jump up high (10 times) |
| D Lift knee and touch with opposite hand 20 times (alternating sides, 10 on each side) | Q Touch your toes and hold for 10 seconds |
| E Crawl on the floor for 10 seconds | R Hop on left foot (10 times) |
| F Touch your toes (10 times) | S Run on the spot for 10 seconds |
| G Lie on your back and pretend to pedal a bike with legs for 10 seconds | T Stretch arms and legs out wide like a star for 10 seconds |
| H Bounce side to side (10 times) | U 10 Jumping Jacks |
| I Punch the air 20 times (alternating arms, 10 on each side) | V Jump with an imaginary skipping rope for 10 seconds. |
| J Spin around (5 times) | W Kick left leg (10 times) |
| K Flap your arms like wings for 10 seconds | X Gallop like a horse for 10 seconds |
| L Kick right leg (10 times) | Y Slither like a snake for 10 seconds |
| M Jump like a frog (10 times) | Z Kick heels to bum 20 times (alternating legs, 10 on each side) |

With someone in your household, take turns spelling out words without saying out loud what it is. See if you can figure out what words each other have spelled.



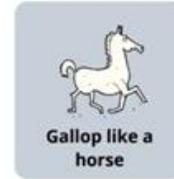
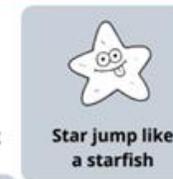
Animal Moves



This active game can be played on your own or with family and contributes to your goal of **60 minutes of physical activity per day**. Below are 4 suggestions for different ways to play.

No equipment: Close your eyes and point to one of the animals on the page at random. Complete the move of that animal for 20 seconds.

Floor toss: Print (or write or draw) out the different moves on separate sheets of paper. Arrange the pages on the floor. Throw a beanbag or other small object to the pages and complete the move it lands on for 20 seconds.



Printable pages included at the back of this booklet.

Use a deck of cards: Choose your 4 favourite moves and assign a move to each suit (e.g. Spades = Star jumps). Draw a card from the deck and complete the move for that suit the number of times on the card (i.e. 4 of spades = 4 star jumps). Make a rule for picture cards.

Use dice: Choose your favourite 6 moves and give each move a number 1-6. Roll the dice and perform the move for 30 seconds. To increase the challenge, use 2 dice; come up with 2 extra moves of your own and number the moves 2-12.



100

Active 100

(Part 4)



*This booklet includes 100 extra ideas for getting active this week.
Here are 20 ideas for Thursday to help you achieve your goal of **60 minutes!***

- 1** Use a large piece of paper (or stick lots of small pages together) to make a giant paper aeroplane and see how far you can throw it.
- 2** Activity races – see who can do the most jumping jacks in a minute, see who can run on the spot for longest.
- 3** Make your own Twister board using different colours or shapes.
- 4** Active Xs and Os (use tape as the grid and write X and O on pages or paper plates).
- 5** Help to clean - pick a song and try to clean the whole room before the song is over.
- 6** Play the alphabet game – Pick a theme like animals or films, and come up with different movements for each letter.
- 7** Play limbo using the sweeping brush as your limbo stick
- 8** Do #blindinglightschallenge
- 9** Put on a show! Dress up, sing, create a set.
- 10** Tape pages or paper plates to floor like lily pads and leap from pad to pad.
- 11** Hide objects all around the house, this could be teddies, lego pieces, notes, balls etc. Play a song and see who can find the most before the song ends.
- 12** Try a Family Dance Workshop video from Sadler's Wells Theatre Youtube.
- 13** Play catch with an empty box.
- 14** Play 'Follow the Leader'.
- 15** Play leap frog.
- 16** Play dodgeball.
- 17** Play crab football (crab walk and hit the ball with hands or feet)
- 18** Do rolling or tumbling races.
- 19** Make up a dance to your favourite song.
- 20** Practice doing a headstand or handstand.