

Get Active!

Until we get back to school, we all need to make sure that we get outside and exercise every day, especially now that the weather is getting better 😊

Here are some ideas of what you could do to stay active and have fun!



<u>Ball Skills</u>

We need to make sure everyone is ready to impress Emma when we get back... here's what she would like to see you doing.

(It doesn't matter what kind of ball you use; anything will do!)

- Solo
- Bounce
- Hand Pass
- Pick up
- Body Catch
- High Catch
- Punt Kick



> Practice all of these with both hands & both feet!!!

Additional information, video tutorials & hurling skills to be found here: <u>https://learning.gaa.ie/coachingresources</u> Δ

Our GAA Coach Emma and her sister Louise do some amazing work. They have recently uploaded over 100 activities and challenges for young GAA players to do at home, you can find them here: <u>https://www.gaa.ie/news/byrne-twins-video-over-</u> 100-activities-and-fun-challenges-for-young-gaa-players/

If you want to really challenge yourself, *Ciaren Kilkenny* will be posting daily football challenges on his Twitter/Instagram each day for the next while - ideal for any aspiring Dubs!

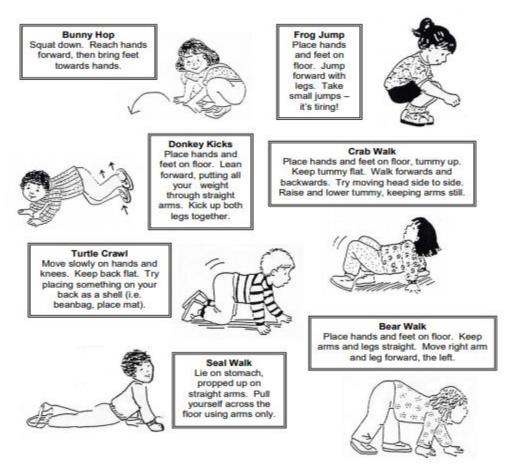
<u>GoNoodle</u>

sTv

Parents can put GoNoodle on their phone, tablet, TV or computer. It is an excellent resource, especially on wet days or for a break during work e.g. In between 2 subjects. Once on it there is loads of dances, workouts etc. to choose from - try to pick a new one each time!



Animal Walks



The Body Coach



Lastly, Joe Wick will be doing 30-minute P.E. lessons Monday-Friday live on his YouTube channel at 9.00am every morning for the next few weeks - a great way to start each day.

Other Online Resources

- https://pssi.pdst.ie/
- https://learning.gaa.ie/PECeim
- https://www.twinkl.ie/resources/home-key-stage-1subjects/pe-and-sports
- https://www.bbc.co.uk/bitesize/subjects/z2hs34j

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These are only a few ideas, it goes without saying that the main thing is to <u>exercise</u> in some way, shape or form. It is vital that we all look after ourselves during this difficult time. Have fun everyone and hopefully we will see you all soon!