

*St Philips Senior National School*  
*Active Home Week 2020*  
 8<sup>th</sup> - 12<sup>th</sup> June

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome to the start of your Active Home Week . Maybe try and take some fun photos or videos of your Active Home Week and share them with your teacher on Seesaw . Try and just post one photo or video to Seesaw a day. Maybe try and get your family to join in on the activities too.</p> <p style="text-align: center;"><b><u>Mindful Monday</u></b></p> <p>Let's start off our Active Home Week with some Yoga. If you have a yoga mat in your house you could use this.</p> <p style="text-align: center;"><b><u>Cosmic Kids Yoga</u></b></p> <p><a href="https://www.youtube.com/watch?v=ho9uttOZdOQ">https://www.youtube.com/watch?v=ho9uttOZdOQ</a></p> <p>or</p> <p><a href="https://www.youtube.com/watch?v=NMtc5PKcsls">https://www.youtube.com/watch?v=NMtc5PKcsls</a></p>	<p style="text-align: center;"><b><u>Wake Up Shake UP</u></b></p> <p>with Joe Wicks -The Body Coach. Make sure to put some of your favourite music on while you do your workout.</p> <p><a href="https://www.youtube.com/watch?v=RzOgo1pTda8">https://www.youtube.com/watch?v=RzOgo1pTda8</a></p> <p style="text-align: center;"><b><u>Drop Everything and Dance (D.E.A.D)</u></b></p> <p>You can get all the family involved in this. You pick a song at the start of the day. Then if you play that song, you all have to stop what you are doing and dance. You could do this everyday and get a different person in your family to pick a different song each day.</p> <p><b><u>Here's a song to get you started :</u></b></p>	<p style="text-align: center;"><b><u>Cha Cha Slide</u></b></p> <p><a href="https://www.youtube.com/watch?v=PjDA01p7TtM">https://www.youtube.com/watch?v=PjDA01p7TtM</a></p> <p style="text-align: center;"><b><u>Dance Time</u></b></p> <p>Why not try and learn a dance as a family and make a video of it . Try one of the latest dance crazes on Tik Tok. Or you could make up your own fun moves.</p> <p style="text-align: center;">Think about things</p> <p style="text-align: center;">; Dance Tutorial</p> <p><a href="https://www.youtube.com/watch?v=u8qkv_KmRfY">https://www.youtube.com/watch?v=u8qkv_KmRfY</a></p> <p>Some families have even made a fun video of themselves doing the dance . Check out this family from Kerry.</p>	<p style="text-align: center;"><b><u>Blast off : Fresh Start Fitness</u></b></p> <p><a href="https://www.youtube.com/watch?v=K4DnPhR9_mo">https://www.youtube.com/watch?v=K4DnPhR9_mo</a></p> <p style="text-align: center;"><b><u>Slow Bicycle Race</u></b></p> <p>All the family can take part in this at the same time or you can take turns and time each other doing it. You could do this with your friends as well.</p> <p>The last person to cross the finish line is the winner. The rules are that once you start the race you can not put your feet on the ground . If you do you are disqualified.</p> <p style="text-align: center;">Watch this video of a Slow Bicycle Race.</p> <p><a href="https://www.youtube.com/watch?v=nHT7_kkvkIQ">https://www.youtube.com/watch?v=nHT7_kkvkIQ</a></p>	<p style="text-align: center;"><b><u>Full Speed : Fresh Start Fitness</u></b></p> <p><a href="https://www.youtube.com/watch?v=g3L556EpRuo">https://www.youtube.com/watch?v=g3L556EpRuo</a></p> <p style="text-align: center;"><b><u>The Macarena</u></b></p> <p><a href="https://www.youtube.com/watch?v=MAAsP7TYPYcc">https://www.youtube.com/watch?v=MAAsP7TYPYcc</a></p> <p>or try this dance from Trolls the Movie</p> <p><a href="https://www.youtube.com/watch?v=KhfkYzUwYFk">https://www.youtube.com/watch?v=KhfkYzUwYFk</a></p> <p>Go for a walk or jog with your family or friends.</p> <p style="text-align: center;"><b>'Do your talking while you're walking'</b></p>

# St Philips Senior National School

## Active Home Week 2020

### 8<sup>th</sup> - 12<sup>th</sup> June

<p>Go for a <b>Mindful Walk or Run</b>. If you have a Fitbit or step tracker you can always record how many steps you take for the day and try and beat it tomorrow.</p> <p style="text-align: center;"><b><u>Fun Day Activity</u></b></p> <p style="text-align: center;"><b><u>Obstacle Course</u></b></p> <p>Try and create your own Obstacle Course in the garden , on the green outside your house or if it's wet indoors. Use your imagination and see what you can use that you already have at home. You can even get all the family involved and time each person doing the obstacle course and see who is fastest.</p>	<p><a href="https://www.youtube.com/watch?v=q0hyYWKXF0Q">https://www.youtube.com/watch?v=q0hyYWKXF0Q</a></p> <p style="text-align: center;"><b><u>Fun Day Activity</u></b></p> <p style="text-align: center;"><b><u>Sports Day Races</u></b></p> <p>Why not set up your own sports day.</p> <ul style="list-style-type: none"> <li>• Egg (potato) &amp; spoon race</li> <li>• Sack race</li> <li>• Wheelbarrow race</li> <li>• Piggy back race</li> <li>• 3 legged race</li> </ul> <p>You could use pillow cases for the sack race and scarves for the 3 legged race.</p>	<p><a href="https://www.youtube.com/watch?v=NQSnpbsZy3Q">https://www.youtube.com/watch?v=NQSnpbsZy3Q</a></p> <p style="text-align: center;"><b><u>Fun Day Activity</u></b></p> <p style="text-align: center;"><b><u>Water Balloon Volleyball</u></b></p> <p>We play this one every year on Funday at school. You can play this at home using towels or bed sheets. If the weather isn't too nice save this game for a sunny day.</p> <p style="text-align: center;">Equipment :</p> <p style="text-align: center;">2 towels</p> <p style="text-align: center;">waterballoons</p> <p><a href="https://www.itsalwaysautumn.com/water-balloon-volleyball-hilarious-summer-water-game.html">https://www.itsalwaysautumn.com/water-balloon-volleyball-hilarious-summer-water-game.html</a></p>	<p style="text-align: center;"><b><u>Keepie Uppie Challenge</u></b></p> <p>See how many keepie uppies you can do without the ball hitting the ground. Try and beat your score each time. You could make this a competition in your family or with some friends . Write down how many keepie uppies you could do and let your teacher know on Seesaw.</p> <p>Learn how to do a Keepie Uppie here:</p> <p><a href="https://www.youtube.com/watch?v=GcCv9MeGqS0">https://www.youtube.com/watch?v=GcCv9MeGqS0</a></p> <p style="text-align: center;">or</p> <p style="text-align: center;"><b><u>Skipping Challenge</u></b></p> <p>See how many skips you can do without stopping. You can skip 2 feet together or one at a time. Maybe challenge yourself. If you are very good at skipping can you skip backwards . Record how many</p>	<p style="text-align: center;"><b><u>Fun Day Activity</u></b></p> <p>Can you maybe make your own Human Hungry Hippos game using scooters or skateboards, small box or basket and some playpen balls. We normally get to play this one on school but maybe you can try and make up your own version of it.</p> <p><a href="https://www.youtube.com/watch?v=kKQ_coXOKgg">https://www.youtube.com/watch?v=kKQ_coXOKgg</a></p>
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skips you do. Try and beat your score each time you try.

Here's some skipping tricks to try:

<https://www.youtube.com/watch?v=B202t59AKTo>

**Physical Exercise:** 60 minutes make sure to get active every day - go for a walk, cycle your bike, practice your GAA or Soccer drills, Go Noodle, Cosmic kids, Yoga, Kids Pilates

We also encourage our children to take part in The Body Coach Joe Wicks daily P.E session on Youtube at 9am

**DEAR Time:** Spend 15 minutes reading your book.

**Extra activity:** If you get a chance please watch RTE2 daily school at eleven o'clock each morning also!

