

Class: First Class **Week beginning:** 15th June 2020

Hello Everyone,

In mid-June we usually have our sports day at school, this is a really fun day where we complete races and different sports activities. I am hoping that we can try to recreate this event at home. We are going to learn about a different race, exercise and relaxation method each day. It's important to take a break from our studies and focus on our bodies and our wellbeing. Our bodies have been very good to us and now it's time to give them some more attention. If possible, I hope that parents and siblings can get involved too. You might decide to do all races in one day at the weekend when everybody in the household is available. But that doesn't mean that you can't be practicing your skills during the week. We will also be going on our virtual school tour this week which I am very excited about. I hope you enjoy it.

I would love to see some pictures or videos of you completing the races. Please remember to take the photos / videos without showing your child's face etc. I know this may prove to be difficult, so don't worry if it's not possible. I will be asking you to email me some of your learning - these will be marked YES in the submission box. If you need to use your parent/ guardians email to do this that is perfectly fine. In order to submit a picture/ sound clip or document to me, please ensure that you put **your name and title of the task** in the subject of the email, so that I know who it is and what is being submitted. I will check my emails every day, please email me your work as soon as you can.

Wishing you a week full of movement, healthy exercise and relaxation.

Thanks,

Ms. Byrne

caroline@smtullow.ie

PLEASE REMEMBER THAT WE ARE UNABLE TO ACCEPT VIDEOS OR PICTURES THAT CONTAIN IMAGES OF YOUR CHILD'S FACE OR THAT OF THEIR SIBLINGS.

Monday 15th of June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Warm up/ Leg exercise	<ul style="list-style-type: none"> • Leg raises x 10 • Squats x 10 • High knee jacks x 10 • Jumping jacks x 10 • Side deep squats x 10 • Leg drops x10 • Running man x 10 	Watch a sample of the exercises here. Feel free to make up your own as well. https://www.youtube.com/watch?v=8qRAublpIXQ	No
Race	Garden Sprints	<ul style="list-style-type: none"> • Set some markers in your garden. Time yourself sprinting from one marker to the next. Practice this a few times and see if you can beat your own time. • To make it a little more difficult put some markers down on the ground and weave around them while you run. 	Open area Markers	No
Relaxation / Wellbeing	Visualisation for Children	<ul style="list-style-type: none"> • Listen to 'The Hot Air Balloon'. • Draw a picture of what you visualised when you are finished listening to the sound clip. 	https://soundcloud.com/user-547419318/the-hot-air-balloon-deirdre-lavelle-1	Yes

Tomorrow we will be going on our virtual school tour!! Woohoo! All year we joked about going somewhere foreign on our school tour but now we get the chance to do that virtually. So tomorrow we are heading to.....San Diego Zoo! I hope you are as excited as I am to find out about all the different animals there. We will be heading off at 9a.m. Don't forget to have a nice packed lunch ready to bring with you. I hope you enjoy it.

Tuesday 16th of June - School Tour Day

School Tour	Activity	Resource	Submission	
<p>Today is the day of our virtual school tour to San Diego Zoo and I really hope you enjoy it.</p> <p>I have selected some videos of the animals at the zoo for you to watch and find out some interesting facts about them.</p> <p>Which animal is your favourite? I think mine is the tiger. I'd love to know what yours is.</p> <p>I have a little activity for you to complete at the end of the document. Enjoy!</p>	<p>Tigers- A video about the tigers in the zoo.</p>	<p>https://kids.sandiegozoo.org/index.php/videos/tiger-cubs-move-tiger-trail</p> <p>https://kids.sandiegozoo.org/index.php/videos/tiger-cubs-park</p>	No	
	<p>Toco Toucans- I hope you enjoy watching this video.</p>	<p>https://kids.sandiegozoo.org/index.php/videos/toco-toucans</p>	No	
	<p>African Penguins- We already learned about penguins this year; see if you remember what we learned.</p>	<p>https://kids.sandiegozoo.org/index.php/videos/african-penguins</p>	No	
	<p>Time for some yummy lunch.</p>			
	<p>Elephants- Such amazing animals enjoy the video.</p>	<p>https://kids.sandiegozoo.org/index.php/videos/baby-elephants</p>	No	
	<p>Flamingos- I just love the colour of the flamingos, have fun watching the video.</p>	<p>https://kids.sandiegozoo.org/videos/fabulous-flamingos</p>	No	
<p>School tour</p>	<p>My Virtual School Tour: Activity sheet at the bottom of the document.</p>	<p>Activity sheet</p> <p>Pencil</p>	Yes	

Wednesday 17th of June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Skills practice	1) Fill the bucket: Place a bucket a distance away (e.g. 1 metre). See how many clothes pegs you can throw into the bucket in 1 minute. 2) Welly Toss: See who can throw a welly the furthest! Mark your spot with a cone/shoe/other item of choice.	Bucket Clothes pegs Welly Marker	No
Race	Book Balancing	1) Put two markers out about 5 metres apart if you can. 2) Put a book on your head. 3) Get the whole family involved and have a race. 4) The book must stay on your head, if it falls off you must stop pick it up and put in back on your head before you head off again. 5) You cannot hold the book on your head with your hands when you are walking!!! Challenge: How long can you stand on one leg with the book on your head? Time yourself.	Markers Book Timer	Yes
Relaxation / Wellbeing	Mindfulness challenges	1) Listen carefully with your eyes closes to any sounds you can hear. After one minute, open your eyes and write down everything you heard. 2) Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relax them. Continue to do this for 5-10mins.	Paper Pencil Area for you to lie comfortably Timer	No

Thursday 18th of June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Upper body strength	<ul style="list-style-type: none"> • Arm Circles x 10 Forwards & Back • Arm stretch x 10 • Push ups x 10 • Back extension x 10 • Triceps (back of arms) x 10 • Shoulder press (use a can or bottle as weight) • Burpee x 10 	Watch a sample of the exercises here. Feel free to make up your own as well. https://www.youtube.com/watch?v=u9SByQlaUnA	No
Race	Washing line challenge	How quickly can you peg 5 items on a washing line? <ul style="list-style-type: none"> • Get five items and put them in a basket near the washing line. • Place a start line a few metres back from the washing line. • You must run from the start line to the washing line and peg 5 items on the washing line. • Each item has to have at least 1 peg. • Race against a family member. 	Pegs Basket Marker Clothes Washing line	No
Relaxation / Wellbeing	Cloud Breathing	<ul style="list-style-type: none"> • Take a blanket and go outside. • Lie down. • Look up at the sky. • Take big breaths in through your nose and out through your mouth. • Look at the clouds, while continuing to breath. • What shapes can you see in the clouds? • When finished draw a picture of one of the best clouds you saw. Did it look like something you already recognise? 	Watch a sample of amazing clouds people have captured on their cameras. https://www.youtube.com/watch?v=YUjWHbv2D84 <p style="text-align: center;">Items needed</p> <ul style="list-style-type: none"> • Open space (outdoor) • Blanket • Paper and pencil 	Yes

My Virtual School Tour 2020



WHERE WE WENT

A large, empty rectangular box with a slightly wavy top edge, intended for writing the location of the virtual school tour.

WHEN



A large, empty rectangular box with a slightly wavy top edge, intended for writing the date and time of the virtual school tour.



SOME THINGS I SAW

A large, empty rectangular box with a slightly wavy top edge, intended for drawing or writing about things seen during the virtual school tour.

MY FAVOURITE PARTS

Three empty rectangular boxes hanging from a horizontal line with clothespins, intended for drawing or writing about favorite parts of the virtual school tour.