

Class:4th Class

Week beginning: 15th June

Hi everyone,

I hope you and your family are keeping well. Thanks again to everyone for the continuous hard work you have been putting in.

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 would like you to get outside in the fresh air and get active. We are going to learn about a different exercise, race and relaxation method each day. If possible, I hope that parents and siblings can get involved too. You might decide to do all the races 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. I would love to see some photos of you being active this week. A gentle reminder 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.

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

Take care,

Ms. Dillon

eileendillon@smltullow.ie

***PLEASE REMEMBER THAT WE ARE UNABLE TO ACCEPT VIDEOS OR PICTURES THAT CONTAIN IMAGES OF YOUR CHILD OR THEIR SIBLINGS**

Mass on Friday online at 9:30am so be ready to tune in <http://www.churchservices.tv/augustines>

Monday 15th June

Subject	Activity	Resources	Submission
P.E <u>Title of Task:</u> Upper body strength exercises	<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
<u>Title of Task:</u> Sack Race	Sack Race: *The team members must stand in the sack and hop down to a designated place, turn around, and hop back to their team's line. *The first team to get all the players to complete the race wins. Watch a sample of a sack race here: https://www.youtube.com/watch?v=A7XYZ_HL6Q	Items needed: Open space (indoor or outdoor) Pillowcase or sack.	YES
<u>Title of Task:</u> Relaxation/Wellbeing	Hidden Garden: Children lie or sit with their eyes closed. Ask them to imagine themselves discovering a door which leads to a secret garden. Talk them through the exploration of the garden, asking them to visualise the smell of flowers, the texture of the bark of the trees, the soft spongy grass beneath their feet etc.		NO
English <u>Title of Task:</u> Sports Day Reading Comprehension	*Sports Day Reading Comprehension: Read and answer the questions (Refer to Appendix 1)	English copy Pencil Appendix 1	NO
Maths <u>Title of Task:</u> Make a map	*Make a map challenge- Draw a plan of the area of your house and garden. Plan a treasure hunt/maths trail for your family giving them different clues to solve.	Maths copy/page Pencil	NO
<u>Title of Task:</u> Virtual School Tour	Virtual School Tour: Explore Áras an Uachtaráin - The president Michael D. Higgins lives in Áras an Uachtaráin. You might even see his two Bernese mountain dogs named Bród and Síoda! https://president.ie/en/explore-visit/interactive-tour Then read all about the president here: https://president.ie/en/childrens-section	https://president.ie/en/explore-visit/interactive-tour	NO

Tuesday 16th June

Subject	Activity	Resources	Submission
P.E <u>Title of Task:</u> Exercise	<ul style="list-style-type: none"> • Leg Exercises: • 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
<u>Title of Task:</u> Three-Legged Race	<p>Three Legged Race- *Divide your teams into pairs of players who are about the same height. Have the pairs stand side by side and use a piece of cloth or scarf to tie adjacent legs together.</p> <p>*Each pair of players runs to a designated point and back again, and tags the next pair. If a pair of players falls down, they must get up while their legs remained joined.</p> <p>*The first team with all their pairs completing the race first wins.</p> <p>Watch a sample of a 3 Legged race here: https://www.youtube.com/watch?v=46n3-W-Awx0</p>	Items needed: scarf/pair of tights Open space (indoor or outdoor) A partner	YES
<u>Title of Task:</u> Relaxation/ Wellbeing	<p>Slow-Motion Copycat Dance: Children work in pairs to think of a dance move and perform that move in slow-motion to their partner who must copy it and follow along. Encourage children to use a variety of body parts/movement in their slow-motion dance.</p>		NO
Maths <u>Title of Task:</u> Outdoor Maths Challenges	<p>*Outdoor Maths Challenges (Refer to Appendix 2)</p>	Maths copy/page Pencil Appendix 2	NO
SPHE/Art <u>Title of Task:</u> Mindfulness colouring page	Choose two of these Sports Day Themed Mindfulness colouring pages and colour them in. https://www.twinkl.ie/resource/roi-a-54-sports-day-themed-mindfulness-colouring-pages	https://www.twinkl.ie/resource/roi-a-54-sports-day-themed-mindfulness-colouring-pages	NO

Wednesday 17th June

Subject	Activity	Resource	Submission
P.E <u>Title of Task</u> 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 		NO
<u>Title of Task:</u> Obstacle course race	<p>Create an obstacle course using household items, to explore a range of movement. An obstacle course is a fun way to get active and inventive.</p> <p>It should include a variety of movement such as : crawling, running, jumping, skipping, hopping, balancing, moving sideways and rolling.</p> <p>Once the obstacle course is complete split into two teams. The first person from each team will complete the course and tag the next person in the line to get them to go. The first team to finish wins.</p>	Items for obstacle course.	YES
<u>Title of Task:</u> Relaxation/Well being	Statues: Children move around the space using a variety of movements before a spell is cast and they slowly begin to turn to stone. Their movements should get slower and more laboured until they come to a complete stop, frozen like a statue.		NO
English <u>Title of Task:</u> Acrostic Poem	* Acrostic Poem - Write your own acrostic poem for Active Schools Week (Refer to Appendix 3)	English copy Pencil Appendix 3	NO
Gaeilge <u>Title of Task:</u> Cuardach Focal	Cuardach Focal: Lá Spóirt (Refer to Appendix 4) Look up the words you are unsure of on www.focloir.ie	www.focloir.ie Appendix 4	NO
Art <u>Title of Task</u> Father's Day Art	I Love You to the Moon' Father's Day Card. Follow the instructions below to make your card. file:///C:/Users/eilee/AppData/Local/Temp/Temp1_t-t-2547429-fathers-day-creativity-lesson-pack.zip/Fathers%20Day%20Craft%20Activity%20Pack/I%20Love%20You%20to%20the%20Moon%20Craft%20Instructions.pdf	The materials needed for the card are in the link.	NO

Thursday 18th June

Subject	Activity	Resource	Submission
P.E <u>Title of Task:</u> Exercise	<p>Set up a line on the ground using paper or any other item.</p> <ul style="list-style-type: none"> Balance walking the length of the line Jump back and forth over the length of the line. Hop with one leg on the line, in and out, forward and back. Do them all again but hold a spoon in your hands this time. Can you keep it level? 	<p>Watch a sample of the exercises here. Feel free to make up your own as well.</p> <p>https://www.youtube.com/watch?v=tOChirmC2o8</p>	NO
<u>Title of Task:</u> Egg and Spoon Race	<p>Egg and Spoon Race:</p> <p>Give a spoon to the first players in each line. The first player in the team's line places the egg on the spoon, runs to a designated spot, turns and runs back, and transfers it to the next person's spoon. Can you successfully run a race and keep the egg on the spoon?</p> <p>If the egg drops, they must retrieve it using only the spoon - no hands. The race continues until each team member in the line has taken a turn. The first team to have all their members complete the run successfully wins.</p>	<p>Watch a sample of an egg and spoon race!</p> <p>https://www.youtube.com/watch?v=GRRnRJ6uUOc</p> <p>Items needed: Hard boiled egg / Potato or a fresh egg if you're feeling confident! Spoon, open space (indoor or outdoor)</p>	YES
<u>Title of Task:</u> Relaxation	Mindfulness Body Scan- https://www.youtube.com/watch?v=neqwDPmn6yY		NO
English <u>Title of Task:</u> Word Search	<p>* Complete the Sports Day word search:</p> <p>https://www.twinkl.ie/resource/cfe2-p-107-sports-day-word-search</p>	<p>Pencil</p> <p>https://www.twinkl.ie/resource/cfe2-p-107-sports-day-word-search</p>	NO

All done! I hope you enjoyed Active Schools Week!

The Terrible Trip Up!

It was only a few days before Sports Day and the fox team were busy boasting about how brilliant they were at all the races.

"We'll win the trophy because we're so good!" said one of the foxes as he put on his trainers before PE. All the animals were really looking forward to a whole day outside, taking part in all sorts of fun sport activities, but the rabbits were feeling a bit worried. They knew they weren't the fastest, the smartest or the best at anything they knew of. During PE, everyone was amazed at the cheetahs. They were extremely fast, zooming off down the freshly-painted track.

"We'll win the trophy because we're so fast," the cheetahs showed off. The rabbits, foxes and zebras practised different activities but the koala team just got themselves all comfy in the shade for another long nap.

"We'll win the trophy because we're so..." started one of the koalas before she let out a huge yawn and fell asleep again.



Soon enough, the day had arrived and the rabbits decided to just have fun and try their best. There was lots of cheering and it was really exciting. The zebras did well at the egg and spoon race.

"We'll win the trophy because we're so clever," bragged the zebras. Then, it was the running race and, as predicted, the cheetahs took the lead. Next up, was the three-legged race!

All the animals lined up at the start in their pairs. Each animal had one of their legs carefully tied to their partner's leg. Suddenly, the whistle blew and they were off, apart from the koalas, who

The Terrible Trip Up!

had fallen asleep at the starting line! The cheetahs roared ahead, so fast that they were soon panting and spluttering. They had run out of breath and had to stop. Then, the foxes took the lead



but were pulling in different directions; stretching the ribbon that tied their legs together until they tripped over. The cunning zebras had many sneaky ideas of how to win the race and stop the others but they couldn't agree. They weren't looking

where they were going so BANG! They carried on arguing as they landed on top of the foxes in a great big heap. The rabbits just kept on going. They carefully moved together, counting and helping each other stay up, all the way to the finish line.



"They won the trophy because they're good at teamwork!" cheered all the animals.



Questions

1. How were the rabbits feeling before Sports Day?

scared

guilty

worried

2. What did the cheetahs say that showed they were feeling confident about Sports Day?

3. **Tick two** Sports Day races that are not mentioned in the story.

running race

obstacle race

bat and ball race

4. Find and copy one word that is used instead of **said**.

5. Complete the sentence.

"They won the trophy because they're _____
_____!"

6. What do you think the other animals learnt from the rabbits and how did they learn this?

Outdoor Maths Challenges:

- 1) Go on a Maths Nature Hunt around your garden. Can you find some natural objects that represent a particular number?
- 2) Place a hoop on the grass and estimate with someone at home how many flowers are inside. Count them! Was your estimate right? Will there be the same number if you move your hoop somewhere else?
- 3) Using natural objects, can you make different 2D shapes? Can you use stones to make a circle? Can you make a triangle from twigs? Which natural object could you use to make a pentagon?
- 4) Using a tape measure, can you find the length/height of different natural objects? Can you estimate how long/tall they will be? Can you place them in order starting with the smallest?

Appendix 3

Active Week Acrostic Poem

A _____

C _____

T _____

I _____

V _____

E _____

W _____

E _____

E _____

K _____

Appendix 4

Cuardach Focal: Lá Spóirt

f b y d e w g o h j h l
c o c h é a d t a v e x
r z i x c r e a t h i j
í l m r c á q s a t u v
o r a z e s c d g u g t
c o e l k a o p r a i r
h c w a f i n b é h e í
l s p r a o i n i p q ú
í t g a w p o i n t í o
n u g d i d c l e n r p
e d s t u r w u i s c e
z i c f g m s j n l c n

spraoi
foireann
uisce
hata gréine

críochlíne
chéad
dara
triú

pointi
scór
rás

