

**Class:**5<sup>TH</sup> Class      **Week beginning:** 15th June 2020

**Note from teacher:**

Hi everyone, I hope you are all doing well and are continuing to follow all the advice given.

June in school normally brings Sports Day, a much anticipated day in the school year in which we all gather together to run our favourite races and have fun outdoors. As we cannot be together this year, I have put together a week of activities to try to recreate the fun of Sports Day in our own homes!

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. If you need to use your parent/ guardians email to contact me 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.

This week is all about getting outdoors and getting active. However, I have also included some optional extra learning activities at the end of the document in case you want to dip into them! One is a competition so make sure to get your entry in on time!

I will check my emails every day but it is your responsibility to email these to me each day or as soon as you can! I am available from 9.10-2.50pm and will try to respond to you all.

On your marks, get set, go!!!!

Ms. Madden

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MASS ON FRIDAY ONLINE @ 9.30AM SO BE READY TO TUNE IN <https://www.churchservices.tv/augustinians>

\*\* LOCKDOWN BOOK CLUB- Remember to keep reading and sending me your reviews! \*\*

**Monday 15th June**

Subject	Title of Task	Activity	Resource	Submission
Exercise	Leg exercise	<ul style="list-style-type: none"> <li>• Leg raises x 10</li> <li>• Squats x 10</li> <li>• High knee jacks x 10</li> <li>• Jumping jacks x 10</li> <li>• Side deep squats x 10</li> <li>• Leg drops x10</li> <li>• Running man x 10</li> </ul>	Watch a sample of the exercises here. Feel free to make up your own as well.  <a href="https://www.youtube.com/watch?v=8qRAublPIXQ">https://www.youtube.com/watch?v=8qRAublPIXQ</a>	No
Race	3 Legged Race	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> <li>• The first team with all their pairs completing the race first wins.</li> </ul>	Watch a sample of a 3 Legged race!  <a href="https://www.youtube.com/watch?v=46n3-W-Awx0">https://www.youtube.com/watch?v=46n3-W-Awx0</a>  <p style="text-align: center;"><b>Items needed</b></p> <ul style="list-style-type: none"> <li>• Open space (indoor or outdoor)</li> <li>• Scarf or piece of fabric.</li> </ul>	Yes
Relaxation	Guided Meditation	Lie down outdoors and listen to the guided meditation, "Your Secret Treehouse", in the resource box.	<a href="https://www.youtube.com/watch?v=DWOHcGF1Tmc&amp;list=RDDWOHcGF1Tmc&amp;start_radio=1">https://www.youtube.com/watch?v=DWOHcGF1Tmc&amp;list=RDDWOHcGF1Tmc&amp;start_radio=1</a>	No

Tuesday 16th June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Leg & Arm Exercises	<ul style="list-style-type: none"> <li>• Arm Circles x 10</li> <li>• Back Turns x 10</li> <li>• Arm Crossovers x 10</li> <li>• Punches x 10</li> <li>• Side arm circles x 10</li> </ul>	Watch a sample of the exercises here. Feel free to make up your own as well.  <a href="https://www.youtube.com/watch?v=pizl7eNV_Sg8">https://www.youtube.com/watch?v=pizl7eNV_Sg8</a>	No
Race	Sack Race	<ul style="list-style-type: none"> <li>• 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.</li> <li>• The first team to get all the players to complete the race wins</li> </ul>	Watch a sample of a sack race!  <a href="https://www.youtube.com/watch?v=A7XYZ_HL6Q">https://www.youtube.com/watch?v=A7XYZ_HL6Q</a>  <p style="text-align: center;"><b>Items needed</b></p> <ul style="list-style-type: none"> <li>• Open space (indoor or outdoor)</li> <li>• Pillow case or sack.</li> </ul>	Yes
Relaxation	Cloud Art	Lie down on the grass outdoors and watch the clouds. See if you can make out any clouds that look like something! When I tried this activity I saw clouds that looked like boats, butterflies, mountains and even people! Give it a go and draw a picture of the "cloud pictures" that you saw.	Paper, art supplies, a blanket/rug/mat, a quiet space outdoors.	Yes, I would love to see your cloud pictures!

Wednesday 17th June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Upper body strength	<ul style="list-style-type: none"> <li>• Arm Circles x 10 Forwards &amp; Back</li> <li>• Arm stretch x 10</li> <li>• Push ups x 10</li> <li>• Back extension x 10</li> <li>• Triceps (back of arms) x 10</li> <li>• Shoulder press (use a can or bottle as weight)</li> <li>• Burpee x 10</li> </ul>	Watch a sample of the exercises here. Feel free to make up your own as well.  <a href="https://www.youtube.com/watch?v=u9SByQIaUnA">https://www.youtube.com/watch?v=u9SByQIaUnA</a>	No
Race	Egg and Spoon Race	<p><b>Have a hard-boiled egg available for each team / player, "Just in case!"</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>	Watch a sample of an egg and spoon race!  <a href="https://www.youtube.com/watch?v=GRRnRJ6uUOc">https://www.youtube.com/watch?v=GRRnRJ6uUOc</a>  <p style="text-align: center;"><b>Items needed</b></p> <ul style="list-style-type: none"> <li>• Hard boiled egg / Potato or a fresh egg if you're feeling confident!</li> <li>• Spoon</li> <li>• Open space (indoor or outdoor)</li> </ul>	Yes
Relaxation	Coping tool box	You have been busy building up your coping tool box over the past few weeks. Spend some time relaxing with your coping tool box outdoors.	Coping too box, a quiet space.	Yes, I would love to see a picture of your coping tool box.

Thursday 18th June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Balance and Coordination	<p><b>Set up a line on the ground using paper or any other item.</b></p> <ul style="list-style-type: none"> <li>• Balance walking the length of the line</li> <li>• Jump back and forth over the length of the line.</li> <li>• Hop with one leg on the line, in and out, forward and back.</li> <li>• Do them all again but hold a spoon in your hands this time. Can you keep it level?</li> </ul>	<p>Watch a sample of the exercises here. Feel free to make up your own as well.</p> <p><a href="https://www.youtube.com/watch?v=tOChirmC2o8">https://www.youtube.com/watch?v=tOChirmC2o8</a></p>	No
Race	Wheel Barrow Race	<ul style="list-style-type: none"> <li>• A wheelbarrow race is a competitive game in which teams of two players race with one teammate playing the role of the driver, and the other playing the role of the wheelbarrow.</li> <li>• The driver holds on to the other player's ankles, while the other player walks with their hands.</li> </ul>	<p>Watch a Wheel Barrow race!</p> <p><a href="https://www.youtube.com/watch?v=sn4BcbuBAw0">https://www.youtube.com/watch?v=sn4BcbuBAw0</a></p> <p style="text-align: center;"><b>Items needed</b></p> <ul style="list-style-type: none"> <li>• Open space (indoor or outdoor)</li> <li>• A partner</li> </ul>	Yes
Relaxation	Gratitude Journal	<p>Sit down outdoors and take some time to think about all that is good about the natural world. We are so lucky to have a garden to sit in, fresh air to breathe, our own bodies which can do so many things. Jot down some of the things that fill you with gratitude today.</p>	<p>Paper, art supplies, a quiet place outdoors.</p>	Yes, I would love to see your gratitude journals.

**Some suggested extra activities:**

<p><b>English:</b></p> <p>Lockdown Book Club- keep reading, reviewing and passing your opinions on to me by email! I'm really enjoying reading all of your inspiring and enlightening reviews!</p>	<p><b>History/Geography:</b></p> <p>Virtual tour of Pompeii</p> <p><a href="https://www.italyguides.it/en/campania/pompeii/civil-forum">https://www.italyguides.it/en/campania/pompeii/civil-forum</a></p> <p>Visit the ruins of Pompeii without leaving your sitting room! Just click one each picture to take a virtual tour!</p>	<p><b>History:</b></p> <p>Covid Time Capsule with Carlow Libraries- read the information at the below link and take part in this historical project!</p> <p><a href="http://www.carlowlibraries.ie/explore/local-studies">http://www.carlowlibraries.ie/explore/local-studies</a></p>
<p><b>Gaeilge:</b></p> <p>Duolingo- continue practising on Duolingo to develop your vocabulary.</p> <p>Cúla4- Choose a TV show that appeals to you and watch it!</p> <p><a href="https://www.cula4.com/en/watch/">https://www.cula4.com/en/watch/</a></p>	<p><b>Geography:</b></p> <p>Look back over the year's work and choose a county or country that is of particular interest to you. Create a mini project on this county to include a natural map* of its location.</p> <p><i>*Use natural materials such as rocks/leaves/grass to "map out" the outline of this county/country's border on the ground outdoors!</i></p>	<p><b>Science/Geography/Art:</b></p> <p>Wild Postcard project- celebrate biodiversity in Ireland through creating your own postcard. The deadline is 24th June so get creating!</p> <p><a href="https://wildpostcardproject.com/ireland-2020-2/">https://wildpostcardproject.com/ireland-2020-2/</a></p>
<p><b>Maths:</b> Maths games- practise your Maths skills with a selection of the below games:</p> <p><a href="https://www.topmarks.co.uk/maths-games/hit-the-button">https://www.topmarks.co.uk/maths-games/hit-the-button</a></p> <p><a href="https://www.topmarks.co.uk/maths-games/mental-maths-train">https://www.topmarks.co.uk/maths-games/mental-maths-train</a></p> <p><a href="http://www.math-play.com/Place-Value-Millionaire/place-value-millionaire-game_html5.html">http://www.math-play.com/Place-Value-Millionaire/place-value-millionaire-game_html5.html</a></p>	<p><b>History:</b></p> <p>Look back over the year's work and choose your favourite historical figure. Create a mini biography of the person, including a natural portrait*!</p> <p><i>*Use natural materials to make a portrait of the person outdoors!</i></p>	<p><b>Art:</b></p> <p>Junk Art challenge- create a piece of art using only junk materials/recyclable materials that you find at home. Send me a picture of your creations!</p>

