

**Class:** Junior Infants

**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 sibling 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.

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.

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P.S If there is a subject that you do not participate in e.g Religion please spend extra time on the Maths and English activities. **PLEASE REMEMBER THAT WE ARE UNABLE TO ACCEPT VIDEOS OR PICTURES THAT CONTAIN IMAGES OF YOUR CHILD OR THEIR SIBLINGS.**

Monday 15<sup>th</sup> of 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	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>	<p>Watch a sample of an egg and spoon race!</p> <p><a href="https://www.youtube.com/watch?v=GRRnRJ6uUOc">https://www.youtube.com/watch?v=GRRnRJ6uUOc</a></p> <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 / Wellbeing	Simon Says	<p><b>Here's how to play Simon Says:</b></p> <ol style="list-style-type: none"> <li>1. Designate a "Simon" to lead everyone (it might be best for an adult to play Simon first).</li> <li>2. Simon stands in front of the other players and instructs them to do physical movements (e.g., touch your nose, balance on one foot).</li> <li>3. The players should only do what Simon instructs them to do if he or she says "Simon says" at the beginning.</li> <li>4. The last player standing wins.</li> </ol>	<p><b>Open space &amp; someone to play with.</b></p> <p>Once you finish the game, talk to your child(ren) about how hard or easy it was to follow the instructions and pay attention to the "Simon Says" at the beginning. Discuss the importance of paying attention and being present.</p>	No

Tuesday 16<sup>th</sup> of 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 / Wellbeing	Cloud Breathing	<ul style="list-style-type: none"> <li>• Take a blanket and a pillow and go outside.</li> <li>• Lie down.</li> <li>• Look up at the sky.</li> <li>• Take big breaths in through your nose and out through your mouth.</li> <li>• Notice how your body feels relaxed and calm with all the lovely oxygen you are breathing in.</li> <li>• Look at the clouds, while continuing to breath.</li> <li>• What shapes can you see in the clouds?</li> <li>• When finished draw a picture of one of the best clouds you saw. Did it look like something you already recognise?</li> </ul>	Watch a sample of amazing clouds people have captured on their cameras.  <a href="https://www.youtube.com/watch?v=YUjWHbv2D84">https://www.youtube.com/watch?v=YUjWHbv2D84</a>  <p style="text-align: center;"><b>Items needed</b></p> <ul style="list-style-type: none"> <li>• Open space (outdoor)</li> <li>• Blanket and a pillow</li> <li>• Paper and pencil</li> </ul>	No

Wednesday 17<sup>th</sup> of 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=pizl7eNVsg8">https://www.youtube.com/watch?v=pizl7eNVsg8</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 / Wellbeing	Full body muscle relaxation	<ul style="list-style-type: none"> <li>• Listen to the video with headphones in.</li> <li>• Follow the instructions to relax all the different muscles in your body.</li> <li>• Start with your hands then move to your arms and the remainder of your body.</li> <li>• Notice how your body feels when you've finished.</li> </ul>	Listen to the video / Audio  <a href="https://www.youtube.com/watch?v=aaTDNYjk-Gw">https://www.youtube.com/watch?v=aaTDNYjk-Gw</a>  <p style="text-align: center;"><b>Items needed</b></p> <ul style="list-style-type: none"> <li>• Open space</li> <li>• Blanket and a pillow</li> </ul>	No

Thursday 18<sup>th</sup> of 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=u9SBYQlaUnA">https://www.youtube.com/watch?v=u9SBYQlaUnA</a>	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>	Watch a Wheel Barrow race!  <a href="https://www.youtube.com/watch?v=sn4BcbuBAW0">https://www.youtube.com/watch?v=sn4BcbuBAW0</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>• A partner</li> </ul>	Yes
Relaxation / Wellbeing	Teddy Sports Day	<ul style="list-style-type: none"> <li>• Gather your favourite teddies and teach them all the races you have learned this week.</li> <li>• Can you remember how to do each exercise and race?</li> <li>• Treat yourself and your teddies to a lovely teddy bear picnic outside to celebrate having learned so much. Well done!</li> </ul>	<p style="text-align: center;"><b>Items needed</b></p> <ul style="list-style-type: none"> <li>• Open space</li> <li>• Blanket and a pillow</li> <li>• Teddies &amp; Snacks</li> </ul>	Yes