

Suggested Activities from Ms. Turtle
For Junior Infants Ms. Ryan
Week beginning 15th June 2020

Monday 15th

Play Simon Says: Call out instructions for your child to do if you do not say Simon says your child doesn't do the action:

- 1) Simon Says play football.
- 2) Simon Says play basketball.
- 3) Simon Says swim.
- 4) Simon Says sing.
- 5) Simon Says read.
- 6) Simon Says dance.
- 7) Simon Says write.
- 8) Simon Says paint.
- 9) Simon Says run.
- 10) Simon Says skip.
- 11) Simon Says jump.
- 12) Simon Says Clap.
- 13) Simon Says wave.

You can add more actions for your child to do.

Tuesday 16th

Walking: On a family walk play a game of I spy with my little eye something beginning with...

Roll a dice and call out an action to go with each number for your child to do.

Roll a 1= Do 10 star jumps.

Roll a 2= Do 10 dabs.

Roll a 3= Hop like a frog 10 times.

Roll a 4= Hop on one foot 10 times.

Roll a 5= Skip with no rope 10 times.

Roll a 6= Jump 10 times.

Wednesday 17th

Say the Nursery rhymes and sing the following song while jumping on your trampoline or skipping with a rope or without a rope.

- 1) Hickory Dickory Dock.
- 2) Twinkle twinkle Little Star.
- 3) Jack and Jill went up the hill.
- 4) Baa baa black sheep.
- 5) Humpty Dumpty.

Roll a dice and call out an action to go with each number for your child to do.

Roll a 1= Do 10 penguin shuffles.

Roll a 2= Floss 10 times.

Roll a 3= Balance on one foot for the count of 10.

Roll a 4= Jog on the spot for the count of 20.

Roll a 5= March on the spot for the count of 20.

Roll a 6= Do heads, shoulders, knees and toes 10 times.

Thursday 18th

Roll a dice and jump the number you get each time.

Roll a dice and hop the number you get each time.

Listen and do the count to 100 dance by Jack Hartmann 2020 version on www.youtube.com/watch?v=1dKPouLWCyc

Do the workout to Letter sounds by Jack Hartmann version 3 on www.youtube.com/watch?v=gi1dwHp1ppU

Talk about your favourite activities this week and why you liked them.

Friday 19th

Catch up on any activities not completed during the week.

Have a great active week and a lovely weekend.