

Class: Senior Infants, Ms. Wall

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 is 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 does not mean that you cannot 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 do not worry if it is 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's / guardian's 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.

Ms. Wall

[awall@smtullow.ie](mailto:awall@smtullow.ie)

**P.S 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> June**

Subject	Title of Task	Activity	Resource	Submission
Exercise	Coordination & throwing	<ul style="list-style-type: none"> <li>Place the bucket a distance away, for example one metre. See how many clothes pegs you can throw into the bucket in one minute.</li> </ul>	Bucket/basin, clothes pegs.	No
Race	Chicken Relay	<ul style="list-style-type: none"> <li>Give each member of the team a tennis ball or you can use a pair of socks rolled up.</li> <li>Put your basin/bucket a distance away.</li> <li>The first person on each team puts their tennis ball between their knees (think chicken egg) and they must waddle to the basin and drop their ball into the basin (think nest).</li> <li>The person then runs back to their team and tags the next person in line who picks up their ball and does the same thing.</li> <li>The first team to finish is the winning team.</li> <li>If you only have one ball per team you can pick up the ball when you drop it in the basin/ nest and bring it back to the next member of your team.</li> </ul>	Bucket/basin/bowl, tennis ball or alternative can be used.	Yes
Relaxation / Wellbeing	Yoga Poses	<ul style="list-style-type: none"> <li>Complete the Warrior II Pose, chair pose, tree pose and the downward facing dog.</li> </ul>	Open space, directions for the poses are at the end of the document.	No

**Tuesday 16<sup>th</sup> June**

Subject	Title of Task	Activity	Resource	Submission
Exercise	Long Jump	<ul style="list-style-type: none"> <li>Stand with your legs together and jump. See who can jump the furthest. You can use a cone, pencil to mark where you landed when you jumped. Can you jump farther than you did on your first jump?</li> </ul>	Open space, cone/pencil or anything you would like to use as a marker	No
Race	Obstacle Course Relay	<ul style="list-style-type: none"> <li>Design an obstacle course using different items you have at home. It can involve running around cones, crawling through a tunnel/ large cardboard box, jumping, climbing, skipping.</li> <li>Once the obstacle course is complete split into two teams. The first person from each person will complete the course and tag the next person in the line to get them to go.</li> <li>The first team to finish wins.</li> </ul>	Open space, items from around your house.	Yes
Relaxation / Wellbeing	Teddy Breathing	<ul style="list-style-type: none"> <li>Take a blanket, a teddy and a pillow and go outside.</li> <li>Lie down outside with your back on the ground and place your teddy on your tummy.</li> </ul>	Open space (outdoor), blanket, pillow, teddy.	No

		<ul style="list-style-type: none"> <li>Breathe in and out slowly and deeply.</li> <li>Try to concentrate on the way your teddy rises and falls with your breathing.</li> </ul>		
--	--	--	--	--

### Wednesday 17<sup>th</sup> June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Whole body exercises	<ul style="list-style-type: none"> <li>Jumping Jacks X10</li> <li>Bunny Hops X10</li> <li>Arm Circles X10</li> <li>Squats X10</li> <li>Reaching up very high and down very low X10</li> </ul>	Open Space, you can also make up some of your exercises if you wish.	No
Race	Quick-Change Relay	<ul style="list-style-type: none"> <li>Place your oversized outfits a distance away.</li> <li>The first person in each team runs to the clothes and puts on each item. Once all items have been put on, they must then remove all the items of clothes and run back to tag the next team member in the line.</li> <li>The first team to finish wins.</li> </ul>	Some old oversized clothes; trousers, a jumper/top, shoes. An open space	Yes
Relaxation / Wellbeing	Full body muscle relaxation	<ul style="list-style-type: none"> <li>Find a comfortable space outside and lie down.</li> <li>Listen the video.</li> <li>Move your attention around your body by tensing your muscles and then relaxing them. For example, hunch your shoulders and let them go.</li> <li>Make your hands into fists and then relax them. Continue to move around your body repeating this process.</li> </ul>	Listen to the video / Audio <a href="https://youtu.be/5HrkXT5Bc9E">https://youtu.be/5HrkXT5Bc9E</a> Open space, blanket and a pillow	No

### Thursday 18<sup>th</sup> June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Balance	<ul style="list-style-type: none"> <li>Draw a line using chalk or place a skipping rope or some string in a straight line.</li> <li>Walk along the line moving forwards then backwards.</li> <li>Hop along the line using both feet forwards then backwards.</li> <li>Hop along the line on one foot, then try it on the other foot, moving forwards and backwards.</li> <li>Walk along the line placing one foot in front of the other. Moving forwards and backwards.</li> </ul>	Open space, chalk/string/skipping rope.	No
Race	Wheelbarrow 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> </ul>	Watch a Wheelbarrow race! <a href="https://www.youtube.com/watch?v=sn4BcbuBAw0">https://www.youtube.com/watch?v=sn4BcbuBAw0</a>	Yes

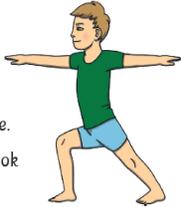
		<ul style="list-style-type: none"> <li>The driver holds on to the other player's ankles, while the other player walks with their hands.</li> </ul>	Open space (indoor or outdoor), a partner	
Relaxation / Wellbeing	Buddies Sports Day	<ul style="list-style-type: none"> <li>Gather your favourite teddy buddies and show them how to do all of the races you have completed this week.</li> <li>Treat yourself and your buddies to a lovely teddy bear picnic outside to celebrate having a week full of learning.</li> </ul>	Open space, blanket, teddies & Snacks	Yes

**Yoga Poses:**

**Warrior II Pose - Virabhadrasana II**

**Benefits** Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- Inhale, and lift your arms parallel to floor.
- Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- Keep your torso tall, turn your head, and look out over your fingertips.
- Inhale, straighten your legs and lower your arms. Repeat on opposite side.



**Chair Pose - Utkatasana**

**Benefits** Strengthens legs, stretches shoulders and chest.

- Start in mountain pose.
- Exhale, and bend your knees as if you were sitting in a chair.
- Reach your arms towards the ceiling, with your palms facing each other.
- Hold this pose and breathe.



Yoga Cards

**Tree Pose - Vrikshasana**

**Benefits** Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- Begin in mountain pose.
- Lift your right foot, turning your knee out; place your foot below your left knee.
- Press your hands together.
- Raise arms overhead, and look up to your hands if possible.
- Return hands to your chest, and lower your right leg.
- Repeat with left leg.



Yoga Cards

**Downward-Facing Dog - Adho Mukha Svanasana**

**Benefits** Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- Begin on hands and knees with toes tucked under.
- Exhale, straighten knees and lift hips, so you are in an upside-down V.
- Hold this position for as long as you like. Let your head hang down and breathe.
- To release, exhale and bring knees to the floor.

