

Class: Second Class **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.

Ms. O' Reilly sarah@smltullow.ie

Ms. Kennedy rebecca@smltullow.ie

		<ul style="list-style-type: none"> • Mark a starting line and place the first box a giant step away from the line. • Place the second box 2 giant steps away from the line. • Aim to throw the beanbag from the starting line into the boxes. First box = 5 points. Second box = 10 points. How many points can you get? 	Beanbag (or something similar) and 2 empty boxes.	
Race	Playful Puppy Tag	<ul style="list-style-type: none"> • One person is the 'tagger'. • The other players run around and try not to get caught. If they are caught by the tagger they must freeze on the spot. • They must lie on their backs with their hands and feet in the air like a playful puppy. • They can be freed by other players tapping their hand! 	You will need space to run around	No
Leg and Core	Invisible Seat	<ul style="list-style-type: none"> • Stand with your back to a wall. Slide your back down and walk your feet out, as if you are on an invisible seat. Hold for 2 minutes, then relax and rest for 30 seconds. Repeat. 		
Relaxation / Wellbeing	Cloud Breathing	<ul style="list-style-type: none"> • Take a blanket and a pillow and go outside. • Lie down. • Look up at the sky. • Take big breaths in through your nose and out through your mouth. • Notice how your body feels relaxed and calm with all the lovely oxygen you are breathing in. • Look at the clouds, while continuing to breath. 	<p>Watch a sample of amazing clouds people have captured on their cameras.</p> <p>https://www.youtube.com/watch?v=YUjWHbv2D84</p> <p>Items needed</p>	No

		<ul style="list-style-type: none"> • What shapes can you see in the clouds? • When finished draw a picture of one of the best clouds you saw. Did it look like something you already recognise? 	<ul style="list-style-type: none"> • Open space (outdoor) • Blanket and a pillow • Paper and pencil 	
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Wednesday 17th of June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Hopscotch	<p>Hopscotch offers great plyometric exercise and balance training along with lots of silly fun.</p> <p>Switch things up in hopscotch, instead of writing numbers in the squares, draw animals, like cats, dogs and frogs, or write down the names of exercises, like jumping-jacks, squats and high-knees, in the squares.</p> <p>When you toss a marker onto a square, you must make the corresponding animal sound or perform repetitions of the specified exercise before you can begin hopping.</p> <p>Another twist is partner hopscotch, in which two people hop along two grids drawn close together, you must hold hands with your partner as you strive to hop with balance and accuracy.</p>	Chalk	No

	Shark Zone	<p>Shark Zone helps build teamwork along with balance and coordination, and it's just good, silly fun on a rainy indoor day!</p> <p>Lay out a series of items throughout the house. These items might include chairs, cushions or pillows and so on. The floor represents shark-infested waters, and the items on top are the safe zone.</p> <p>If possible, make teams. You must work and strategize together on how to move safely from one safe zone to the next without ever falling to the shark infested waters.</p> <p>Whoever can make it around the house without falling into the shark infested waters gets a point, the person or team with the most points after a few rounds is the winner.</p>	<p>Cushions Pillows Mats Rugs Chairs (Or whatever else is available!)</p>	
Race	Home Sports Day	<p>Set up your own home sports day include any of the following races or even make up your own!</p> <p>Sprint Egg and spoon race Sack race Three-legged race Crawling race Wheelbarrow race</p>	<p>Egg/spoon Pillowcase Scarf</p>	No
Relaxation / Wellbeing	Blowing bubbles	<p>Blowing bubbles is a good way of relieving any stress or tension that you may have built up throughout the day.</p> <p>Step #1. Whisk the sugar and water. Whisk the sugar into the warm water until the sugar dissolves.</p>		No

		<p>Step #2. Whisk in the soap. Add the dish soap and whisk to combine.</p> <p>Step #3. Let sit. Letting the homemade bubbles sit for a couple of hours or even overnight helps them work a bit better.</p> <p>Step #4. Blow bubbles. Now it's time to blow bubbles with your new bubble solution!</p>	<p>4 cups warm water 1/2 cup sugar 1/2 cup washing up liquid</p> 	
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Thursday 18th of June

Subject	Title of Task	Activity	Resource	Submission
Exercise	Red Light, Green Light	<p>Red Light, Green Light can used to build cardio endurance, strength or flexibility as well as skills related to listening, observing and following instructions.</p> <p>In Red Light, Green Light, you line up on the starting line; when the leader calls out "Green light," everyone advances toward the finish line until the leader calls out "Red light," at which point everyone must freeze as quickly as possible. The game is played until everyone has crossed the finish line.</p> <p>The movements you use in moving toward the finish line are up to you and the leader to decide: you can run, skip, dance, or do</p>	Open space Finishing line	No

	Wacky Laps	<p>jumping-jacks, high-knees, lunges or even burpees. The possibilities are nearly endless!</p> <p>The leader can also add in a "Yellow light" twist: When the leader calls out "Yellow light," you must slowdown in whatever movement you are performing. Then, when the leader calls out "Red light," you must freeze in place and hold your form or position until "Green light" is called out once again. The slow movements followed by holding a particular position can help you build both muscle and endurance.</p> <p>Wacky Laps involves running laps of an open space, but you run every lap in a different (and wacky!) way. You can run the first lap to music, the second lap backwards, and the third lap as slowly as possible. You can run a lap weaving among cones, another while holding hands with a partner and another jumping over mini hurdles (such as bean bags or any other small items that won't trip you up!). You can always brainstorm your own fun wacky laps!</p>		
Race	<p>Newspaper Race</p> <p>Under Broom Race</p>	<p>Two newspaper sheets required per player. You must race to the turning point and back, stepping only on your two newspaper sheets. You step on one, lay the other in front of you step on it, move the first forward, and steps on it and so on.</p> <p>Lay a broom across two chairs for each player. You must run from the starting line to the broom, crawl under the broom without knocking it off, and then run to the finishing line. First person across the finish line is the winner!</p>	<p>Newspaper</p> <p>Sweeping brush</p>	No

<p>Relaxation / Wellbeing</p>	<p>Mindfulness Diary</p> <p>Random Acts of Kindness</p>	<p>Write a diary entry. In your diary entry write about three kind things and one unkind thing you may have done recently. Write three different things that you can do to continue being kind to others.</p> <p>Do something nice for someone at home, it might be washing the dishes or sweeping the floor or even sharing something with someone, you decide!</p>		<p>No</p>
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