

June Active Week 2020 - Menu




Pick 5 activities to do over the next four days. Make up your own game or click on the underlined options below to get some ideas. The main objective is that you are active for at least one hour per day

<u>Yoga</u>	<u>Gaelic Football</u>	<u>Kitchen Disco</u> <u>Younger Kids</u>	<u>Backyard Obstacle Course</u>	<u>Mini Rugby Skills</u>
<u>Scavenger Hunt</u>	<u>RTE 10@10</u>	<u>Egg and Spoon Race</u>	<u>Clothes Relay</u>	<u>Kick the Can</u>
<u>Limbo</u>	<u>Spider's Web</u>	<u>Basketball Handling Skills</u>	<u>1km running challenge</u>	<u>Learn to do Riverdance</u>
<u>Hurling Challenge</u>	<u>Start a Couch to 5k</u>	<u>Go Noodle</u>	<u>Climb a Mountain Skipping Challenge</u>	<u>Play Tennis - set up your own Wimbledon More</u>
<u>Fun Outdoor Games</u>	<u>Alphabet Fitness Challenge</u>	<u>Dice Fitness Games</u>	<u>Do an online workout</u> <u>Yoga class</u>	<u>Skipping with Rhymes</u>
<u>Long Jump</u>	<u>Chalk Challenge</u>	<p>Brian's Fitness Class is including our school in his live online classes on Tuesday and Wednesday at 11 a.m. <u>Click here</u> or search for him on Facebook</p>		





 60 Minutes
 Make it FUN!

#GolfAtHome
Kerbs Plank Soccer
Balloon Volleyball
Toilet Roll Keepy Uppies
Balloon Burst Challenge Sock Boule
Waddle Races Freestyle Hurling Wall Ball Fitness Monopoly
Fitness Alphabet Juggling TEACHER Challenges
Skateboarding Bottle Skittles
Swingball Roller Skates Toys in the Toy Box Races **RTE Twigin Yoga**
Foot Golf Teddy Bear's Picnic Waddle Races The Rocket Challenge Table Tennis
Circuit Training with Katie Taylor
Irish Heart Foundation Let's Get Active at Home Challenge Target Practise with Wall Markings
SFAI 12 Day #StayatHome Challenge Kick-Tac-Toe Fitness Alphabet Wobble Board GoNoodle Mini Golf
Dance Mats Frisbee **PDST Beyond the Classroom PE Videos**
Wood Spoon Balloon Relay
Chasing Games Spell it Out Dice Workout Just Dance for Kids Kerbs Line Dancing Basketball Hoops
Soccer Skills Gymnastics Skills Frisbee GAA Future Leaders Challenges FAI #HomeSkills
PE with Joe Gardening Tennis at Home Skill Awards Beat Your Own Score Challenges
Cha Cha Plank Challenge **Local Sports Partnerships Online Classes**
Mini Golf Family Céili Balance Board Toilet Roll Keepy Uppies 10@10 Frisbee Golf
Kite Flying Frisbee Family Musical Statues **Foot Shake Dance Challenge**
Trampoline Haka PDST Lasmuigh den Seomra Ranga Cara Centre Home Exercise Circuits
Gymnastics Ireland Takeover Fitness Workouts Sock Boule Limbo Cycling (within 2km)
Hopscotch #ChalkChallenge The Daily Mile at Home Backdoor Basketball
Basketball Ireland #StayHomeSkills Space Hopper
Plank Soccer Athletics Ireland Hop Series Athletic Ireland Core Circuits
Local Sports Partnerships Challenges Boxercise Badminton Rock Paper Scissors Tag
Active Xs and Os Create your own Dance Family Rounders Kite Flying King of the Cones
Family Walk (within 2km) Cosmic Yoga Sports Day Activities Fidget Spinner Fitness
Crossbar Challenge Handball **Family Monopoly Fitness**
Family Hide & Seek Juggling
French Skipping with Elastics Family Musical Chairs Build a Hut #GAA Solo Challenges
Alphabet Scavenger Hunt Dancing #ThisGirlCan Disney Dance Alongs



Please come follow the school on twitter @smallenwood where teachers will be posting additional challenges throughout the week.

We would love it if you could email any photos or short videos to your teacher's email.