

Monday 22nd June-Active/Creative Day

20 sit ups – Rest- 20 more if you can!

Active Housework -10 minutes (hovering, mopping, gardening, tidying)

20 second plank –Rest-20 seconds more if you can! (Remember back straight!

Try to aim to cover 5km over the next 5 days; you can walk, run or even cycle the distance.

Art :Draw/pencil sketch a still life or portrait

Add colour if you would like to and you might ask your parent to forward them onto me when they are finished.

Tuesday 23rd June-STEM day

STEM stands for the disciplines of science, technology, engineering and mathematics. As I explained on Science Week when we study STEM at school we learn all these subjects through an integrated approach; basically learning or making something that involves all of the 4 subjects. I have included with this week's lessons some ideas for STEM activities which hopefully your parent was able to download and print out for you. There's ten activities but if you could even try out one or two today that would be great.

Wednesday 24th June-Active Day

Run around your garden/ up and down your road for 7 minutes

15 squats –Rest- 15 more if you can

Make up a dance to your favourite song!

Practise a skill that you want to improve. This might be throwing and catching a ball, soloing with a football or hurl and sliotar, shooting/dribbling a basketball, hopping on one foot, skipping or anything else you'd like to work on. Don't forget to use both your dominant and non-dominant side (Right & Left).

Thursday 25th June- Virtual School Tour

The following is a link to a range of different virtual tours including different Zoos from around the world, Irish museums and international museums. Although obviously no comparison to the real thing some of these are excellent with the penguins in Dublin Zoo being my personal favourite!

<https://www.into.ie/2020/03/25/virtual-tour-season/>

Friday 26th June-Active Day-Holidays!!!

Make sure you have completed your 5km for the week!

30 seconds mountain climbers –Rest-30 seconds more if you can

Try a YOGA video on YouTube 10/15 mins.

I have included some Sports Day Cards with this week's work which your parents might print out and you could have a go at some of the activities there.

Unfortunately no end of year disco today so turn up the music in your kitchen/sitting room and have a boogie, try and get your other family members to join in and celebrate getting the holidays 😊

Dear Parent,

As you can see the work schedule for this week is again based on creative/active based ideas so hopefully shouldn't be too hard to get the students to engage in these activities. I would just like to take this opportunity to thank all of you as parents for the hard work you have done for the last few months; I'm sure it has not been an easy time. Thanks for all the work, pictures and videos which have been forwarded onto me. It was great to see the children and what they were getting up to during lockdown; I have missed the class dearly and am really looking forward to seeing them in September.

I have tried not to harass parents but one thing I would ask again is if ye could send me on a picture of your child's poster which contains a message for their classmates. It can be any message conveying how they miss their classmates or miss school in general. As I explained in last week's schoolwork and the email I sent during the week if you prefer to not have your child in a picture that will be viewed by other people then just take a picture of the poster itself, you can include your child's name on the poster if you would like. I had hoped to add a photo story on this week's work which contained all the pupils' messages but I have only got a very small number of them back so far so that's not possible. If you forward me those on in the next few days I will put something together and share it with the class before the end of the week.

I am going to put together a video just to say goodbye to the class on Friday. I will forward on the details via email on Friday morning of how to access it. Finally if there's anything again anyone wants help with or is worried about please email me at pflood@stlachtainsns.ie . As stated previously feel free to send me on anything your child has completed at home, their portraits or perhaps if they undertake one of the STEM activities; even if it isn't work prescribed by me for the week, great to see what the children are getting up to on this last week of school. I'm sure everyone is very relieved to be getting what will hopefully be your last email ever for distance learning!! Thanks for all your support and have a great summer!

Kind Regards,

Mr.P.Flood.